METHOD BOOK

Guideline

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INTRODUCTION

Hello and welcome to our method book!
We are a group of young people from Armenia and Iceland who went together through the wonderful journey of the IceMenia: Two Lands, One Journey – Exploring Mental Health and Self-Care youth exchange. During our project, we laughed, reflected, learned, shared stories, stepped out of our comfort zones, created strong friendships, and explored mental health and well-being from different perspectives.
Throughout this journey, we did not only participate in activities we also designed, prepared, and facilitated many sessions ourselves. Some of them became our favorite moments of the project, and we felt that it would be a pity to keep them only within our group.
That is why we created this method book to share with you some of the sessions, activities, and ideas that we used during our exchanges. We selected activities that can be easily adapted and used in peer-to-peer settings, youth groups, workshops, or even for personal reflection and self-development.
We hope these activities inspire you, help create meaningful conversations, and maybe even become part of your own journey toward well-being and self-discovery.
Enjoy, adapt, experiment, and most importantly make it your own.

With love,
The IceMenia Team

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WHAT IS A SELF-CARE

Just before we dive into the methods and activities, let's take a moment to talk a little bit about mental health and self-care.

Mental health is an important part of our overall well-being. It affects how we think, feel, act, cope with stress, build relationships, and experience everyday life. Just like physical health, mental health is something we all have, and it can change over time depending on our experiences, environment, and life situations.

Self-care is the practice of taking care of our well-being in a conscious and supportive way. It can include looking after our emotional, physical, social, intellectual, and even environmental needs. Self-care does not always mean big actions or special routines. Sometimes it can be as simple as taking a break, setting healthy boundaries, spending time with people we care about, moving our bodies, reflecting, resting, or doing something that helps us feel balanced.

It is important to remember that self-care looks different for everyone. There is no perfect formula and no "one-size-fits-all" approach. The key is learning to understand ourselves better and recognizing what helps us feel healthy, supported, and well.

As you explore the following activities, we invite you to approach them with openness, curiosity, and kindness both toward yourself and toward others. 💙



EMOTIONAL AND SOCIAL SELF-CARE: SETTING BOUNDARIES

AIM:

To help participants develop emotional literacy (the ability to recognize, understand, and manage their own emotions and those of others), and to provide practical tools for setting clear boundaries and practicing assertiveness to prevent burnout and improve relationships.

TYPE OF ACTIVITY:

Group discussions, digital tools (Mentimeter), simulation games, and individual creative reflection.

NEEDED MATERIALS:

- A laptop and a projector with an HDMI cable.
- A4 paper (1–2 sheets per person) and pens or markers (1 per person).
- Printed "Wheel of Emotions" handouts (1 per person) and prewritten scenarios for the "Communication Styles" game for each group.

TIME:

60–90 minutes in total (depends on the duration of ongoing discussions).

INSTRUCTIONS:

1. Opening (Approx. 25-30 mins)

Introduction: Briefly introduce emotional self-care.
Reflection: Facilitate a brief discussion on reflection questions regarding emotional well-being.
Naming Emotions: Use Mentimeter (available at Mentimeter.com) to have participants submit their current feelings (or just those they are familiar with), then reveal the "Wheel of Emotions" to help them expand their emotional vocabulary.

2. Social Boundaries and Assertiveness (Approx. 35-40 mins)

Introduction: Briefly introduce social self-care.
Communication Styles: Discuss different boundary types (clear, rigid, open) and communication styles, specifically focusing on assertiveness.
Simulation Game: Divide participants into groups and provide each group with a prewritten scenario. Ask them to discuss potential reactions in these scenarios using four communication styles: passive, passive-aggressive, aggressive, and assertive (5-7 mins), then gather in a circle to discuss it.

3. Final Task and Wrap-Up (Approx. 15–20 mins)

Social Circle Map: Provide A4 paper and markers. Instruct participants to draw and mark circles (using symbols like +, -, x) to map their social connections.

Reflection: Allow 5–10 minutes for optional sharing and reflection on the mapping activity.

