



well-being



Kastoria, Greece
Erasmus+ Youth Exchange
23 - 29.05.2024

Methods





Get the printed-out mandalas and colourful pencils. Set relaxing meditative music in the background.

Start colouring the mandala according to your feelings at this moment, not thinking about the past or future. After the colouring is finished, discuss the process with friends. Ask the questions to help others gain a deeper understanding of the emotions:

1. How did you feel while colouring the mandala?

(Helps to understand the emotional state of the person during the process)

COLOURING MANDALAS

2. What colours did you choose and why?

(Allows exploration of preferences and associations related to colours)

3. Did you have any thoughts or memories while colouring?

(Identifies if any significant thoughts or memories arose)

4. How did you feel when you finished colouring the mandala?

(Helps to understand the final emotional state and satisfaction with the completed task)

5. Are there any elements or details in your drawing that are especially important to you?

(Explores the symbolic meaning of individual parts of the mandala)

6. What feelings or emotions does the finished mandala evoke in you?

(Helps to understand the emotional response to the completed work)

7. Did your mood or well-being change after colouring the mandala?

Assesses the therapeutic effect of the process.

8. Is there anything you particularly liked or disliked about the colouring process?

(Identifies positive and negative aspects of the experience)

9. What title would you give to your mandala?

(Encourages creative thinking and personal reflection on the work)

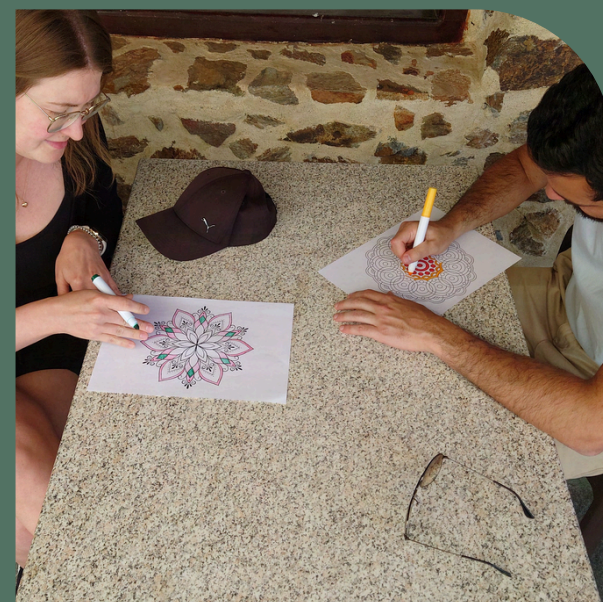
ABOUT

Through colouring mandalas, participants are expressing their emotions and impressions that they experience in that moment.



WHY DOING IT?

The meditative colouring process helps staying in the presence and reflect about it.



SHORT ANONYMOUS LETTER CONFESSING SOMETHING BOTHERING YOU

A task to do in a group of people. The letter can be something that happened in the past but it is something that influenced one's well-being negatively – an event, an experience, a thought. The form is free – poem, one sentence, story, question. Anything. It is a 'reaching out' letter, confessing something to seek comfort.

Letters are collected in a box/basket/any other container. Each person draws one letter and reflects on it.

Formulate a supportive thought, which later is shared in the forum with the group together with the letter it responds to. Try not to offer advice but be reflective and understanding



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THRIVE WITH
BALANCE AND JOY





DRAW YOUR PAST, PRESENT AND THE FUTURE

This exercise aims to help you reflect on your life, express your emotions through art. You can do it individually or with your friends. If you do it in a group this exercise will also improve communication and interpersonal connection/skills.



Divide the paper into three sections: past, present and future. Draw a picture in each section that represents how you feel or how you see your life at these stages.

Each person should take a few minutes to interpret and comment on their partner's drawing.

Then, the author of the drawing explains what each section really means (past, present and future) and talks about their emotions and thoughts.

It fosters an atmosphere of respect and active listening.

If you this exercise alone it can give you relief and understanding of yourself through art.



MEDITATION

It can be a guided meditation found on Youtube or Spotify.

You can also put only a meditation music.

Do this individually or in the group - whatever makes you more comfortable.



WHY MEDITATION?

Stress Reduction

Meditation helps lower stress levels by promoting a state of relaxation and calmness.

Enhanced Focus

Regular practice improves concentration and attention span, making it easier to stay focused on tasks.

Improved Mental Health

Meditation can reduce symptoms of anxiety and depression, contributing to overall mental well-being.

Better Sleep Quality

Meditation helps achieve deeper, more restful sleep and can alleviate insomnia.

Mindfulness Support

It helps individuals stay present and mindful in their daily activities, promoting a more engaged and fulfilling life.

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**MEDITATION
NOURISHES THE MIND
IN THE SAME WAY
THAT FOOD
NOURISHES THE BODY**





PUT THINGS ON A SCALE (SPECTRUM)

Decide if you agree with a given concept/ if you think it is good or if you disagree.

The scale looks like the following:

- I strongly agree
- I agree
- I disagree
- I strongly disagree

CONSIDER THINGS SUCH AS:

- Not resting,
- disorganisation (not having control)
- ultraproductivity
- not knowing how to say no
 - setting limits
 - perfectionism
- competitiveness
- procrastination
- having short and long distance goals
- people who do not recognise how you feel
 - gaslighting
- jealousy in a relationship
- others being happy about your achievements

REFLECTION

That way you can understand and actually see how you perceive each concept. You get to know yourself better. If you do this exercise with other people you can share your views and see other people's perspectives.



SILENT WALK

Go for a walk, preferably to the nature, without communicating with anyone. Remember that there are 4 other senses we have - smell, touch, hearing and taste. The main goals are to experience in the nature something you haven't noticed before, listen to yourself, take a break from problems, refresh your mind.



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*GO SOMEWHERE,
EXPLORE THINGS
YOU HAVEN'T
KNOWN*



LETTER TO YOUR FUTURE SELF

Take a piece of paper, a pen and an envelope and go to a peaceful place. Write a letter to yourself in future (1 month, half a year or even 1 year). Put it in the envelope and read in this period you decide.

The activity helps to put a different perspective to your life and reflect about the goals and achievements.





SPEED FRIENDING

Gather in a group of people. Each person will talk to their partner for about 3 minutes and then they will switch the partner.

QUESTIONS YOU CAN ASK:

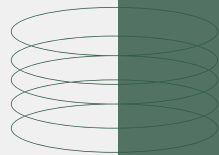
- What are your goals
- What hobbies do you have
- What animal would you be
- What is your favourite quote
- What music do you listen to
- What gives you motivation
- What takes the motivation away from you
- What beliefs about yourself are stopping you from pursuing your goals
- What do you do when you feel anxious
- Do you use entertainment as a way to escape reality

It is a great way to talk to people, learn about them and then find out what they like and what may connect you both. It is a great starter for longer conversations and finding friends you feel you can relate to.



AND REMEMBER

If you need help
with your
mental health,
do not be afraid
to ask for it and
reach out to a
specialist :)



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