

THE ART OF MENTAL WELLNESS

STEPS

PURPOSE



REFLECTION



PREPARATION

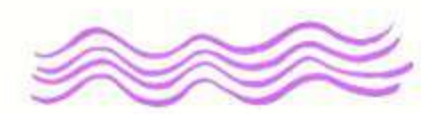
INTRO

MATERIALS

COMMENTS

THE ART OF MENTAL WELLNESS

CO-FUNDED BY THE EUROPEAN UNION





MOVING PARTS INTO HARMONY



indoor/outdoors



5 minutes



body and awareness

PURPOSE

- AWARENESS RAISING
- Becoming aware of any tension or constriction in the body
- Practice compassion towards all parts equally

MATERIALS

- Chair or pillow/meditation cushion

PREPARATION

Find yourself a place where you can sit comfortably and are not going to be disturbed during the exercise.

INTRO

According to the daoist tradition, in each part of our body and each organ lives a part of ourselves that can be locked or in a state of contraction. By bringing conscious awareness and waking up all these parts we can support the restoration of harmony in the whole body and being.



Step 1: Sit in a not too closed or strict posture. The hands gently resting on the knees or the thighs. Breath in a calm and natural manner.

Step 2: Start to bring awareness to your body and notice any parts that feel constricted, contracted or tense. With gentle movement, using maximum 70% of your total strength start to move these areas of your body.

Step 3: As you continue the process (and you practice this again and again) you can go deeper and deeper from muscles and bigger body parts towards becoming aware of your organs and eventually the inside of your bones. As you are going deeper and deeper, the movements are becoming gentler and softer using even less and less force and your breath more and more subtle.

Step 4: In the beginning you can bring conscious awareness into one area after the other, e.g. in between the shoulderblades, lower back, lungs, toes, ears, the brain, etc. Then as you are becoming more proficient in the practice you can consciously aim to notice and be aware of your whole body at the same time, and allow a smooth process to unfold.

REFLECTION

- What are your insights relating to this activity?
- How do you think practicing this exercise can lead to resilience building?

COMMENTS

It is important to not practice this exercise for too long at one time or stay too much with one part. The best is to dedicate 3-4 minutes at a time for the whole exercise, and repeat it often, for example every day in the morning or before going to bed. In addition, make sure to practice compassion towards all the parts and include everything, even parts that hurt or you find challenging with the same loving approach.

MOVING PARTS INTO HARMONY





CALMING FULL BODY BREATH



indoor/outdoors

N° of pax: 1-30



15 minutes



body and awareness

PURPOSE

- CALMING THE NERVOUS SYSTEM
- Decreasing the level of stress and anxiety
- Contributing to emotional resilience and burnout prevention

MATERIALS

- a timer
- a metronome might be helpful but not necessary

PREPARATION

Find yourself a place where you can sit comfortably and are not going to be disturbed during the exercise.

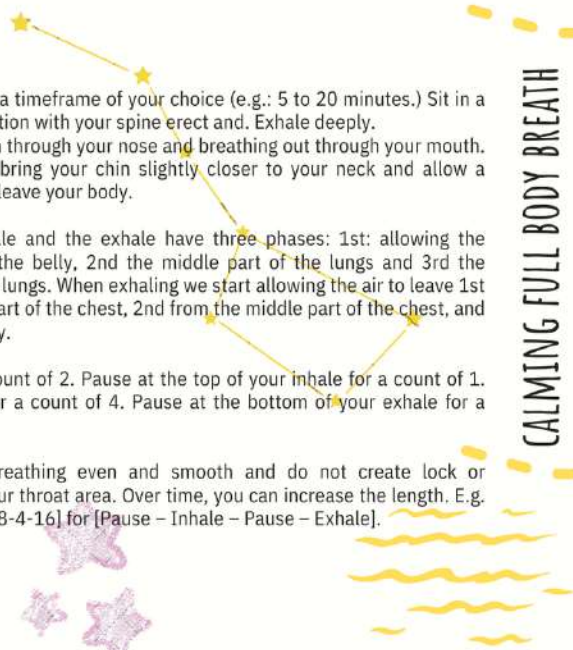
INTRO

This simple breathing practice, involving longer exhales than inhales) helps to increase parasympathetic nervous system activity (responsible for rest, relaxation and healthy digestion) and decrease sympathetic nervous system activity (responsible for alertness, focus and drive and also the fight-flight response in perceived danger). While a healthy amount of sympathetic activity is beneficial, it is easy to get stuck in the fight-flight response resulting in anxiousness, restlessness and over the long-term, burnout. Practicing this breath regularly can contribute to creating a more healthy balance.



STEPS

1. Set a timer for a timeframe of your choice (e.g.: 5 to 20 minutes.) Sit in a comfortable position with your spine erect and. Exhale deeply. Start breathing in through your nose and breathing out through your mouth. While breathing bring your chin slightly closer to your neck and allow a hissing sound to leave your body.
2. Both the inhale and the exhale have three phases: 1st: allowing the breath to enter the belly, 2nd the middle part of the lungs and 3rd the upper part of the lungs. When exhaling we start allowing the air to leave 1st from the upper part of the chest, 2nd from the middle part of the chest, and 3rd from the belly.
3. Inhale for a count of 2. Pause at the top of your inhale for a count of 1. Exhale gently, for a count of 4. Pause at the bottom of your exhale for a count of 1.
4. Keep your breathing even and smooth and do not create lock or contraction in your throat area. Over time, you can increase the length. E.g. [3-6-3-12] or [4-8-4-16] for [Pause - Inhale - Pause - Exhale].




CALMING FULL BODY BREATH

REFLECTION

- What sensations can you notice in your body after the exercise?
- Do you notice any difference in your emotional or mental state?
- How do you think this exercise can contribute to resilience building?

COMMENTS

Do not push yourself, only lengthen the counts if you can already do 15 repetitions/cycles of a certain length comfortably in several practices in a row. Breathing practice can have profound physiological effects, please always be aware of your state and practice with care. For creating a more calm nervous system state it is better to take it slow, do not force. The length of the cycles is less important, the most influential is that the exhale is longer than the inhale.



SEEDS OF GRATITUDE



indoor/outdoors

N° of pax: 1-30



30 minutes



reflection

PURPOSE

- INCREASING RESILIENCE
- Creating new neural pathways that support having greater trust in life
- Reducing fear and anxiety and regulating stress hormones
- Support in dealing with adversity and challenges

MATERIALS

- notebook/paper and writing utensils
- timer
- (optionally computer or phone)

PREPARATION

- You can prepare tea or light a candle to create a supportive atmosphere.
- Prepare your journal and pen. When using an electronic device, switch it to airplane mode.
- Choosing the same place and time to do the exercise and gifting yourself with a nice journal for the process can help to make it easier to establish a new habit.

INTRO

„How can we trust in the future when all is uncertain?“

Practicing gratitude has been shown to have various benefits, supporting resilience and well-being (see 'Comments' for more information). You can approach this activity as you would approach tending to your garden. Creating a daily habit, sowing the seeds and then tending to your mental and emotional garden over time will bring rise to beautiful flowers and fruits. If you are persistent you might notice that after a while you do not need extra effort; deeper trust and generally a positive outlook on life will come naturally.



STEPS

1. Set a timer for a timeframe of your choice (e.g.: 5 to 20 minutes.)
2. Take your notebook and start writing down anything that you can be thankful for at that given moment – no matter how big or small. You can start with things that you can be grateful for at that given day, and then you can continue to expand your list to include past experiences, strengths that you have, the people you can be grateful for, etc. You can also give compliments for yourself or if you feel up to it, revisit challenging experiences with an angle of the learnings that you can be thankful for. On some days you might find this easier than others. Do not disregard anything for being too small or obvious. On some days, writing „I'm breathing“ or complimenting yourself for starting the task can be wonderful starting points. Keep with it and the process will become easier and easier.
3. Keep writing until your timer finishes.
4. Take a moment to stop, look at your list. Then close your eyes, take a deep breath and feel into all that you can be thankful for. Allow this feeling of gratitude to fill your chest and your whole body.
5. Ideally, repeat every day.

REFLECTION

- How did you feel before and after the exercise?
- What sensations can you notice in your body after the exercise?
- What can help you in establishing a regular practice?

COMMENTS

There is already ample research on the benefits of gratitude from helping with anxiety, burnout and depression, increasing resilience, supporting healthy sleep, creating a more hopeful outlook on life, reducing stress, increasing dopamine and serotonin („happy hormones“) and even reducing cardiac diseases, inflammations, and neurodegeneration significantly. See for example: Emmons, R. A., & McCullough, M. E. (2004). The psychology of gratitude (Series in affective science). New York, NY: Oxford University Press. Besides journaling, you can also experiment with gratitude meditations, creating a gratitude jar, finding a gratitude buddy or saying things you can be genuinely grateful for in the mirror. You can be creative and find what works for you best.

SEEDS OF GRATITUDE



MIND YOUR THOUGHTS



indoor/outdoors

N° of pax: 1-30



30 minutes



body and awareness

PURPOSE

- AWARENESS RAISING
- Becoming aware of the constant mental activity
- Preparation for deeper meditation practise
- Supporting participants in taking their thoughts less seriously

PREPARATION

- choose a clean and quiet space
- prepare some chairs or cushions where participants can sit comfortably during the exercise

INTRO

Becoming aware of the constant movement of thoughts in our head can be one of the first steps in helping to cultivate a healthy internal environment and support detachment of self-critical and intrusive thoughts that often accompany the state of burnout. Supporting participants in taking their thoughts less seriously can have a potential beneficial effect on their mental and emotional health.

MATERIALS

- gong/singing bowl/tingsha or any object or device to give out a distinct sound



STEPS

START

1. First explain to participants that you are going to guide them through a process. During the process their task is going to be to become aware and conscious of their thoughts when they hear the sound of the gong/tingsha/etc.
2. **Posture:** Ask participants to find a comfortable seat either on a cushion or a chair. They guide participants into resting into the following posture:
 - sitting up tall, with an erect spine, building up vertebrae by vertebrae
 - the top of the head reaching towards the sky, while the chin is slightly tilted towards the neck
 - arms and hands are rested on the knees or on the thighs
 - the shoulders are loose
 - the tip of the tongue is touching the upper palate
3. **Natural Breathing:** asks the participants to breathe naturally from the abdomen, inhaling through the nose and exhaling through the nose or the mouth. The body should be relaxed, and respiration should be gentle, thin, even, and extended.
4. Allow a little time for them to focus on their breathing then make the sound. Leave again some time of silence and stillness and then give the sound again. Repeat this periodically (with different length of time between each signal), allowing about 10-15 minutes for the first 4 steps depending on the group.
5. Slowly guide them back to the room and the present moment by asking them to notice how their body is touching the chair/floor, become aware of sensations on their skin, moving their fingers and toes and finally slowly opening their eyes.

REFLECTION

- What are your insights relating to this activity?
- How do you think practicing this exercise can lead to resilience building?

COMMENTS

This activity can serve as an introduction to deepening into meditation practice and/or can be used as an experiential learning exercise and prompt individual/pair or group reflection. For promoting the process you can also use the above reflection questions. While guiding the reflection, make sure to point out that it is perfectly normal to experience the constant mental chatter and the goal is not to try to get rid of it but simply become aware of it and do not take it so seriously.

MIND YOUR THOUGHTS





HEALING SOUND "HE"



indoor/outdoors



10 minutes

N° of pax: 1-30



body and movement

PURPOSE

- Equalize the temperature of the three sections of the body.
- Support deep, relaxing sleep.
- Relieve stress.

MATERIALS

- chair

PREPARATION

Outdoor or ventilated room needed to be prepared by the facilitator.

INTRO

When the circulation of life energy is blocked, negative emotional energy is deposited in the organs. The organs overheat and create more negative emotional energy. By uttering the organ sounds, we can release the energy trapped in our organs and fill them with fresh energy to transform our negative emotions.

The Triple Burners are not regarded as an independent organ, but are assigned to specific energy areas and are a part of the function of the Yin and Yang organs.