4. Reflection & Key Learning Points

Summarize the key points discussed during the session, such as:

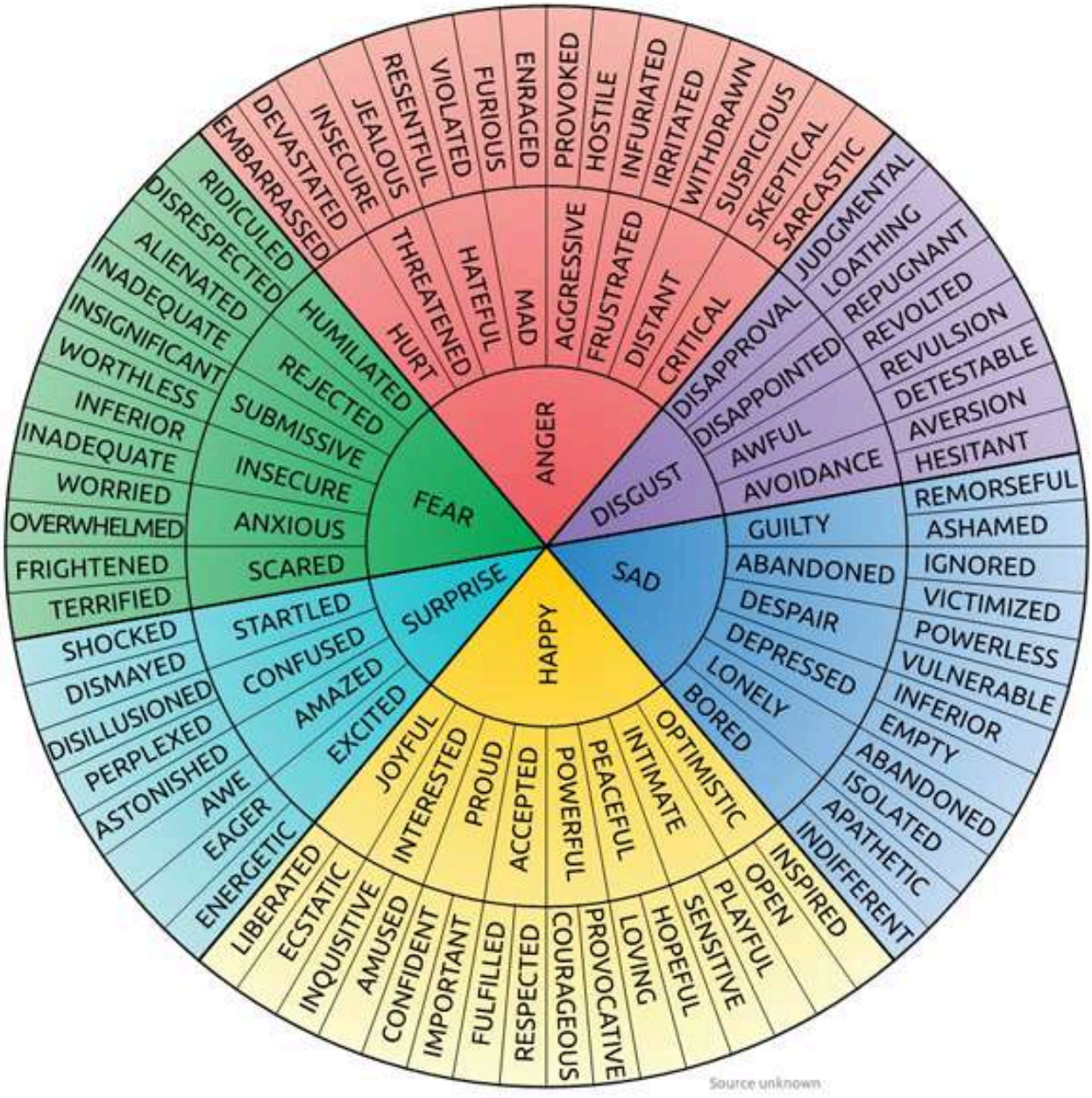
- Emotional self-care starts with awareness, recognizing our feelings and understanding their causes without judgment.
- Social self-care involves cultivating healthy relationships that nurture our emotional well-being.
- To maintain both emotional and social health, we should set clear boundaries, communicate our needs, and balance connection with solitude.
- Together, emotional literacy and boundary-setting enhance resilience, prevent burnout, and promote balanced relationships.

