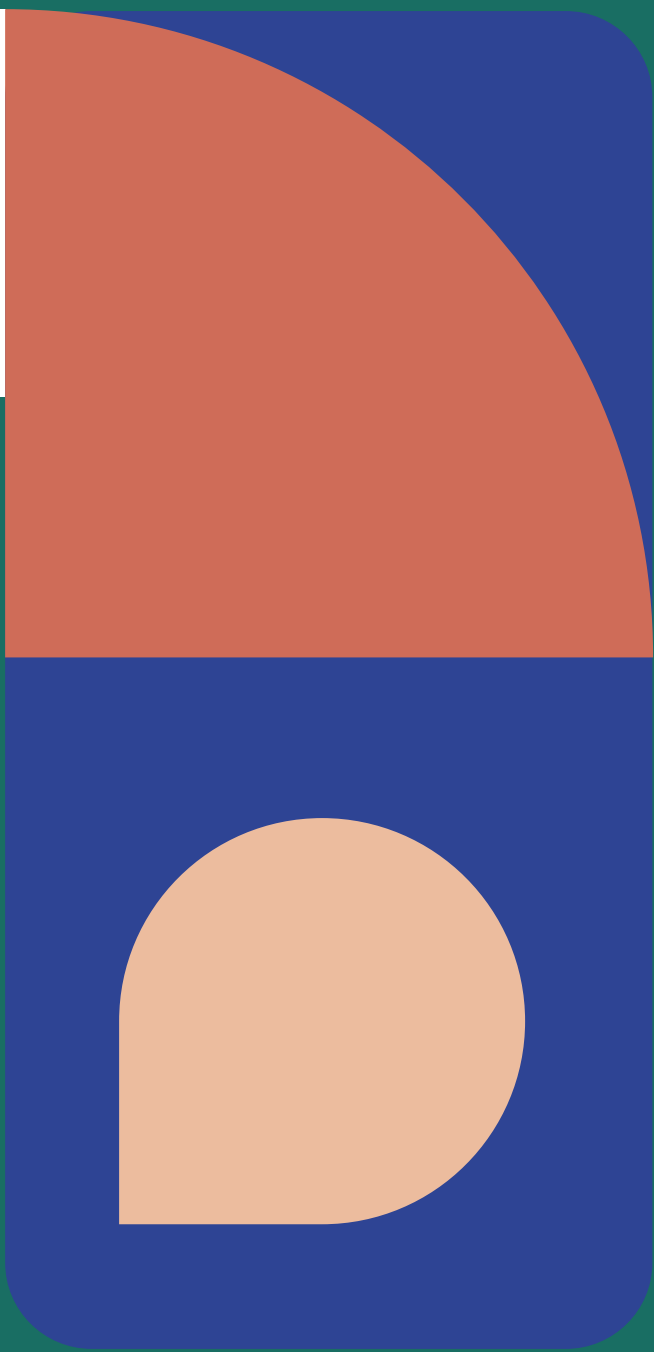




Stay Sane

Erasmus + Training course
Call for partners
A.D.E.L Slovakia
deadline May 2020



Topic of Mental Health

Our health is one of the most important things in our lives.

We should take care of

Anxiety

up to 33.7% of the population is affected by anxiety during their lifetime, starting already in a young age (7 years), peaking in the 18- to 34-year age group

Depression

more than 264 million people of all ages suffer from it

Burnout

How to prevent this modern "trend" that has a rising tendency?

Stress

Emotions

Mindfulness

Aim of the project

Especially in current times the topic of mental health is crucial to be targeted.

The main aim of "Stay Sane" is to help youth workers to really stay sane, prevent occupational burnout and its effects in forms of depression or anxiety. Our aim is to show youth workers how to care about themselves, their mental health, how to prioritise their health from other tasks and how to teach it to the youth they work with.

Program

Day 0 - Arrival of the participants, Welcome introductory evening

Day 1 - Thoughts & Words

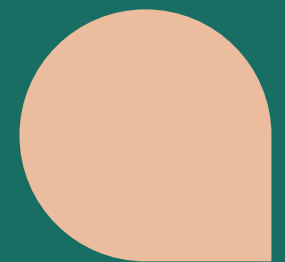
Why do we need them, how they are connected and how do they influence us?