STEPS

1. Start:
 - Sit in front of the chair. Genitals are not supported, but hanging down.
 - Place feet hip-width on the floor.
 - The back is straight, the shoulders are loose. Lower your chest.
 - Place your hands palms up on your thighs.
 - Put your tongue to the upper palate
2. Natural Breathing:
 - Breathe naturally from the abdomen, inhaling through the nose and exhaling through the mouth. The body should be relaxed, and respiration should be gentle, thin, even, and extended.
 - Close the anal sphincter so that the pelvic diaphragm and the urogenital diaphragm form a sealed casing similar to that of a drum (this allows the exhaled sound to resonate the internal organs at a greater amplitude).
 - The mind should not concentrate on the expansion of the Lungs, but on the abdomen.
3. Releasing the sound:
 - Lie on your back. The palms are by the sides of the body, facing the floor. Let your body become relaxed.
 - Close your eyes. Inhale, let the stomach and the chest to expand.
 - When exhaling, let out a descending healing sound "Heeeee". Exhale all the air out of the abdomen as well. Contract it.
 - Rest and breathe normally.

Perform 3-6 times.

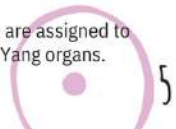
REFLECTION

- How do you feel?
- How does this activity support your well being?

COMMENTS

Do not start the exercise with concentration. Come back to the whole body. Egoism means narrowing. We begin the practice by expanding, by opening to the world. The Triple Warmer refers to the three energy centers of the body. The upper level, which consists of the brain, heart, and lungs, is hot. The middle section consisting of the liver, kidneys, stomach, pancreas, and spleen, is warm. The lower level containing the large and small intestines, the bladder, and the sexual organs, is cool. The Triple Warmer Sound balances the temperature of the three levels by bringing hot energy down to the lower center and cold energy up to the upper center, through the digestive tract. The Triple Warmer Sound also can be used to relax, without falling asleep, by lying on your side or sitting in a chair.

HEALING SOUND "HE"





HEALING SOUND "KHU"



indoor/outdoors



10 minutes

N° of pax: 1-30



body and movement

PURPOSE

- Transform Impatience and Anxiety into Happiness and Optimism.
- Purge Heart Qi Stagnation.

MATERIALS

- chair

PREPARATION

Outdoor or ventilated room needed to be prepared by the facilitator.

INTRO

When the circulation of life energy is blocked, negative emotional energy is deposited in the organs. The organs overheat and create more negative emotional energy.

By uttering the organ sounds, we can release the energy trapped in our organs and fill them with fresh energy to transform our negative emotions.

The Spleen's Element is Earth, its associated sound is "Khu".



STEPS

1. Start:
 - Sit in front of the chair. Genitals are not supported, but hanging down.
 - Place feet hip-width on the floor.
 - The back is straight, the shoulders are loose. Lower your chest.
 - Place your hands palms up on your thighs.
 - Put your tongue to the upper palate
2. Natural Breathing:
 - Breathe naturally from the abdomen, inhaling through the nose and exhaling through the mouth. The body should be relaxed, and respiration should be gentle, thin, even, and extended.
 - Close the anal sphincter so that the pelvic diaphragm and the urogenital diaphragm form a sealed casing similar to that of a drum (this allows the exhaled sound to resonate the internal organs at a greater amplitude).
 - The mind should not concentrate on the expansion of the Lungs, but on the abdomen.
3. Releasing the sound:
 - Focus our attention on our spleen.
 - Inhale deeply and place your hand slightly to the left of the sternum. Push your fingers slightly inwards, while pushing the middle of your back backward.
 - Exhale with the soft pronunciation of KHUUUUUU. Feel the vibration of the vocal cords. Release the extra heat and dampness, worry from spleen.
 - Inhale into your heart. Imagine bright yellow light and openness filling your spleen and stomach.
 - Slowly lower your hand and rest them on your legs.
 - Smile to your spleen and observe the sensations in it. Make sure your shoulders are lowered.

Perform 3-6 times.

REFLECTION

- How do you feel?
- How does this activity support your well being?

COMMENTS

Do not start the exercise with concentration. Come back to the whole body. Egoism means narrowing. We begin the practice by expanding, by opening to the world. The light is used to return the organ to its original state, further aiding the transformation. The colour of the Spleen is yellow. Pronounce the sound "Khuuuu" or "Whoooo" from the throat, guttural.

HEALING SOUND "KHU"



HEALING SOUND "HAA"



indoor/outdoors



10 minutes

N° of pax: 1-30



body and movement

PURPOSE

- Transform Impatience and Anxiety into Happiness and Optimism.
- Purge Heart Qi Stagnation.

MATERIALS

- chair

PREPARATION

Outdoor or ventilated room needed to be prepared by the facilitator.

INTRO

When the circulation of life energy is blocked, negative emotional energy is deposited in the organs. The organs overheat and create more negative emotional energy.

By uttering the organ sounds, we can release the energy trapped in our organs and fill them with fresh energy to transform our negative emotions.

The Heart's Element is Fire, its associated sound is "Haaa".



STEPS

1. Start:
 - Sit in front of the chair. Genitals are not supported, but hanging down.
 - Place feet hip-width on the floor.
 - The back is straight, the shoulders are loose. Lower your chest.
 - Place your hands palms up on your thighs.
 - Put your tongue to the upper palate
2. Natural Breathing:
 - Breathe naturally from the abdomen, inhaling through the nose and exhaling through the mouth. The body should be relaxed, and respiration should be gentle, thin, even, and extended.
 - Close the anal sphincter so that the pelvic diaphragm and the urogenital diaphragm form a sealed casing similar to that of a drum (this allows the exhaled sound to resonate the internal organs at a greater amplitude).
 - The mind should not concentrate on the expansion of the Lungs, but on the abdomen.
3. Releasing the sound:
 - Focus your attention on your heart.
 - Extend your arms on the sides, palms heading upward. (as in the previous excise)
 - With deep inhaling the arms are raised towards the head. The gaze follows the hand.
 - The palms are facing upward above the head with the fingers interlaced. Bend the torso slightly toward the right, feel the pull on the left side. Release the extra heat and impatience, anxiety from heart with "Haaaaaaa"
 - Go back to the starting position (slowly lower your hand to the side). Close your eyes and breathe into your heart. Imagine bright red light filling your heart. Smile to your heart and observe the sensations in it. Make sure your shoulders are lowered.

Perform 3-6 times.

REFLECTION

- How do you feel?
- How does this activity support your well being?

COMMENTS

Do not start the exercise with concentration. Come back to the whole body. Egoism means narrowing. We begin the practice by expanding, by opening to the world. The light is used to return the organ to its original state, further aiding the transformation. The colour of the Heart is red. Pronounce the sound "Haaa" with your mouth wide open.

HEALING SOUND "HAA"



HEALING SOUND "SHU"



indoor/outdoors



10 minutes

N° of pax: 1-30



body and movement

PURPOSE

- Transform Anger into Kindness, Flexibility and Patient.
- Purge Liver Qi Stagnation.

MATERIALS

- chair

PREPARATION

Outdoor or ventilated room needed to prepared by the facilitator.

INTRO

When the circulation of life energy is blocked, negative emotional energy is deposited in the organs. The organs overheat and create more negative emotional energy.

By uttering the organ sounds, we can release the energy trapped in our organs and fill them with fresh energy to transform our negative emotions.

The Liver's Element is Wood, its associated sound is "Ssssh" (Shu).



8



STEPS

1. Start:
 - Sit in front of the chair. Genitals are not supported, but hanging down.
 - Place feet hip-width on the floor.
 - The back is straight, the shoulders are loose. Lower your chest.
 - Place your hands palms up on your thighs.
 - Put your tongue to the upper palate
2. Natural Breathing:
 - Breathe naturally from the abdomen, inhaling through the nose and exhaling through the mouth. The body should be relaxed, and respiration should be gentle, thin, even, and extended.
 - Close the anal sphincter so that the pelvic diaphragm and the urogenital diaphragm form a sealed casing similar to that of a drum (this allows the exhaled sound to resonate the internal organs at a greater amplitude).
 - The mind should not concentrate on the expansion of the Lungs, but on the abdomen.
3. Releasing the sound:
 - Focus our attention on our liver.
 - Extend your arms on the sides, palms heading upward.
 - With deep inhaling the arms are raised towards the head. The gaze follows the hand.
 - The palms are facing upward above the head with the fingers interlaced. Bend the torso slightly toward the **left**, feel the pull on the right side. Releases the extra heat and anger from Liver with "SSSSH"
 - Go back to the starting position (slowly lower your hand to the side). **Close your eyes** and breathe into your liver. Imagine bright **green** light filling your liver. Smile at your liver and observe the sensations in it. Make sure your shoulders are lowered.

Perform 3-6 times.

REFLECTION

- How do you feel?
- How does this activity support your well being?

COMMENTS

Do not start the exercise with concentration. Come back to the whole body. Egoism means narrowing. We begin the practice by expanding, by opening to the world.

The light is used to return the organ to its original state, further aiding the transformation. The colour of the Liver is Green.

HEALING SOUND "SHU"



HEALING SOUND "HU"



indoor/outdoors



10 minutes

N° of pax: 1-30



body and movement

PURPOSE

- Transform Fear into Wisdom and Calmness.
- Purge Kidney Qi Stagnation.

MATERIALS

- chair

PREPARATION

Outdoor or ventilated room needed to prepared by the facilitator.

INTRO

When the circulation of life energy is blocked, negative emotional energy is deposited in the organs. The organs overheat and create more negative emotional energy.

By uttering the organ sounds, we can release the energy trapped in our organs and fill them with fresh energy to transform our negative emotions.

The Kidney's Element is Water, its associated sound is "Huuuu".



STEPS

1. Start:
 - Sit in front of the chair. Genitals are not supported, but hanging down.
 - Place feet hip-width on the floor.
 - The back is straight, the shoulders are loose. Lower your chest.
 - Place your hands palms up on your thighs
 - Put your tongue to the upper palate
2. Natural Breathing:
 - Breathe naturally from the abdomen, inhaling through the nose and exhaling through the mouth. The body should be relaxed, and respiration should be gentle, thin, even, and extended.
 - Close the anal sphincter so that the pelvic diaphragm and the urogenital diaphragm form a sealed casing similar to that of a drum (this allows the exhaled sound to resonate the internal organs at a greater amplitude).
 - The mind should not concentrate on the expansion of the Lungs, but on the abdomen.
3. Releasing the sound:
 - Focus our attention on our kidneys.
 - Put both feet together. The palms are placed on the knees.
 - When inhaling, lean slightly forward, clasp your hands around your knees while bending your back. Tilt your head back slightly without tensing.
 - When softly exhaling, round your lips. Make the sound of a candle being blown out: "Huuuuuuu". Press and extend the lower spine backwards. Imagine and feel the kidneys releasing fear.
 - Straighten up to the starting position. Close your eyes and breathe into your kidneys. Imagine pure blue light filling your kidneys. Smile to your kidneys and observe the sensations in it. Make sure your shoulders are lowered.

Perform 3-6 times.

REFLECTION

- How do you feel?
- How does this activity support your well being?

COMMENTS

Do not start the exercise with concentration. Come back to the whole body. Egoism means narrowing. We begin the practice by expanding, by opening to the world. The light is used to return the organ to its original state, further aiding the transformation. The colour of the Kidneys is dark blue. Pronounce the sound "Huuuu" or "Choo" as when blowing out a candle, lips forming an "o".

HEALING SOUND "HU"



HEALING SOUND "SSS"



indoor/outdoors



10 minutes

N° of pax: 1-30



body and movement

PURPOSE

- Transform Sorrow and Sadness into Freedom, Courage and Righteousness.
- Purge Lung Qi Stagnation, extreme exhaustion, nasal congestion, skin problem, excess grief

PREPARATION

Outdoor or ventilated room needed to be prepared by the facilitator.

INTRO

When the circulation of life energy is blocked, negative emotional energy is deposited in the organs. The organs overheat and create more negative emotional energy.

By uttering the organ sounds, we can release the energy trapped in our organs and fill them with fresh energy to transform our negative emotions.

The Lung's Element is Metal, its associated sound is "Ssssss".

The intention of this activity is to have a personal experience and then reflect back in a group setting to generate collective resources and develop creative responses to support inner resilience.



MATERIALS

- chair



STEPS

1. Start:

- o Sit in front of the chair. The lower part of the body is not supported, but hanging down. Place feet hip-width on the floor.
- o The back is straight, the shoulders are loose. Lower your chest.
- o Place your hands palms up on your thighs. Put your tongue to the upper palate

2. Natural Breathing:

- o Breathe naturally from the abdomen, inhaling through the nose and exhaling through the mouth. The body should be relaxed, and respiration should be gentle, thin, even, and extended.
- o Close the anal sphincter so that the pelvic diaphragm and the urogenital diaphragm form a sealed casing similar to that of a drum (this allows the exhaled sound to resonate the internal organs at a greater amplitude).
- o The mind should not concentrate on the expansion of the Lungs, but on the abdomen.