Consider the following questions for reflection:

- Which communication style (passive, passive-aggressive, aggressive, assertive) do I most often use in real life?
- In what situations do I find it hardest to be assertive?
- What is one boundary I would like to set or improve after this session?
- What is one small change I can make to improve my emotional self-care this week?

THE MATERIALS NEEDED TO BE PRINTED

Wheel of Emotions



SCENARIOS:

1. The Late Friend

Tatev sat in the café, watching the rain tap against the window. It had been forty minutes since Lusine said, “I’m on my way.” The tea was cold, her phone silent. This wasn’t the first time; it happened almost every week. When Lusine finally arrived, cheerful and unapologetic, Tatev smiled faintly but felt something heavy in her chest. She wondered whether to say something or just pretend everything was fine again.

2. The Meeting Room

David had spent days preparing the marketing concept: late nights, sketches, numbers, and hope. In the weekly meeting, his manager praised the “new idea” that another teammate had just presented, his idea.
Everyone clapped, and David froze. His heart pounded.

3. The Unanswered Message

Noah typed a long message to someone he cared about: honest, a little vulnerable. He re-read it twice before pressing send. Hours passed. Then a day. Then two. The message was marked as “seen,” but there was no reply.
Every time his phone buzzed, he hoped it was them. It wasn’t. He started to wonder, did he say too much? Should he send a follow-up, act as if nothing happened, or finally tell them how it made him feel?

4. The Interrupted Story

During dinner, Aram tried to tell his group of friends about a difficult experience from work. But every time he began, someone interrupted, a joke, another story, laughter. He felt smaller each time, the words sinking back into his chest. How to react?



COPING MECHANISMS SPECTRUM ACTIVITY

(HEALTHY VS. UNHEALTHY COPING REFLECTION)

Aim:
To help participants critically reflect on different coping mechanisms and understand that coping behaviors exist on a spectrum rather than being strictly "healthy" or "unhealthy." The activity also aims to develop self-awareness, emotional literacy, and encourage open discussion about personal coping strategies.

Type of Activity:
Individual positioning exercise followed by group discussion and reflection.

Needed Materials:
Printed list of coping mechanism statements
Masking tape (to create a spectrum line on the floor)
Labels: "Healthy" and "Unhealthy"
Percentage markers: Printed or handwritten paper cards indicating 0%, 25%, 50%, 75%, and 100%, placed along the spectrum line on the floor.

Time:
60–90 minutes in total (depends on the duration of ongoing discussions)
Instructions

1. Preparation (Approx. 5-10 mins)
Use tape to create a long line on the floor.
Label one end as "Healthy" and the other as "Unhealthy."
Mark points along the line (0%, 25%, 50%, 75%, 100%) to represent the spectrum.

2. Individual Reflection Through Movement and Group Discussion (Approx. 30-40mins)
Explain to participants that coping mechanisms are not always strictly good or bad; they can depend on context, frequency, and intention.
Read each statement aloud (one at a time).
After each statement, participants position themselves along the spectrum based on how healthy or unhealthy they personally perceive that behavior to be.

After participants choose their positions, invite a few volunteers to share:
Why they chose that position
What factors influenced their judgment (context, emotions, past experiences, etc.)
Encourage participants to listen to different perspectives without judgment.
Highlight that the same behavior can be perceived differently depending on the situation.

3. Reflection & Key Learning Points (Approx. 20-30 mins)

Facilitate a short reflection using guiding questions:
Did any statement feel difficult to place? Why?
Did your perspective change after hearing others?
Which coping mechanisms do you personally use most often?
When does a "healthy" coping mechanism become unhealthy (and vice versa)?