Day 2 - Emotions

Why are they important? How to accept them?

Day 3 - Stress & Mindfulness

How does stress influence our body and mind and How can we fight it via Mindfulness?



Program

Getting deeper into topic and ourselves

Day 4 - Feelings & Needs

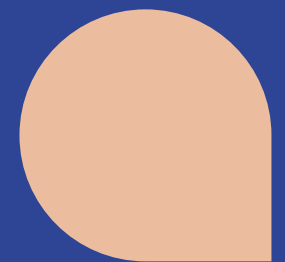
The very core of everything we do

Day 5 - Taking what is

How to welcome challenges, enjoy the present

Day 6 - Sharing is caring

How can we effectively learn from each other



Program

Implementing and planning

Day 7 - Connecting the dots

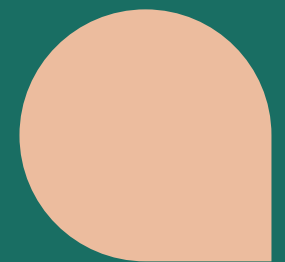
When it all clicks together

Day 8 - Closure

What am I taking? How can I implement it to my life?

Day 9 - Departure day

The stage is yours



27 participants

Sharing the experiences, lives, struggles and motivation

3 per country

Ensuring the interculturality and variety

9 countries

Finding the connections and similarities in differences

Structure

9 days long program in the beginning of year 2021 in Slovakia

The Team

Who will be taking care of the project



Filip Kňáček

trainer, facilitator, lecturer, volunteer
already 5 years in non-formal education environment

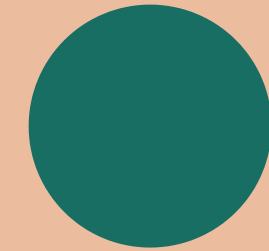
topics of personal development,
communication, self-love, trust and
behavioural patterns



Monika Zajíčková

journalist, volunteer, mindfulness
coach

events coordinator, PR, writing and
project management
topics of personal development,
mindfulness, meditation, stress
management



What do we offer ?

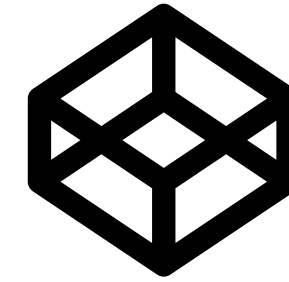
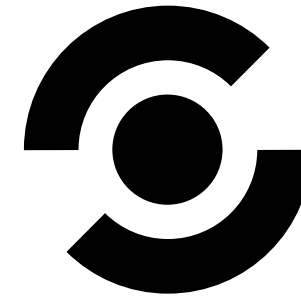
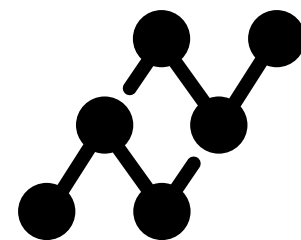
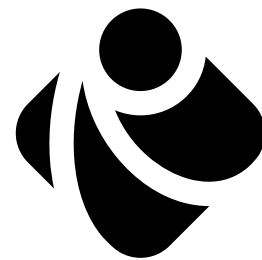
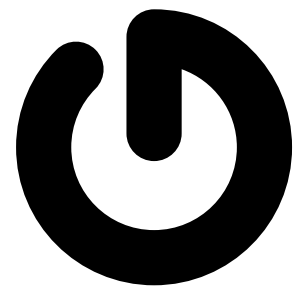
High quality and professionalism

Satisfied and motivated participants

Integration of your ideas/ skills/ hints/ advices concerning the topic

Future collaboration

Promotion of your organisation



Responsible approach

Ability to communicate with us regularly

Interest in the topic

Support for participants from your country

Proper selection of the participants

What do we expect from you ?

**Would you
like to be
partner for
"Stay Sane"
?**

Do
Mental

You
Health

really
is

care?
important!

Contact us

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<https://www.adelslovakia.org/>