3. Releasing the sound:

- o Focus our attention on our lungs. Inhale and raise both hands as if holding a ball, moving it upwards, until the hands face the eyes. The eyes follow the hand.
- o When your hands reach eye level, turn your palms outwards and lift them towards your head. Keep your elbows bent. Feel the slight tension from the base of the palm through the forearm, elbow and upper arm. to the shoulders. Lungs and chest open, breathing becomes easier.
- o Exhaling the sound "Ssssss". Teeth gently touching. The lips are slightly drawn back.
- o Imagine and feel the lungs compressing and releasing the "excess heat", the sorrow and sadness. When you have finished exhaling, allow both arms to descend back down.
- o Close your eyes and breathe into your lungs. Imagine pure white light and decency filling your lungs. Smile to your lungs and observe the sensations in it. Make sure your shoulders are lowered. Perform 3-6 times.

REFLECTION

- How do you feel?
- How does this activity support your well being?

COMMENTS

Do not start the exercise with concentration. Come back to the whole body. Egoism means narrowing. We begin the practice by expanding, by opening to the world. The light is used to return the organ to its original state, further aiding the transformation. The colour of the Lungs is white. Pronounce the sound "Ssssss" or "Sz" with tongue behind the teeth.

HEALING SOUND "SSS"



GET IN TOUCH



indoor/outdoors



80 minutes

N° of pax: 2-24



body and movement

PURPOSE

- explore how it feels to touch and experience a touch on one's skin (arm and hand)
- building trust
- creative self-expression

PREPARATION

Find an area that is big enough for the participants to spread around. Prepare the materials in a place where they can be easily distributed among the participants once they pair up. Put water in the cups. Make sure you have some wipes, or material (nylon or paper), to cover the surfaces they are going to use while painting/ drawing to keep away stains.

INTRO

You will have a chance to get and stay in touch (literally and metaphorically) with what is present in the moment within you and while you are in physical contact with another person. And express it through art.

Soon you will have a chance to get closer to another person and let them draw on your bare hand and arm (up until the elbow). It is an opportunity to be playful and you are very much allowed to get dirty. Feel free to notice what thoughts could come during the whole process.



MATERIALS

- different colors of tempera (any water-based paint that can be easily wash off)
- brushes (different sizes)
- cups with water
- surface to mix colors on
- A3 white paper - 1 per participant
- pens/ pencils
- a device to play gentle instrumental music (optional)

STEPS

Step 1. (~ 10 min) Warm up in pairs

Choose a partner and sit facing each other. Facilitator says: "Participants will begin connecting through exploring each other's non-dominant hand through mindful touch. Partner A takes gently the non-dominant hand of person B, closes your eyes and tuning into your senses. Start exploring the hand by carefully applying touch, considering its firmness and gentleness. Notice textures, the structure of the bones, the softness of the skin, and just give yourself a moment of mindful presence to be with your partner. And whenever you are ready, slowly, let go." Receiver turns into giver, switching roles.

Step 2. (~20 min) In pairs (recommended to be done in silence)

1. Person A paints/draws (anything they want) on the backside of person's B non-dominant hand. In 8 min the facilitator tells the pair to switch roles (person B draws on person's A non-dominant hand)

The facilitator says in the beginning: "You are encouraged to use a finger when drawing, yet using a brush is also an option. Depends on what and how much you want to explore different sensations. While drawing, please limit talking to only expressing your needs or limits if necessary. Pay attention to the way you touch, the drawing will happen out of the dynamic, just go with the flow. You will have 8 minutes and then I will invite you to change roles. Feel free to each grab the needed materials."

Step 3. (~ 10 min) Individual work

Each person takes A3 white paper, places their painted hand on top of it and while keeping it on the paper, with their other (dominant) hand continues drawing the patterns on the painted hand onto the paper. Use your imagination and go with the flow.

Step 4. (~ 10 min) Participants go back to the pair you worked in and share one by one about your experience during the process. The facilitator can either ask for each person to share uninterrupted 5 min and then s/he tell people to switch, or the pair can have a conversation and use the 10 min as they choose.

Step 5. (~ 15 min) Everyone comes back in the big group and sits in a circle, placing their drawing in front of themselves. The facilitator can give some time and ask for several people to share some of their experiences and take-aways from the whole activity. At the end, one by one, each person places their hand back on the drawing they drew on the paper and shares out loud one word or phrase that represents their experience or take-away from the whole process.

REFLECTION

- What surprised you during the drawing and being drawn in the process?
- Did anything in this process remind you of something in your life? Or maybe you noticed it was different from how it usually is in your life?
- Share a little bit about what the process represents or reminds you of.

COMMENTS

Be clear from the very beginning that this activity invites physical contact (touching the skin of the arms and hands). If someone does not feel comfortable with that, they can draw on their own hand by themselves. Or adjust/ pick an area of their body they would be willing to try this experience on.



METAPHORICAL SELF-PORTRAIT



indoor/outdoors



100 minutes

N° of pax: 1-50



art expression

PURPOSE

- See oneself and others from another angle
- Get to know one another and build trust
- Become more self-aware of what we show and what we don't to others and ourselves

PREPARATION

This activity is designed to be done at the beginning of a workshop/ program where participants can be given the instructions to take time and create their Metaphorical Self-portrait prior to arriving at the workshop. This is when they can be invited to print them or to send them to you in advance. Make sure participants can not read the name of the author on the photos.

It can also be done at the location where participants are given time to walk around the location or nature and use the materials from there to create their Metaphorical Self-portrait.

INTRO

Let's get to know ourselves and others through a different angle and different lenses than usual. We will use a photo for this. For a photo to tell something about you, your image (face) doesn't need to be in the photo. This activity invites you to explore what describes you or defines you in some way, what symbolizes you.



MATERIALS

- camera or a cellphone with a camera
- projector and laptop (or printed photos in advance)
- notebooks or paper for individual reflection

STEPS

Step 1: (~ 40min depending on the design of your workshop)

Think of objects and items that describe you, which are important and have meaning to you; objects and items that show some of your personality traits, lifestyle, values, passions, and so on. The installation of items/ objects can even include photographs of important people, pets, or items, basically anything that represents somehow your personality.

Walk around (nature/ your home/ room/ the location/ city) and collect some of those objects and items of your choice.

Arrange them in a way that makes sense to you in an environment/ with a background of your choice.

Take a photo of the composition/ installation you have created.

Take a look at the photo, and if you want, feel free to add or take away some items. If necessary, take a few photos. At the end pick one and *give it a name*.

(Note: depending on when they do the photo - they either bring it printed to the session or send it to the facilitator's email, so s/he can project them)

Step 2: (~10 -15 min; individual reflection either prior to the workshop or at the location)

Please answer in written form some of the following questions, as you reflect back on the process of creating your self-portrait:

- What was challenging/ difficult?
- Which part of the process do you especially enjoy?
- What surprised you or stood up for you during the process?
- What is this portrait not telling/ showing about me?
- How much of this photo do I show or hide in the way I behave in my life?

Step 3: (group; ~ 30 min, time depends on the number of participants)

The facilitator brings the group together (or puts participants in groups of between 5 to 10 people) and says: "Please share what your portrait is telling about you. What does it tell you about your life now? Share anything you want from the process and your individual written reflections. Feel free to share as much or as little as you choose."

Step 4: (~ 15 min)

All groups come together in a closing circle where all or some participants can share about the following questions:

REFLECTION

- How did it feel to share in front of the others?
- Did you share more or less than you expected?
- What supported you/ made it difficult to share out loud?

COMMENTS

Variation 10 mins: Before participants start to share in the group (before step 3), the facilitator can invite all to: "Look at all the other photos - note down in your notebook: -If you could choose another portrait to represent you, which one would it be and why? -Which one do you feel is the most different from how you think you are? In what way? Afterward participants share their thoughts. The facilitator goes back to step 3 and continues.



THANK YOU NOTES



indoor/outdoors



30 minutes

N° of pax: 3 - 50



art expression

PURPOSE

- To acknowledge all the various aspects of ourselves.
- To see "things" with new eyes.
- To connect with gratitude to aspects of us, the environment around, and our experiences.

PREPARATION

This activity is designed to be done towards the end of a workshop/ program, as it is about acknowledging the person's journey (either in the program or in their life) so far.

The facilitator can adjust it to their needs and workshop's goal/ focus.

INTRO

The following activity is inspired by the book "Thx thx thx - Thank Goodness for everything" by Leah Dieterich, who wrote numerous "thank you messages" to all kinds of things around her, inside her and about her.

Here are some examples so you get a sense of those notes:

- "Dear People Who Don't Get It, You make me explain my ideas more clearly, and sometimes that helps me understand them better too. So thank you for that. All the best, Leah."
- "Dear Vulnerability, Thanks for being something I hadn't really tried on before. Turns out, you fit. And you make a fine addition to the emotional closet."
- "Dear Body Hair, Thanks for reminding me I'm an animal. I can embrace my wildness better when I accept you."



MATERIALS

- little papers (around 13 per participant)
- pens for each participant

STEPS

Step 1:

The facilitator says: "You are invited to write similar notes. I invite you to avoid talking or discussing with other people during this process. At the end, we will come together and have a chance to share. For now please stay with yourself."

Think of your journey so far, starting from the past several days/ hours in your experience at this workshop/ training program/ etc. Go beyond it as well, if you feel like it.

Maybe during it, you got reminded of some aspects of yourself? Each might bring a different story or an emotion to you - maybe you feel relieved? Or doubtful? Or inspired? Amazed? Surprised? Maybe even mixed feelings? Whatever the feelings and those aspects are - inside you or around you, I invite you to acknowledge each one of them!"

Step 2: "Write (add a sketch/ doodle if you want) at least 10 "thank you" notes starting with "Dear" to different aspects of yourself, to experiences, to items/ things around you, to places, to anything inside you or outside of you. Take a risk. Be as specific as you can for what you are appreciating or thanking for. Mean it! Otherwise, don't write a thank you note, yet."

Step 3: People come back to the bigger group and share how the experience was. Invite everyone to share at least one "thank you" note. Adjust the sharing according to the aims of the workshop and or the needs of the group.

Step 4 (optional): The facilitator adds: "Now that you have heard some other "thank you" notes, I invite you to write 1-3 more "thank you" notes to some more aspects, experiences, feelings and parts of yourself."

REFLECTION

- How was the experience of coming up with such notes? How did you feel?
- Did anything surprise you? If so, what?
- What is different now in the way you perceive the world/ yourself compared to before?

COMMENTS

Variation: the facilitator can send out the participants to have a walk in some space nearby - outdoors/ their rooms/ or take time during a trip or a whole day of the program. Invite the participants to observe what is around them, and to pay attention to details, aspects, feelings, and thoughts, sensations in their bodies that they usually might not notice. The facilitator says: "Be curious, maybe some of those could bring inspiration for a "thank you" note. Take some time during your time/ walk in nature/ in space/ during the day and write down at least 10 "thank you" notes."

THANK YOU NOTES



THE GRAVITY DANCE



indoor/outdoors



20 minutes

N° of pax: 1 - 50



well being and mental health

PURPOSE

- MAIN PURPOSE: body awareness
- Use of attention towards internal body processes
- Development of dynamic awareness/mindfulness
- Preliminary to work on movement

PREPARATION

Prepare an undisturbed space (indoor or outdoor) free from noise and excessive temperature swings (ideally, 19° to 25°)

INTRO

A key element of wellbeing is harmony with one's own body – that starts with being aware of where our body is and what it is doing at any moment in time. By „looking inwards” and placing our focus of attention onto the body and its inner processes, we discover a progressively larger, wider, and deeper landscape.

