

PRE(serving) Mental Health in Time of Social Media (Ab)use

11.05 - 19.05.2024

Introduction to the Project

- This project focuses on preserving mental health amidst the challenges posed by social media use. Participants engaged in various non-formal educational activities designed to enhance their physical, mental, and spiritual well-being through mindful practices and interactive sessions.

BreathWork and Mindfulness

- Each day began with a group BreathWork session, where participants sat in a circle and practiced deep breathing exercises. This non-formal method aimed to promote relaxation and self-awareness, serving as a vital tool for managing stress and maintaining mental health. BreathWork also facilitated a calm and focused start to the day, enhancing participants' readiness for subsequent activities.

Journaling and Reflection

- Following the BreathWork session, participants engaged in journaling. This activity included competence mapping, goal setting, and daily reflections. As a non-formal method, journaling helped participants articulate their thoughts, reflect on their experiences, and set intentions for the day ahead. It fostered a habit of self-expression and critical thinking, essential for personal development and mental resilience.

Energizers

- Energizers were dynamic and fun activities designed to boost energy and morale. Conducted both indoors and outdoors, these activities encouraged physical movement and social interaction. Examples included team-building games, creative challenges, and interactive exercises. As non-formal methods, energizers promoted active learning, social engagement, and a sense of community among participants.

Group Discussions and Deliverables

- Participants were divided into small, diverse groups for discussions and collaborative exercises. These sessions used non-formal methods such as peer learning, collaborative problem-solving, and group presentations. The aim was to encourage cross-cultural communication and teamwork, culminating in group presentations and shared insights. Each group worked on preparing deliverable outputs that captured their collective ideas and learnings, reinforcing the importance of

Nature Days / Social Media Detox

- Designated as 'Nature Days,' these sessions encouraged participants to disconnect from social media and reconnect with nature. Activities included nature walks, mindfulness in natural settings, and digital detox practices. Using non-formal methods, these days aimed to reduce screen time and foster a deeper connection with the natural environment. Participants engaged in reflective practices and experiential learning, enhancing their awareness and appreciation of the natural

Closing Reflections

- The project concluded with a final reflection session, where participants shared their experiences and insights. This activity provided a space for personal and group evaluation, celebrating the journey and growth achieved throughout the project. Non-formal methods such as storytelling, feedback circles, and reflective discussions were used to facilitate meaningful exchanges and reinforce the lessons learned. Participants left with practical tools and strategies to maintain their