MATERIALS

- Comfortable clothes
- No shoes, no socks if possible

STEPS

1. Stand with your feet parallel on the ground (spaced approximately at shoulders' width) and your spine erect but relaxed (imagine a string pulling the top of your head from the sun). If you feel like it, close your eyes. Try to relax all unnecessary tensions (e.g., let arms and hands rest loose along the body, etc.). Feel your soles' contact with the ground, particularly how your body generates micro-movements to compensate for the pull of gravity: forwards-backwards, left-right, clockwise-counterclockwise. Try to feel where your personal center of gravity is – that special, unattainable, position towards which the body keeps gravitating without ever being able to reach it.
2. Give yourself 30 seconds to explore these micro-movements around your center of gravity – try to make these micro-movements as small as you can. While exploring, notice the role of the different body parts: heel/ball of the feet, ankles, calves, knees, thighs, hips...
3. While still playing with your center of gravity, extend your attention to the role of the spine, from the tailbone to the top of the head: notice how much your „gravity dance” depends on how your hips rotate, on how your spine is curved, the neck and potentially even on whether or not you grind your teeth! Extend your gravity dance to spine movements, making them as small as you can. Give yourself 30 seconds to explore this.
4. Expand your focus to soft tissues: relax your anus and genitals, the lower belly, the diaphragm, thorax and your breathing. Notice how your gravity dance is really influenced by how tense/relaxed you are on all these areas – give yourself another 30 seconds to explore.
5. Try to perceive holistically the entire picture: how all these elements, parts, and organs of your body interact together to allow you to continuously „search” for your center of gravity. Give yourself 1 minute to explore. If you wish so, open your eyes and try to move a few steps around while maintaining your focus on the center of gravity.

REFLECTION

- (before the exercise) well-being is....?
- (after the exercise) well-being is....?
- (after the exercise) how did you feel during the exercise? How do you feel after it?
- (after the exercise) how did your definition of well-being change from before to after the exercise?

COMMENTS

Ideally, this exercise continues with the PERFORMING EXERCISE and with the EYE CONTACT EXERCISE – that is, start with awareness of one's own body, awareness of an „imaginary audience”, and awareness of a real human interaction, so as to explore what well-being is within each of these contexts. Also, repeating the reflection questions before and after each exercise helps to really explore the meaning of „well-being” across contexts.



PER-FORMING EXERCISE I.



indoor/outdoors



20 minutes

N° of pax: 1 - 50

PURPOSE



well being and mental health

- MAIN PURPOSE: body and emotional awareness
- Communicating emotions with our body
- Development of dynamic awareness/mindfulness
- Preliminary to work on human interaction

PREPARATION

Prepare an undisturbed space (indoor or outdoor) free from noise and excessive temperature swings (ideally, 19° to 25°). Allow for (at minimum) a 2x2 meters space for each participant.

INTRO

A key element of wellbeing and communication is harmony between the body and the emotions we feel inside – that starts with exploring how we „per-form“ in front of an imaginary audience. By „performing“ (that is, making beautiful forms with our bodies), we explore the non-verbal element of communication as well as discover a progressively larger, wider, and deeper landscape of well-being – one that does not limit itself to our personal inner space but also extends to others.

Imitate whatever the trainer does (including sound!) and follow his/her vocal instructions. Try to attach to each movement an intention or motivation. Try to make each movement as beautiful to watch as possible.

STEPS

INSTRUCTIONS. Try to attach to each movement an intention or motivation. Try to make each movement as beautiful to watch as possible.

BREATHE: Go into the starting position from the „Gravity Dance“ exercise, in an open, „available“, stance bringing my body slightly forward (just like the instant before taking a step forward) and look to the horizon, far away. Do nothing, pay attention not to make those small gestures we do without realizing them (touching your hair, etc.). Breathe deeply, but without forcing, paying attention to the action of breathing. Then, inhale through the nostrils and exhale slowly bring the head down. Inhaling, return to the initial position. Exhaling, with the mouth open (the relaxed jaw drops and sound may come out naturally: let it do it), bend the neck backwards. Inhaling, return to the initial position.

PUPPET: „Shoulders up!“ – shrug like a puppet pulled by two strings. „Shoulders down!“ – as if the threads have been cut. „Elbows up!“ (without lifting shoulders, leaving forearms relaxed) – again like a puppet. „Elbows down!“ „Elbows, wrists!“ – as if the puppet is pulled from the wrists. „One hand!“ – raise your right hand in line with the shoulders. „The other hand!“ – in a „T“ position. „Look right!“ head rotation. „Back!“ „Look left.“ „Back!“ in the „T“ position. Slowly lower the arms, resisting the pull of gravity like wings.

GRABBING: Inhale and repeat the sequence in one fluid movement. „Far away, far away, far away!“: exhaling, bring the arms forward while also bending the torso forward, as if to grab a distant object. The gaze continues where the body does not reach.

„Catch!“: the hands join and fingers interlock, as if to grab something.

„Pull!“: inhaling, flexing the knees and bringing „what you grabbed“ to the chest, trying to feel the tension.

„Push!“: looking upwards, turn the palms together upwards, then, exhaling, „push“ upwards from the chest, extending arms, legs and body.

„Open!“: inhaling deeply, „open the space“ with hands and arms stretched (with tension, but not stiff). slowly bring them along the body, completing a circle. The slowness of the movement is motivated by the resistance felt in the action of opening.

„Relax!“: exhaling, flex the legs slightly and relax the whole body, bending the back forward, and leaving head and arms hanging down, weight of the body forward (almost like a deflated puppet). Wiggle your butt like a dog shaking off the water.

YAWNING: Inhaling, slowly return to an upright position, starting from the bottom up. „Yawn!“: give a big (true!) yawn, inhaling with the mouth wide open, stretching arms, legs and the whole body in general, and resume the „neutral“ position.

PER-FORMING EXERCISE I.



PER-FORMING EXERCISE II.



indoor/outdoors



20 minutes

N° of pax: 1 - 50



well being and mental health

PURPOSE

- MAIN PURPOSE: body and emotional awareness
- Communicating emotions with our body
- Development of dynamic awareness/mindfulness
- Preliminary to work on human interaction

PREPARATION

Prepare an undisturbed space (indoor or outdoor) free from noise and excessive temperature swings (ideally, 19° to 25°). Allow for (at minimum) a 2x2 meters space for each participant.

INTRO

A key element of wellbeing and communication is harmony between the body and the emotions we feel inside – that starts with exploring how we „per-form“ in front of an imaginary audience. By „performing“ (that is, making beautiful forms with our bodies), we explore the non-verbal element of communication as well as discover a progressively larger, wider, and deeper landscape of well-being – one that does not limit itself to our personal inner space but also extends to others.

Imitate whatever the trainer does (including sound!) and follow his/her vocal instructions. Try to attach to each movement an intention or motivation. Try to make each movement as beautiful to watch as possible.

MATERIALS

- Comfortable clothes
- No shoes, no socks if possible



CLEANING: "Shoo! Shoo! Shoo!": repeatedly, "chase away the negative energies", throwing arms and hands downwards, with soft legs. "Help, help, help!": move arms and hands upwards as if to "invoke positive energies", and then again "Shoo, shoo, shoo!" downward. (While doing the exercise, it is important to use the voice in whatever way is consistent with your personal "intention" for the movement). As if brushing away the dirt from your body, start "cleaning" shoulders, forearms, hands ("clean! Clean! Clean!"), and then "throw away the dirt" ("away! away! away!")

BOXING: Like a boxer in the ring, hop around with legs apart, shift the weight from one foot to the other, legs soft. Clench fists at chest height, loose the shoulders by rotating arms backwards and forward with a rapid rotation. Repeat it several times.

YES/NO: Stand up, and nod ("yes! Yes! Yes!"), then shake your head laterally ("no!" "no!" "no!"), then diagonally ("maybe!" "maybe!" "maybe!"). Then mix up the sound and the movement, so that you nod while saying "no!" etc.

MONSTER: suddenly, as if in response to something, with great tension throughout the body, whirl around to the left with knees slightly bent, fingers curled like claws, mouth wide open, making noises like an angry dog. Then relax completely and repeat on the right side making a scary noise. Relax.

CONCLUSION (you can also add music here): standing upright, inhaling, bring your right hand around your head and extend it forward, in a gesture of offering. Then, exhaling, bring the right hand to your face, as if accepting a gift. Relax the right hand along your body. Repeat with your left hand. Then, repeat the whole sequence towards the right, towards the left, and upwards (with right and left arm). Conclude the entire sequence bowing towards your imaginary audience.

REFLECTION

- (before the exercise) well-being is....?
- (after the exercise) well-being is....?
- (after the exercise) how did you feel during the exercise? How do you feel after it?
- (after the exercise) how did your definition of well-being change from before to after the exercise?

COMMENTS

Ideally, this exercise continues from the GRAVITY DANCE and is followed by the EYE CONTACT EXERCISE – that is, start with awareness of one's own body, awareness of an „imaginary audience“, and awareness of a real human interaction, so as to explore what well-being is within each of these contexts. Also, repeating the reflection questions before and after each exercise helps to really explore the meaning of „well-being“ across contexts.

PER-FORMING EXERCISE II.



EYE-CONTACT EXERCISE



indoor/outdoors

N° of pax: 1 - 50



20 minutes

MATERIALS

PURPOSE



well being and mental health

- MAIN PURPOSE: awareness of the other
- Development of dynamic awareness/mindfulness
- Understand human interaction
 - Comfortable clothes
 - No shoes, no socks if possible

PREPARATION

Prepare an undisturbed space (indoor or outdoor) free from noise and excessive temperature swings (ideally, 19° to 25°). Allow for (at minimum) a 4x4 meters space for each participant, as couples will move freely across the training space.

INTRO

A key element of wellbeing and communication is harmony with others – that starts with being aware of others' presence and movement. By leading and following just with our eyes, we explore the non-verbal element of communication as well as discover a progressively larger, wider, and deeper landscape of well-being – one that does not limit itself to our personal inner space but also extends to others.



STEPS

1. **IMPORTANT WARNING:** followers will move backwards – that is, blindly – into space, so the leaders are responsible for the followers' safety and avoiding collisions with objects or others.
2. Pick a partner. One partner is the leader, the other is the follower. As a warm-up, the leader places both hands on the follower's shoulders, effectively „driving“ his/her body across the room. No words, no instructions, followers try to infer the leaders' intentions just from the movements of the arms/hands on the shoulders. Explore this for a couple of minutes, then switch roles.
3. Next, repeat the exercise without contact. The only connection between leader and follower is eye contact, which should be kept at all times. Should the follower risk bumping into objects or others, the leader should stop. Leaders are allowed to use their voice if there's the imminent danger of a collision. Explore leading and following by eye contact for 5 minutes, then switch.
4. **DEBRIEF IN COUPLE:** take 3 minutes to share with your partner how you felt in the leader/follower role, how the other made you feel, and in general what you learned from the experience.

EYE-CONTACT EXERCISE

REFLECTION



- (before the exercise) well-being is....?
- (after the exercise) well-being is....?
- (after the exercise) how did you feel during the exercise? How do you feel after it?
- (after the exercise) how did your definition of well-being change from before to after the exercise?

COMMENTS

Ideally, this exercise continues from the GRAVITY DANCE and the PER-FORMING exercise – that is, start with awareness of one's own body, awareness of an „imaginary audience“, and – last – awareness of a real human interaction, so as to explore what well-being is within each of these contexts. Also, repeating the reflection questions before and after each exercise helps to really explore the meaning of „well-being“ across contexts.



HEALING THROUGH ART AND MOVEMENT



Nº of pax: 1 - 50



PURPOSE

well being and mental health

- Encourage healthy habits;
- Promote awareness;
- Increase emotional resilience.

PREPARATION

Find yourself a place where you can sit comfortably and are not going to be disturbed during the exercise.

INTRO

This activity aims to provide participants with practical tools for promoting mental health, building resilience, and preventing burnout through artistic expression and movement. Participants will have the opportunity to explore their feelings and emotions through painting and dance. At the end of the activity, they will reflect on their experiences in each space, deepening their understanding of the connection between art, movement, and mental health.

MATERIALS

- Art supplies (e.g., canvas, paint, brushes, aprons, water cups, and paper towels)
- A designated painting area
- Music player and calming music for the dance area
- Comfortable clothing for dancing
- Soft flooring for dancing
- Notebooks and pens for reflection

STEPS

Step 1: Introduction (5 minutes):

Gather all participants in a central area and introduce the theme of mental health, resilience, and burnout prevention.

Explain the structure of the activity: two different spaces for painting and dancing.

1. Painting Space (15 minutes):

Instruct half of the participants to head to the painting space.

Provide a brief overview of the painting process: they are encouraged to express their emotions, thoughts, and feelings through art.

Offer guidance and inspirational prompts if needed.

Allow participants to paint freely while playing calming music in the background.

Encourage participants to focus on the process rather than the final product.

2. Dance and Movement Space (15 minutes):

The remaining participants head to the dance and movement space.

In this area, emphasize the importance of movement as a means of self-expression and release.

Lead a warm-up session and guide participants through various movements and dance exercises.

Play soothing music to create a relaxing and enjoyable atmosphere.

3. Conclusion and Reflection (5 minutes):

Bring all participants back to the central area.

Invite participants to sit or stand comfortably with their notebooks and pens.

Ask them to reflect on their experiences in both the painting and dance spaces.

Encourage them to consider the emotions, thoughts, and sensations they felt in each area.

4. Group Discussion (10 minutes):

Facilitate a group discussion where participants can share their thoughts and feelings about the activity.

5. Closing (5 minutes):

Express gratitude for the participants' willingness to engage in the activity.

REFLECTION

- What did you discover about yourself during this activity?
- How did each space make you feel?

COMMENTS

Examples for Prompts:

Painting Space Prompts:

1. Color Your Emotions: Choose colors that represent your current emotions. What does each color mean to you?
2. Abstract Expression: Create an abstract painting that reflects the ups and downs of your mental and emotional journey.
3. Dance and Movement Space Prompts:
4. Emotion in Motion: Start moving in a way that expresses your current emotional state. How do your movements change as your emotions shift?

1-

RESILIENCE JOURNEY



indoor/outdoors



180 minutes

N° of pax: 1-50



well being and mental health

PURPOSE

- Provide Understanding
- Sharing Experiences;
- Develop Strategies

PREPARATION

Find yourself a place where you can sit comfortably and are not going to be disturbed during the exercise.

INTRO

This activity aims to reflect on personal experiences, share stories and develop practical strategies to improve mental well-being.

MATERIALS

- Paper
- Pens;
- Board;
- Colored markers.



STEPS

- 1.Introduction to the topic:** Explain the concepts of resilience, burnout and mental health. Emphasize the importance of these concepts for well-being.
- 2.Personal representation:** Ask each participant to create a visual representation of their resilience journey (draw, create a diagram, write key words or use symbols).
- 3.Group sharing:** Each participant shares their representation and explains it, including challenges and strategies.
- 4.Strategy development:** Divide the participants into teams. Each team is assigned a mental wellbeing strategy (e.g. meditation, physical exercise such as walking, running, relaxation techniques such as audio relaxation and Autonomous Sensory Meridian Response). Develop a practical plan to implement the strategy.
- 5.Presentation of Strategies and Action:** Each team presents its plan. Encourage participants to start implementing the strategies in their lives to improve mental well-being.

REFLECTION

- Throughout this activity, what were the moments when you felt most connected to your own emotional resilience and well-being?
- Do you intend to incorporate the learning from this activity into your daily life to maintain and strengthen your mental and emotional well-being?

COMMENTS

The "Resilience Journey" activity is a valuable opportunity for participants to reflect on their own resilience, understand the concepts of resilience, burnout and mental health, share experiences and develop strategies to improve their mental well-being. The key points of the activity are:

- Self-knowledge;
- Mental health awareness;
- Developing strategies;



GRATITUDE DIARY



N° of pax: 1-50



indoor/outdoors



180 minutes



well being and mental health

PURPOSE

- Encourage healthy habits;
- Promote awareness;
- Increase emotional resilience.

PREPARATION

Find yourself a place where you can sit comfortably and are not going to be disturbed during the exercise.

INTRO

This activity explores strategies to strengthen mental and emotional health. We will dive into practices that promote mental balance and emotional resilience.

MATERIALS

- Notebook;
- White sheet
- Pens;
- Pencils.



STEPS

- 1. Choose the moment:** Set aside a moment in your day to write in your gratitude journal. It could be in the morning, in the evening or at any other time.
- 2. Think about gratitude:** Reflect on the things you are grateful for in life. These gratitudes can be big or small.
- 3. Record Gratitude:** Write down at least three things you are grateful for in your diary. Try to be specific and detailed. For example, don't just put "my family", but "the support my family gives me".
- 4. Deepen the Reflection:** In addition to recording your gratitude, explain why person (you) is grateful for each of them. This helps to deepen the reflection and better understand the associated feelings.
- 5. Keep a Routine:** Try to keep to the routine of writing in the gratitude journal every day or as often as you choose. The more consistent it is, the more effective it will be.

REFLECTION

- Throughout this activity, what were the moments when you felt most connected to your own emotional resilience and well-being?
- Do you intend to incorporate the learning from this activity into your daily life to maintain and strengthen your mental and emotional well-being?

COMMENTS

Practicing gratitude journaling is a self-discovery activity that reminds us of the good things that are present in our lives, often unnoticed. By taking a moment every day to reflect on the things we are grateful for, we build a more positive and resilient mindset. This activity not only helps us recognize the value in the little things, but also strengthens us emotionally

FOCUSED MIND I.



indoor/outdoors



N° of pax: 12-30

30 minutes



team work and mental focus

PURPOSE

- Focusing on one thing at a time, also known as single-tasking
- joy
- team work

PREPARATION

To prepare the space we need to place two tables in a big room. Each of the tables needs to have a referee. Music can be also connected to maintain the competition atmosphere with specific songs. Before we the start of the contest, the teams need to be seated at the places assigned to each one. This activity requires work in smaller teams with minimum of 3 participants.

INTRO

Within the two cards Focused Mind I and II, we introduce 5 team games that you can do in a chosen sequence and depending on the time given - you can choose all the games or some of them. One game is around 10-15 minutes. The games are designed to bring back childhood memories, joyful competition and simple play and interactions with others. You can introduce awards for the teams when completing the games.

MATERIALS

- Notebook;
- Plastic/paper cups
- Pens
- Colored papers
- One A3 paper
- Beans with 5 different coors
- 2 big tables
- speaker - motivational songs

STEPS

1. **Step 1:** Correctly understand the rules of the game and form a strategy together with your team. It is important for each player to know their order in the group and for the rest of the teammates to know if their partner needs encouragement or support in solving their task
2. **Step 2:** When the timer has started, breathe in and out consciously and calmly. Focus on the type of exercise you have to solve. Forget that some things can distract you and find your own balance to be fast and efficient.
3. **Step 3:** When your shift is over, learn to support your teammates and realize what resources you needed when you were doing the exercise alone. Offer your colleagues the support they need.
4. **Step 4:** Stay with your team and improve the manual skills and strategies you made at the beginning. Keep trying until you succeed and remain with a clear mind and clear thinking.

Game 1: The Cup Tower

You will need 60 plastic or cardboard cups: 30 blue and 30 orange. Two towers are formed from the total cups. The first tower is created by stacking 29 blue cups and 1 orange cup on top. The second tower is formed by stacking 29 orange cups and 1 blue cup on top.

There are two teams playing the game, and each team receives one tower. The goal is to disassemble the tower from the bottom, cup by cup, until a different color cup is on top again. The team that brings the different colored cup back to the top in the shortest time wins a point. Each team has 8-10 minutes to accumulate as many points as possible.

Game 2: Use your skill!

You will need 40 wooden skewers or 40 pencils. Each team will use 20 pencils. Arrange the pencils on the table in sets, placed parallel to each other and parallel to the players as follows: 1 pencil, 2 pencils, 4 pencils, 8 pencils. Players stand in front of the pencils and start playing. First, they take the first set, which is 1 pencil, and place it on the back of their hand. The player must toss the pencil in the air and catch it in their hand without using the other hand. If they successfully catch the pencil, they receive 1 point. If they miss, the game continues, and there's no chance to retry with the same set.

Regardless of whether they caught it or not, the next set of 2 pencils is added. This time, the player is challenged to catch 3 pencils because the first set is added. If they catch them, they receive another point. Then the next set of 4 pencils is added, and the player must catch 7 pencils. This continues until they reach 20 pencils. After a player completes the challenge with all 20 pencils, the next player takes over in relay fashion. The team that accumulates the most points in 8-10 minutes wins.

REFLECTION

- Have you felt that your mind is running in several directions?
- How often have you stopped what you were doing to calm down and take a deep breath?

FOCUSED MIND II.



indoor/outdoors

Nº of pax: 12-30

30 minutes



team work and mental focus

PURPOSE

- Focusing on one thing at a time, also known as single-tasking
- joy
- team work

PREPARATION

To prepare the space we need to place 2 tables in a big room. Each of the tables needs to have a referee. Music can be also connected to maintain the competition atmosphere with specific songs. Before we the start of the contest, the teams need to be seated at the places assigned to each one. This activity requires work in smaller teams with minimum 3 participants.

INTRO

Within the next two cards Focused Mind I and II, we introduce 5 team games that you can do in a chosen sequence and depending on the time given - you can choose all the games or some of them. One game is around 10-15 minutes. The games are designed to bring back childhood memories, joyful competition and simple play and interactions with others. You can introduce awards for the teams when completing the games.

MATERIALS

- Notebook;
- Plastic/paper cups
- Pens
- Colored papers
- One A3 paper
- Beans with 5 different colors
- 2 big tables
- speaker - motivational songs

STEPS

Game 3: Control your mind!

You will need 12 transparent cups and 96 buttons: 6 different colors with 16 buttons each. Place 6 cups in a semicircular shape in front of each team. Divide the buttons equally so that each team has 6 colors with 8 buttons each.

Then, the first players from each team position themselves in front of the table. The goal is to sort the buttons, one by one, using their less dominant hand (for example, if they are right-handed, they will use their left hand and vice versa) so that each cup contains only one color of buttons. The team that sorts the buttons the fastest wins a point. Once the first player from each team finishes, the relay is passed to the next player. The team that accumulates the most points in 8-10 minutes wins.

Game 4: X & O

You will need 6 blue cups and 6 red cups (or any other two different colors). On the table, there is a sheet of paper on which a square table with 3 rows and 3 columns is drawn. The diameter of a cup should fit into one square of the table. Each team receives cups of different colors: the red team and the blue team.

The first player from each team is placed in front of the table. They have to pick up one cup at a time. The cups are initially upside down. They must flip it by jumping and place the upright cup on the game table. Then, they take the next cup and do the same. The team that forms a continuous line or diagonal of 3 cups of their color wins a point. Then, the relay is passed to the next players. The team that accumulates the most points in 8-10 minutes wins.

Game 5: Precise Movements

You will need 6 plastic or cardboard cups: 3 blue and 3 orange cups. Form 2 cup towers, one for each team, as follows: all cups are placed upside down, and a piece of A5 or A6 paper is placed between them (depending on the diameter of a cup). Position one player from each team in front of their tower. The goal is to remove the papers between the cups without knocking any cup over, so that at the end, the 3 cups are stacked on top of each other and standing upright. The team that finishes such a tower the fastest wins a point. Then, the relay is passed to the next players. The team that accumulates the most points in 8-10 minutes wins.

REFLECTION

- Have you felt that your mind is running in several directions?
- How often have you stopped what you were doing to calm down and take a deep breath?

CHANGE YOUR MOOD



indoor/outdoors



N° of pax: 2-15

15 minutes



body and awareness

PURPOSE

- Body knowledge
- Become aware that you can use your body to heal your mind!
- Learn to change the way you feel by changing what you think!

PREPARATION

Each participant should sit comfortably, have enough space around them.

INTRO

Our body secretes a lot of hormones that influence our moods, thoughts and emotions. We have the power to change our mood through certain tools that our body itself provides.

MATERIALS

- Comfortable space
- Paper
- Pen



STEPS

Each participant will perform the following steps

- smile
- go and take a few steps.
- get outside in the sun or look out of the window for half a minute at the view
- take a sheet of paper and write: Today I am grateful for... (list at least 2 things you are grateful for).
- repeat : As hard as it is for me right now, hold on, it will pass. It's just a bump. I can and want to do what I set out to do.

1. Put a hand on your stomach to make sure you're breathing abdominal - that means when you breathe in your abdomen should inflate, and when you breathe out it should retract
2. Try to relax the muscles in your whole body when practicing this breathing exercise.
3. Close your eyes, then breathe in through your nose and count of four. Focus your attention on the air entering your lungs. Then hold your breath until you count to four again.
4. Exhale slowly, counting to four. You can also breathe out through your mouth, but only breathe in through your nose. Repeat for four minutes.

REFLECTION

- How do you feel after this activity?
- Did you find this activity useful?
- What did you observe during this activity? How was your mood before and how is it after?

COMMENTS

The breath reset technique is extremely simple, but very effective in tense situations where we feel like we are losing our temper. According to the American Institute of Stress, 20 to 30 minutes of 'abdominal breathing', also known as diaphragmatic breathing, each day can reduce stress and anxiety.

CHANGE YOUR MOOD

FEEL THE ENERGY



indoor/outdoors

N° of pax: 12-30



45 minutes



art expression

PURPOSE

- To connect with others through artistic expression
- Support in the team
- Contribute to emotional resilience and burnout prevention

PREPARATION

Divide into 4 groups (draw a paper from the basket) Participants need to find a table with the number they drew from the basket, they need to sit comfortably with their team and take an apron

INTRO

The power of art is that it allows us to structure our own experiences and feelings. In this way, it allows us to see through art expression the inner flow of others, and, therefore, understand them better.

- It's not about perfectionism, it's about playfulness, listening, relieving stress, appreciating uniqueness, accepting and understanding others.
- Humans are born to create, and this kind of group activity will connect everyone on a deeper level.

MATERIALS

- Tempera paints, watercolors or acrylics and aprons
- Canvas/ paper
- Paintings (divided into 4 pieces for 4 teams) – representing all elements wood > fire > earth > metal > water
- 4 Tables
- Basket with number (1-4)

STEPS

1. Look with your team at the picture that is on your table
2. Look at it and discuss roles with the members
3. Start drawing the picture you have on the table
4. Each team has the task of crossing out the part of the overall picture they got on the canvas.
5. Not all materials are on each table, so teams can work with each other and create a sense of community.
6. When each team is finished painting, all teams should go to the center of the room and fold up the painting.
7. Hang a picture in the community room as a reminder of togetherness and strength

REFLECTION

- How do you feel?
- How does this activity contribute to your well-being?
- What does the picture (composed of all 4 parts) represent?
- What was the challenge in this task?

COMMENTS

- Art can improve mental health, slow cognitive decline, build self-esteem, and enhance one's quality of life.
- When you schedule time for creativity, members of the team feel less stressed, more connected, and have the freedom to think outside the box. This, in turn, creates space for dialogue and creative problem solving.
- Channeling creativity helps people become better problem solvers while improving their sense of self-expression
- This activity is a great way to demonstrate the importance of teamwork and leave a lasting and beautiful reminder in the form of a "work of art" that will adorn one of your walls.

FEEL THE ENERGY

GIVE ME YOUR HAND



indoor/outdoors

Nº of pax: 5-50



60 minutes



art expression

PURPOSE

- Connecting with others through artistic expression
- Decreasing the level of stress and anxiety
- Providing support in the team

PREPARATION

- Divide into groups of 5 elements each
- Find place to sit down with your team comfortably, with enough space for work
- Place the materials in front of you

INTRO

Art is an expressive tool which, through creativity and projective techniques, realizes the process of creating a work of art in order to improve a person's mental, physical and emotional state.

Art expression is a form of non-formal education that applies the artistic process as a form and means of expression and communication

MATERIALS

- Tempera colors (green, red, yellow, white, blue,)
- water
- A1 paper

STEPS

1. Start

- Sit on the floor in a circle formation with your team, place the paper in the center in front of you.
- Color one foot.
- Leave a footprint on paper, shape a scape in agreement with the team.
- Wipe off the paint from the foot.

2. Expression

- Paint one palm.
- Leave a palmprint on paper, shape a treetop in agreement with the team.
- Wipe off the paint from the palm.
- Color another palm.
- Leave a palmprint on paper, shape a treetop in agreement with the team.
- Wipe off the paint from the palm.

3. Releasing

- Ask the participants if they want to add anything else to the work.
- Wait a moment, look at the joint work, realize how you feel right now.

REFLECTION

- How do you feel?
- How does this activity contribute to your well-being?

COMMENTS

- Art expression is suitable for the development of social and emotional skills, as support in life processes, changes and decisions in stressful situations and as support for people.
- Creativity as positive affirmation, as freedom 'for' something, as play, creation.

GIVE ME YOUR HAND

FEEL MY FLOW



indoor/outdoors

Nº of pax: 5-50



60 minutes



art expression

PURPOSE

- Connecting with others through artistic expression
- Providing support in the team
- Contributing to emotional resilience and burnout prevention

PREPARATION

- Divide into groups of 5 elements each.
- It's important in any touch exercise that the participant feels comfortable with contact, touch, and is open and willing to explore the body through touch.
- Find place to sit down with your team comfortably, in a circle formation, in this order> Wood> fire> earth> metal> water
- Place the papers and colors of the elements in the center of the circle

INTRO

The power of art is that it allows us to structure our own experiences and feelings. In this way, it allows us to see through art expression the inner flow of others, and, therefore, understand them better. In order to influence the people that surround us, we must first feel them.

In order to prevent the accumulation of bad energies, we must influence others by providing understanding and support.

MATERIALS

- Crayons: green, red, yellow, blue
- Paper
- Music: Estas Tonne
- Fusion: Feel with me;
- Rebirth of a thought: Between fire and water
- The song of the golden dragon

STEPS

1. Start

- Play the song "Feel with me" quietly.
- Stand up on the floor in a circle, arranged in the order wood> fire> earth> metal> water.
- Turn your back to the partner next to you from the right side, touching the back of the partner in front of you with your fingertips.
- Close your eyes, relax and listen to the sounds.
- Move your fingertips in the way you feel music.
- Turn around on the other side, and switch the place on the mark, with the participant next to you.

2. Expression

- Play the song "Between fire and water" quietly.
- Take the color that represents your element, then paint what you feel on the paper in front of you.
- When the song ends, sit in the seat of the partner on your right side.
- On his paper, paint how you perceive the person next to you, with your color.
- Perform this until you come back to your seat.

3. Releasing

- Play the "Song of the golden dragon"
- Get up and dance to the music.

REFLECTION

- How do you feel?
- How does this activity contribute to your well-being?

COMMENTS

Art can improve mental health, slow cognitive decline, build self-esteem, and enhance one's quality of life. Moreover, as a powerful, patient-centered tool, art can impart insight, decrease stress, heal trauma, increase memory and neurosensory capacities, and improve interpersonal relationships. Empathy is essential to the well-being of the team. The choice of music to which you will do the activities is up to you.

FEEL MY FLOW



TREE DANCE



indoor/outdoors

N° of pax: 3-30



60 minutes



body and movement

PURPOSE

- EMBODYING experience of being supported
- recognising how I receive and give support
- recognition of team work and it's importance on individual

PREPARATION

Create an empty space for movement

INTRO

Metaphorically we will make a dancing forest from our bodies and observe how it feels to embody the 'tree' or the 'roots'.

MATERIALS

- sound system or speaker
- phone or computer to play the song



1. Choose a nice song or two to dance to, around 5-6 minutes, flowy and/or alive rhythm.
2. Make groups of 3, 1 person representing the tree, 2 representing its roots. The tree person stands straight with legs a bit spread apart and the other two sit besides him, each holding one of his legs and giving him support and rooting him to the earth.
3. As you play the song the 'tree' is invited to dance, exploring movements and observing feelings of all his body, the upper part as branches and leaves, playing with surrendering the weight and lower part, exploring the support as a trunk.
4. After a song finishes, all 3 sit down together and share how the experience was (each has 3 minutes). Tree shares how he felt the support of the roots and how it affected him. The roots share how it was to be a supporter.
5. Then you switch roles and repeat so everybody has the experience of being a tree.

TREE DANCE

REFLECTION

- How was it in exercise and is it to receive support in general in your life?
- Could/can you accept/surrender to it with ease?
- How was it in exercise and how is it in general for you to give support?

COMMENTS

If you want to dive deeper you can:

- repeat with a new song and new groups, to observe the change that comes with new partners and having an experience already.
- suggest individual diary writing or open a debate further; discussing Who are my roots? What are healthy roots for me? Where am I (healthy/unhealthy) support? ...



GIVING-RECEIVING



indoor/outdoors

N° of pax: 10-30



60 -80 minutes



mental health and reflection

PURPOSE

- RECOGNISING OWN CAPACITY OF RECEIVING AND GIVING
- Discovering inner saboteurs, limiting beliefs
- Harvesting reflections of others vs. having opportunity to give from the heart
- Practicing trust and generosity
- papers and pens
- eye blindfolds, scarfs
- ideally, fireplace, otherwise candles

PREPARATION

- Individual part: Sit comfortably with a sheet of paper in front of you
- Group part: Use spacious place where 3-5 people sit down blindfolded facing fire (candles), others gather few meters behind them

INTRO

We live in a society that glorifies giving and achieving which leads to a state where we look for validation with over-giving to others, overachieving to feel good. At the same time many forget the beauty of receiving, surrendering and allowing to be supported. It can be both very vulnerable and heartwarming to trust in the support and let yourself be seen and appreciated just as you are.



STEPS

Step 1: First each person draws a circle, with a middle point that is representing him, the right half being the receiving part, the left half giving. On each half mark 6 points (like clock - representing support/attention/care/time: to/from me, to/from my family, to/from my partner, to/from friends, to/from community/strangers, to/from natural world/animals).

Step 2: Then mark the line from the middle point being 0, till each circle point being 10 at the scale, how true is a statement (ex. How much support am I giving to my friends? and draw a line from the center till the number it feels true for you, so you get an image of a 'sun' surrounded with a circle). Lastly, connect the top points of your lines and see if it makes a circle or any other shape. Look at the shape and reflect if your reality is harmonious or not-

Step 3: Second part is group activity, where 4-5 people sit down blindfolded directed to fire and the group members come randomly to each whispering into their ear what are they admiring about them, what are they grateful for to this person, they can cheer up, give them invitations, positive critic, heartwarming message.

After 10-15 minutes the roles change, until everybody is in a role of a receiver and generous giver.

At the end we gather for reflection.

REFLECTION

- How harmonious is your ability to receive vs. an ability to give as perceived from the drawing map? What surprised you?
- Did that change in practice?
- What kind of (limiting) beliefs are shaping your reality?

COMMENTS

This exercise is best after a few days of work in the same group, when members already know each other.

Perfect setting is 'receiving' persons sitting with closed eyes around the fire, facing fire, others coming from behind whispering.

The exercise will probably be emotional.

VOICE IT OUT



indoor/outdoors

N° of pax: 6-30



60 -75 minutes



movement and singing

PURPOSE

- USING VOICE TO CONNECT WITH A GROUP
- expressing playfully and vulnerably
- building stronger bonds

PREPARATION

- Individual part: Sit comfortably with a sheet of paper in front of you
- Group part: Use spacious place where 3-5 people sit down blindfolded facing fire (candles), others gather few meters behind them

INTRO

In a world filled with noise and constant chatter, we often forget the power of our own voices. The act of speaking, singing, or even shouting can be incredibly liberating, allowing us to convey our deepest emotions and thoughts in a unique and authentic way.

In this non-formal activity, we invite you to explore the extraordinary potential of your voice as a tool for self-expression.

MATERIALS

- each participant having a bottle of water to hydrate

STEPS

1. A group stands in a circle and each participant introduces himself with singing out his name, others repeat.
2. Then they can mix and move in a space and introduce themselves by shaking hands and instead of sharing their name, sharing their laugh (loud, shy, just smile, ...) while keeping eye contact.
3. After introduction some questions on their relationship with their voice are made (who likes their own voice? Who likes to sing in public? Who is ashamed/proud to express? ...) to see where the group is concerning this topic.
4. Machine making group game: one by one we slowly come to the center of space, each one making a small movement and a sound as if we are different parts of a machine working/sounding together. When the machine is done, meaning everyone is involved, we observe it for a moment. Then the person who stepped in first, leaves the space first and so on, until the last particle. Finish the game with an invitation to share a short feedback popcorn style.
5. Group game: groups of 4 or 5, in each group one person starts with a creative, repetitive movement and sound, moving through space, others repeat with him standing closely by his side or behind him for cca. 2 minutes, then they swap roles until everyone leads at least twice. Finish the game with an invitation to share a short feedback in their groups (2 minutes each).
6. Having their voices warmed up and their bodies in a playful mood, you invite them to sing a simple song together as a quire (making them repeat after you, singing just parts of songs, singing loud or low, clapping, trying out canon ...) experiencing togetherness, creating harmony, expressing freely without judgment.

REFLECTION

- Is your idea of your voice any different after the exercises?
- Are you free to use your voice? Why not?
- How can you support yourself to express yourself more freely?

COMMENTS

You can prepare more songs and prolong the activity as this is really the part where the whole group collaborates together.

VOICE IT OUT

AUTISM IN THE WORKPLACE



Nº of pax: 4-30



indoor



60 -75 minutes



mental health and inclusion

PURPOSE

- Information about autism
- Information about autism in the employment
- Reflection

PREPARATION

- Prepare the media for the sound.

INTRO

People with autism often face discrimination in many areas of life. Including education, employment and social interactions. By advocating the rights and creating more inclusive environments, we can help them to have more successful and fulfilling lives. Many people with autism have unique talents and abilities that can be valuable for society. By providing them with the support and resources they need to succeed we can help them to reach their full potential and contribute to the world in a meaningful way.

MATERIALS

- Usb with audio and video media (annoying sounds, video)
- Speaker
- Laptop with bluetooth capability (or a mobile phone in that case use google drive instead of usb)

STEPS

Step 1: 10 mins The facilitator says: Hello, I will now hand out some papers and for an activity for later. I would request that you write something on them, it could be a song, a poem, a quote, a shopping list... whatever pops in your mind you don't have a limit or minimum of words, you only have 5 minutes to write them and then I will pick them IMPORTANT don't write your name since its anonymous.

Step 2: 5 mins Later everyone will be divided into groups and asked to choose a random piece of paper.

Step 3: 20 mins Each group will be assigned to make a song, a theater poem and advertisement or a story... using whatever they got on their papers.

Step 4: 15 mins Everyone will present what they made.

Step 5: 10 mins Finally, we will talk and discuss what was the experience of trying to focus having to bear with loud and disturbing noises, and explain that this is the day to day of people of the spectrum of autism. Since it is common to have hyperacusis.

AUTISM IN THE WORKPLACE

REFLECTION

- Is your idea of your spectrum of autism any different after the exercises?
- How did you feel during the experience?
- What talents did you discover in you during the activity?

COMMENTS

It is important to tell participants to write at least one page of A4 at the beginning of the activity thus the one who gets the paper has enough material to work with for the performance.

INCLUSION AND DIVERSITY



indoor

Nº of pax: 4-20



basic psychoeducation



mental health and inclusion

PURPOSE

- To promote inclusion and diversity in the workplace
- To understand/empathize with all relevant actors in the process of labor inclusion
- To provide a safe space for open and honest conversations about diversity and inclusion

PREPARATION

Before the activity, prepare role descriptions (please see the following pages - the entrepreneur, the social worker) for each participant and gather any necessary materials, such as paper and pens for note-taking. If you plan to include the interactive theater portion, consider preparing props as well.

INTRO

Welcome participants and explain that the purpose of the activity is to promote inclusion and diversity in the workplace. Provide a brief overview of what the activity will entail and encourage participants to engage in open and honest conversations.

MATERIALS

- Role descriptions for each participant
- Paper and pens for note-taking
- Optional: props for the interactive theater portion of the activity

STEPS

1. Distribute the role descriptions and give participants time to read them.
2. Organize participants into pairs, with one person taking on the role of the entrepreneur and the other taking on the role of the social worker.
3. The social worker will lead the conversation and try to obtain commitments from the entrepreneur to make the process of inclusion successful.
4. After 15 minutes, participants will switch roles and repeat the conversation.
5. Participants will share their experiences and emotions as entrepreneurs, reflecting on whether they felt prepared for the task and supported by the social worker.

REFLECTION

- How did this activity challenge your assumptions about diversity and inclusion in the workplace?
- What did you learn about yourself and your colleagues during this activity?
- How can you apply what you learned in this activity to your work and personal life?

COMMENTS

It is important to note that this activity may bring up sensitive topics related to diversity and inclusion. Encourage participants to be respectful and open-minded during the activity and provide resources for further support if needed. Additionally, consider adapting the role descriptions to fit the specific needs and context of your workplace.

INCLUSION AND DIVERSITY - THE ENTREPRENEUR I



Nº of pax: 4-20



indoor



basic psychoeducation



mental health and inclusion

PURPOSE

- To promote inclusion and diversity in the workplace
- To understand/empathize with all relevant actors in the process of labor inclusion
- To provide a safe space for open and honest conversations about diversity and inclusion
- Role descriptions for each participant
- Paper and pens for note-taking
- Optional: props for the interactive theater portion of the activity

PREPARATION

Before the activity, prepare role descriptions for each participant and gather any necessary materials, such as paper and pens for note-taking. If you plan to include the interactive theater portion, consider preparing props as well.

INTRO

Welcome participants and explain that the purpose of the activity is to promote inclusion and diversity in the workplace. Provide a brief overview of what the activity will entail and encourage participants to engage in open and honest conversations.



THE ENTREPRENEUR DESCRIPTION

You have a company that tests software. You have 29 employees, and you are doing well financially. Some time ago one of your employees proposed to hire a person with autism. Her nephew was recently diagnosed, and she is revindicating the labor inclusion of people with autism. Besides, you've heard that people with autism are geniuses at technology, and you're having a hard time finding a workforce to hire. Plus, you can get a small tax break if you hire people with disabilities.

This employee put the autism association to which her nephew belongs to in contact with your company to study the possibility of hiring people from the association.

What you know about autism is based on movies you watch, and stereotypes. You have a feeling that hiring a person with autism will help to boost productivity, and if everything goes well you will hire more people with autism, so you will be able to take on more projects and improve the sales.

This is an example of one typical day at work:

You are working on a project, which deadline is in 7 days. You still must finish the proposal.

You must prepare a presentation of your services to a prospective client in 2 days' time.

In five days is the deadline to present accounts and taxes to public authorities. You must pay the salaries of the company's 29 workers within the next week, but collection is very slow. You are worried about the cash flow. You have a meeting with the bank manager in 3 hours to ask them to advance you the money needed to pay the salaries and negotiate the interest rate.

You divide the work into two teams, and each team has a leader. You meet with the team leaders twice a week to follow up. Today in the afternoon you have a follow up meeting (In 6 hours).

In 5 minutes, you have a meeting with a social worker from your city's autism association. They contacted you through a worker from your company. They sent you an email 2 weeks ago but you didn't have time to meet until now. They want to talk about hiring people with autism. You are open to listening to them because you need more people to face next year's projects. As they are so smart they can be the solution to all your problems.



INCLUSION AND DIVERSITY - THE SOCIAL WORKER



Nº of pax: 4-20



indoor



45 minutes



basic psychoeducation and inclusion

PURPOSE

- To promote inclusion and diversity in the workplace
- To understand/empathize with all relevant actors in the process of labor inclusion
- To provide a safe space for open and honest conversations about diversity and inclusion

PREPARATION

Before the activity, prepare role descriptions for each participant and gather any necessary materials, such as paper and pens for note-taking. If you plan to include the interactive theater portion, consider preparing props as well.

INTRO

Welcome participants and explain that the purpose of the activity is to promote inclusion and diversity in the workplace. Provide a brief overview of what the activity will entail and encourage participants to engage in open and honest conversations.

MATERIALS

- Role descriptions for each participant
- Paper and pens for note-taking
- Optional: props for the interactive theater portion of the activity



THE SOCIAL WORKER DESCRIPTION

- You are a social worker and job prospector at the autism association in your city. You were hired 6 months ago to manage the employment unit of the association. The employment unit has been recently created.
- Your responsibility is to find quality jobs for the people who are part of your association's employment unit. You must make sure that the rights of the person with autism are respected, the working conditions are adapted to his or her particular needs, and at the same time make sure that he or she keeps the job over time.
- You prepared a dossier with information about autism which is intended to provide support to those who are responsible for the inclusion of people with autism within the company.
- The aim of the meeting is to get the employer to hire a person with autism from the association. You have 4 people in the employment program of the employment unit that you think they can fit in because they are "into" technology.
- What you require from the employer to adapt to the job is:
- Explain how communication works with people with autism (all the time)
- Make sure that his/her coworkers read the dossier you prepared for them with information about autism and important things to keep in mind when including a person with autism in the work team.
- Negotiate to work remotely 2 days a week
- Make sure the salary is the same as his/her coworkers in the same position
- Schedule weekly meetings to follow up
- Change the lights from white to warm in the office.
- Allow him/her to use headphones
- Provide a room where he/she can be alone if the anxiety level is high.

INCLUSION AND DIVERSITY - THE SOCIAL WORKER



SENSORY AWARENESS SIMULATION



N° of pax: 4-10



indoor



45 mins



movement and inclusion

PURPOSE

- To simulate and experience sensory sensitivities through movement and physical activities.
- Foster empathy and understanding of how sensory experiences impact individuals with autism.
- Encourage reflection on adapting to sensory challenges.

PREPARATION

Set up stations with different sensory stimuli. Arrange the space to allow movement between stations and provide a safe environment for activities.

INTRO

The facilitatory says: Welcome, everyone. Today, we'll engage in a sensory awareness simulation through movement and physical activities. By experiencing different sensory challenges, we aim to gain insight into the world of individuals with autism and how sensory stimuli can impact their daily lives.

MATERIALS

- Various textured materials (fabric, sandpaper, cotton balls).
- Headphones or earplugs for noise simulation.
- Blinders or goggles to simulate visual impairments.
- Soft balls or tactile objects.



STEPS

- 1. Station Rotation:** Divide participants into small groups and assign each group to a sensory station. Stations could include tactile experiences, noise simulations, visual impairments, etc.
- 2. Experiencing Sensory Challenges:** Participants rotate through stations, engaging in activities that simulate different sensory challenges. Encourage them to immerse themselves and reflect on their experiences at each station.
- 3. Group Discussion:** Gather everyone to share their experiences. Encourage participants to discuss the challenges faced at each station, how it made them feel, and what they learned about sensory sensitivities.
- 4. Adapting and Reflecting:** Facilitate a conversation on how individuals with autism might adapt to these sensory challenges. Encourage reflection on strategies to create more inclusive environments.

REFLECTION

- How did engaging in the sensory simulation activities impact your understanding of sensory sensitivities experienced by individuals with autism?
- What strategies did you employ to adapt to the sensory challenges, and how might individuals with autism use similar strategies in their daily lives?
- How can we implement changes in our surroundings to create more accommodating environments for individuals with sensory sensitivities?

COMMENTS

Be mindful of participants' comfort levels during sensory simulations and ensure they can opt out if they feel overwhelmed. Emphasize the importance of sensitivity and understanding when discussing challenges faced by individuals with sensory differences. Encourage brainstorming on practical solutions to support sensory needs in various settings.

WINGS OF LOTILKO



Nº of pax: 4-50



indoor



storytelling



45 mins

PURPOSE

- reflection on ourselves
- understanding personal boundaries - finding creative energies
- understanding and cherishing our personal needs

PREPARATION

Collect the materials needed - decide whether you would like to listen to the story or read it. Prepare a comfortable place/spot indoor or outdoors - make sure you have mats or chairs to sit on or blankets to lie down.

INTRO

Once upon a time there was a flying man by the name Lotilko. He had two wings, which helped him fly high above the forest, up to the clouds, sometimes even higher, and it happened from time to time that he flew too far away from home. The story is an endeavor to discover one's most important values and things that can be lost and things and values we never can lose.

MATERIALS

- headphones + mobile phone or laptop if you want to listen the audio file
- audio file available here: <https://soundcloud.com/user-876224086/lotilkos-wings-read-by-tibor-wallinger>
- (6 minutes)
- scan the QR for the story



STEPS

1. Find a comfortable indoor or outdoor space where you can sit or lie in comfort - take care that you prepare a spot where you can listen (6 mins) or read the story in peace and undisturbed.
2. After sitting/lying comfortably, make sure that your body parts are relaxed (not crossing each other) and take 3 big breaths - inhale and exhale loudly. Use your nose to inhale and mouth to exhale. Make sure your thought process has quieted so you can be absorbed into the story for the coming moments.
3. Listen to the story! or Read the story!
4. Take some minutes to finish the process, again take 3 big breaths - use your nose to inhale and your mouth to exhale. Once you have thus completed the circle, you can go for your personal reflection.

REFLECTION

- What emotions did the story evoke in you?
- Are there similarities between you and the main character? If yes, what?
- What was the most touching for you in the story?

COMMENTS

The activity can be enriched with a drawing which is added to the story. Once the participant has listened to the story, he/she can create a drawing which represents his/her impressions, imprints, aka harvesting of the fairy tale. The drawing is not about being an item of beauty but more a processing of the exercise, to highlight and evaluate the essence for the listener. The drawing can take another 20 minutes in time. The reflection questions can follow after.

THE STONE CHILD



N° of pax: 4-50



indoor



storytelling



45 mins

PURPOSE

- reflection on ourselves
- understanding personal boundaries - finding creative energies
- understanding and cherishing our personal needs

PREPARATION

Collect the materials needed - decide whether you would like to listen to the story or read it. Prepare a comfortable place/spot indoor or outdoors - make sure you have mats or chairs to sit on or blankets to lie down.

INTRO

The pain of abandonment, both real and metaphorical, can cast a shadow over our entire adult experience. Warming the Stone Child investigates the abandoned child archetype in world myths and cultures to find clues about the process of healing the unmothered child within us all. Along the way, this gifted storyteller and Jungian psychoanalyst instructs us about the psychology of abandonment in childhood, how it affects us in later life, and its curiously special gifts and powers.

MATERIALS

- headphones + mobile phone or laptop if you want to listen the audio file
- audio file available here: <https://www.youtube.com/watch?v=-nrUS9zMRko>
- (5 minutes)
- scan the QR for the story



SCAN ME



STEPS

1. Find a comfortable indoor or outdoor space where you can sit or lie in comfort - take care that you prepare a spot where you can listen (6 mins) or read the story in peace and undisturbed.
2. After sitting/lying comfortably, make sure that your body parts are relaxed (not crossing each other) and take 3 big breaths - inhale and exhale loudly. Use your nose to inhale and mouth to exhale. Make sure your thought process has quieted so you can be absorbed into the story for the coming moments.
3. Listen to the story! or Read the story!
4. Take some minutes to finish the process, again take 3 big breaths - use your nose to inhale and your mouth to exhale. Once you have thus completed the circle, you can go for your personal reflection.

REFLECTION

- What emotions did the story evoke in you?
- Are there similarities between you and the main character? If yes, what?
- What was the most touching for you in the story?

COMMENTS

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The drawing can take another 20 minutes in time. The reflection questions can follow after.

THE STONE CHILD

THREE LAUGHING MONKS



N° of pax: 4-50



indoor



45 mins



storytelling

PURPOSE

- reflection on ourselves
- understanding personal boundaries - finding creative energies
- understanding and cherishing our personal needs

PREPARATION

Collect the materials needed - decide whether you would like to listen to the story or read it. Prepare a comfortable place/spot indoor or outdoors - make sure you have mats or chairs to sit on or blankets to lie down.

INTRO

The story of the three laughing monks is a humorous and enlightening tale that often carries a deeper message about the nature of happiness and contentment. Here's a summary of the story and its potential lessons.

Once upon a time, there were three monks who lived in a monastery. These monks were known throughout the land for their radiant smiles and constant laughter. People traveled from far and wide to seek their wisdom and to understand the source of their unending joy....



MATERIALS

- headphones + mobile phone or laptop if you want to listen the audio file
- audio file available here: <https://www.youtube.com/watch?v=MCX4YqcW7kU>
- 5 mins
- scan the QR for the story



SCAN ME

STEPS

1. Find a comfortable indoor or outdoor space where you can sit or lie in comfort - take care that you prepare a spot where you can listen (6 mins) or read the story in peace and undisturbed.
2. After sitting/lying comfortably, make sure that your body parts are relaxed (not crossing each other) and take 3 big breaths - inhale and exhale loudly. Use your nose to inhale and mouth to exhale. Make sure your thought process has quieted so you can be absorbed into the story for the coming moments.
3. Listen to the story! or Read the story!
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REFLECTION

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The activity can be enriched with a drawing which is added to the story. Once the participant has listened to the story, he/she can create a drawing which represents his/her impressions, imprints, aka harvesting of the fairy tale. The drawing is not about being an item of beauty but more a processing of the exercise, to highlight and evaluate the essence for the listener.

The drawing can take another 20 minutes in time. The reflection questions can follow after.

MENTAL HEALTH MYTHBUSTERS



N° of pax: 5-30



indoor



30-45 mins



Basic psychoeducation

PURPOSE

- Dispel common myths about mental health
- Promote informed understanding of mental health issues
- Encourage critical thinking and discussion

PREPARATION

Prepare a set of statement cards, each featuring a common belief or myth about mental health. Have factual resource materials ready for reference during the discussion phase.

INTRO

Mental health is a topic surrounded by misconceptions and myths. In this activity, 'Mental Health Mythbusters,' we will explore these statements, separating fact from fiction. Our goal is to increase our understanding and challenge our preconceptions.

MATERIALS

- Statements about mental health printed on cards (some true, some myths)
- Fact sheets or resource materials with correct information

STEPS

1. Distribute statement cards to participants or groups and ask them to decide if the statement is a myth or a fact.
2. Allow time for discussion within groups or individually, encouraging participants to explain their reasoning.
3. Facilitate a group discussion, revealing the correct information and discussing why the myth is false or the fact is true.
4. Use the fact sheets or resource materials to provide detailed explanations and additional context.
5. Conclude with a reflection on how misconceptions can affect our perception of mental health.

REFLECTION

- Which myth or fact surprised you the most, and why?
- How can misconceptions about mental health impact individuals and society?
- How can we contribute to a more informed and supportive understanding of mental health in our communities?

COMMENTS

It's important to handle the discussion sensitively and ensure accurate information is shared. This activity can be adapted to suit various age groups and knowledge levels. Some examples:

Myth: Mental health problems are very rare.

Truth: Mental health conditions are more common than many people think. According to various studies, about 1 in 5 adults experience a mental health illness in a given year.

Myth: Mental health problems are a sign of personal weakness.

Truth: Mental health issues are not the result of personal weaknesses, character flaws, or poor upbringing. They are complex conditions that can be influenced by a range of factors including genetics, brain chemistry, trauma, and life experiences.

Myth: Therapy and self-help are a waste of time. Why not just take medication?

Truth: Different treatments work for different people, and often a combination of therapy, self-help, and medication is most effective. Therapy can provide valuable insights and coping strategies beyond what medication alone can offer.

Myth: Once you develop a mental health problem, you will never recover.

Truth: With the right support and treatment, many people with mental health



MINDFUL MANDALA CREATION



N° of pax: 1-15



indoor



45 mins



mindfulness and art expression

PURPOSE

- Foster mindfulness and focus
- Encourage creativity as a form of self-expression
- Reduce stress and promote relaxation

- Mandala templates - you can draw your own as well
- Colored pencils, markers, or paint
- Comfortable seating arrangements

PREPARATION

Ensure a quiet, comfortable indoor space with ample lighting. Arrange seating in a circle or around tables. Pre-distribute mandala templates/ideas and art supplies to each participant's spot.

INTRO

Mandalas have been used for centuries as tools for meditation and self-discovery. Today, we're going to create our own mandalas, focusing on the process of creation as a mindful exercise. Let this activity be a journey of color and form, helping you to center your thoughts and feelings.

MATERIALS



STEPS

1. Invite participants to select a mandala template and art supplies.
2. Invite them to work in groups of 3 people - they can choose to work together in silence and add to each other ideas.
3. Encourage them to start coloring, focusing on the process rather than the outcome.
4. Suggest participants to reflect on their feelings and thoughts while they create.
5. Once everyone is done, allow them to share their experiences, if comfortable.
6. Conclude with a group discussion on the exercise.

REFLECTION

- How did you feel during the mandala creation?
- Did you notice any changes in your thoughts or emotions while coloring?
- How can this activity be used in your daily life to enhance mindfulness?

COMMENTS

Creating mandalas can be a relaxing and resourcing process, aiding in stress relief and mental clarity. This activity suits various age groups and requires no artistic skill, focusing instead on the act of creation. Be aware of participants who might feel anxious about their artistic abilities and encourage a non-judgmental atmosphere.

ARTISTIC EXPRESSION WALK



Nº of pax: 3-39



outdoor



60-120 mins



Art expression | Movement / Sport

PURPOSE

- Encourage mindfulness and connection with nature
- Foster creative expression and personal reflection
- Promote physical activity and well-being
- Sketchbooks or paper
- Drawing or painting supplies
- Comfortable walking shoes

PREPARATION

Choose a safe, accessible outdoor location, preferably in a natural setting. Ensure each participant has art supplies and comfortable footwear.

INTRO

Nature often inspires the best art. In our Artistic Expression Walk, we'll immerse ourselves in the beauty of the outdoors, using our surroundings as inspiration for creative expression. Let's walk, observe, and create.

STEPS

1. Start with a mindful walk, encouraging participants to observe their surroundings.
2. At various points, stop and invite participants to create art inspired by what they see. They can choose different art options: poetry, story, landart, improvisation, singing, painting and drawing- whatever is available on the spot. In order to encourage better outputs, ask participants to work in trios.
3. Allow time for personal reflection and creation at each stop.
4. Optionally, end with a group sharing of artworks and experiences.
5. Conclude with a group discussion on the connection between nature, art, and well-being.

REFLECTION

- How did the natural environment influence your artistic expression?
- Did you notice any changes in your mood or thoughts during the walk?
- How can incorporating nature into your daily life benefit your mental health?

COMMENTS

This activity combines the therapeutic effects of nature, exercise, and art. It's adaptable to different environments and suitable for varying artistic abilities. Ensure safety and accessibility for all participants during the walk.

STORY CIRCLE



N° of pax: 6-15



indoor



60 mins



storytelling

PURPOSE

- Build community and trust within the group
- Enhance listening and communication skills
- Encourage empathy and understanding

PREPARATION

Arrange seating in a circle to facilitate easy viewing and speaking for all participants.

INTRO

Stories have the power to connect us and share perspectives. In our Story Circle, each of us will have the opportunity to share a personal story based on a prompt. Let's listen, learn, and connect through the art of storytelling.



MATERIALS

- Comfortable seating arrangements

STEPS

1. Provide a prompt for the storytelling (e.g., please see some examples at the comments section)
2. Allow each participant to share their story without interruptions.
3. Encourage active listening and respect for each storyteller.
4. After everyone has shared, open the floor for reflections or comments.
5. Wrap up with a discussion on the collective experience.

REFLECTION

- How did sharing your story and listening to others make you feel?
- Did any story resonate with you particularly? Why?
- How can storytelling be used as a tool for understanding diverse perspectives?

COMMENTS

Storytelling can be a powerful tool for fostering connection and empathy. It's important to ensure a respectful and non-judgmental atmosphere. Be aware of the emotional content of stories and provide support if needed.

- Superhero Therapy: "If you were a superhero, what unique power would you use to combat stress and anxiety?"
- Imaginary Friend: "Create an imaginary friend who is always there to cheer you up. What do they look like and what funny things do they do?"
- Whimsical Wellness Land: "Describe a fictional place where everything is designed to make you feel happy and calm. What kind of silly and fun activities are available there?"
- Magical Mood Meals: "Invent a magical dish that instantly boosts your mood when you eat it. What's it called and what are its bizarre ingredients?"
- Time Travel Therapy: "If you could travel in time to any era for a one-day spa experience, where and when would it be and what kind of funny treatments would you get?"
- Laughing Potion: "You've just invented a potion that causes uncontrollable laughter. What does it look like and what happens when someone drinks it?"
- Dance Off Stress: "Choreograph a silly dance that is guaranteed to reduce stress. What are some of the ridiculous moves?"

STORY CIRCLE



EMOTION CHARADES



Nº of pax: 6-15



indoor



Theatre improvisation



30 mins

PURPOSE

- Enhance emotional intelligence and empathy
- Improve non-verbal communication skills
- Foster a sense of playfulness and group bonding

PREPARATION

* Prepare a set of cards, each with a different emotion written on it. Ensure there's enough space for participants to move around comfortably.

INTRO

Emotions are a universal language. Today, we'll play a game of Emotion Charades, where you'll communicate feelings without words. This activity is not only fun but also helps us understand and express emotions more clearly.

MATERIALS

- Cards with different emotions written on them
- Timer

STEPS

1. Participants draw a card and, without speaking, act out the emotion for others to guess.
2. Set a time limit for each turn (e.g., 1 minute).
3. After each round, briefly discuss the experience of expressing and guessing the emotions.
4. Continue until each participant has had a turn.
5. Conclude with a group reflection on the activity.

REFLECTION

- How did it feel to express emotions non-verbally?
- Were some emotions easier to communicate or guess than others? Why?
- How can understanding non-verbal cues improve our daily interactions?

COMMENTS

This activity can be modified for various age groups and sensitivities. It's important to create a supportive environment where participants feel comfortable expressing themselves. Be mindful of participants who might be uncomfortable with certain emotions. You can further develop the activity if you can use only non-verbal expressions in the field of sound and voice.

THE ART OF MENTAL WELLNESS



PURPOSE



REFLECTION



PREPARATION



STEPS



MATERIALS