COPING MECHANISMS STATEMENTS

(To be used during the activity / printed as handout)

- Potentially Healthy (but not obviously so)
- You take a long drive alone to clear your mind.
- You decide to stop talking to a friend for a while because the relationship feels toxic.
- You stay up late journaling about what's been bothering you.
- You distract yourself with a movie after a stressful day before thinking about what happened.
- You cry in private instead of talking to someone right away.
- You work extra hard on your goals to prove to yourself that you can do better.
- You take a short break from social media when you feel overwhelmed.
- You choose to focus on small tasks around the house when life feels out of control.
- You joke about your stress with friends to lighten the mood.
- You let yourself sleep in all weekend to recharge after a hard week.
- Potentially Unhealthy (but not obviously so)
- You avoid a difficult conversation because you don't want conflict.
- You isolate yourself to "not bother anyone" with your problems.
- You spend a lot of time helping others to avoid thinking about your own issues.
- You stay constantly busy with work so you don't have to deal with emotions.
- You convince yourself "it's fine" instead of admitting you're upset.
- You eat a lot of comfort food whenever you're stressed.
- You post online about your problems instead of talking privately with someone.
- You push people away when you're hurt so they can't hurt you again.
- You compare yourself to others to motivate yourself to do better.
- You tell yourself you "shouldn't feel sad" because others have it worse.

FACILITATOR NOTES

- Emphasize that there are no right or wrong answers
- Create a safe and non-judgmental space
- Be mindful of participants who may feel uncomfortable sharing; participation in discussion should be optional
- Reinforce the idea that awareness is the first step toward healthier coping
- Avoid labeling statements as strictly “good” or “bad” - ambiguity is intentional

OUTCOME

By the end of the activity, participants will:

- Understand coping mechanisms as a spectrum
- Increase awareness of their own coping patterns
- Develop critical thinking about emotional responses
- Gain insight from others’ perspectives



MORNING AND EVENING ROUTINES

EXERCISE 1: REAL VS. IDEAL MORNING

Aim: To help participants reflect on their daily habits, understand the importance of balanced routines, and identify small, realistic changes that can improve well-being, energy, and productivity.

Type of Activity: Individual reflection exercises followed by optional group discussion and self-reflection.

Needed Materials:
Printed worksheets or paper
Pens or pencils
Flipchart or whiteboard (optional for group discussion)

Time: 25–35 minutes (depending on group size and discussion depth)

INSTRUCTIONS

1. Opening: Begin with a short introduction about the importance of routines. Then ask participants to reflect on their own mornings (5 minutes). Explain to participants that daily routines influence our energy, mood, and productivity. A structured morning can help us start the day with focus, while a calm evening routine supports better rest and recovery.
Routines do not need to be perfect or strict. Small, realistic habits practiced regularly can lead to meaningful changes over time.

2. Individual Reflection: (10 minutes)
Ask participants to think about their typical morning and write or draw:
Their real morning routine (what they usually do)
Their ideal morning routine (what they would like it to look like)
Participants can use words, drawings, symbols, or timelines.

3. Reflection and Discussion: (10 minutes)
After the reflection, ask participants to think about the following questions:

- What are the main differences between your real and ideal routine?
- What is missing in your current routine?
- What is one small change you can realistically introduce?

This part can be done individually, in pairs, or in small groups for discussion and sharing.
If working in a group, participants can share one idea that could help improve mornings.

Key Message: Focus on small and achievable changes. Even one consistent habit can improve how your day starts.

EXERCISE 2: REFLECTING ON COMMON BELIEFS ABOUT ROUTINES

Aim: To help participants reflect on common beliefs about routines, challenge unrealistic expectations, and better understand habits that support well-being, productivity, and healthy daily routines.

Needed Materials:
Printed statements worksheet
Pens or pencils
Time: 10–15 minutes

Instructions
1. Oppening: Read each statement and decide whether you think it is true or false. Mark your answer before checking the explanations at the end. (10 minutes)
If working in a group, participants can discuss their choices and reasoning.

Statements
1. Successful people must wake up very early (e.g., 5 AM) to be productive.
True / False
2. Checking your phone immediately after waking up can increase stress levels.
True / False
3. Small habits repeated daily can influence long-term behavior.
True / False
4. Using screens before going to sleep does not affect sleep quality.
True / False
5. Missing one day means that a routine is no longer effective.
True / False
6. A relaxing evening routine can help improve sleep.
True / False

Answers and Explanations

1. False
People have different biological rhythms. Productivity depends more on sleep quality and consistency than on waking up very early.
2. True
Exposure to messages, news, or social media immediately after waking can activate stress responses before the brain is fully alert.
3. True
Research shows that small, repeated actions are more likely to become long-term habits.
4. False
Screen exposure before sleep can interfere with the body's natural sleep processes.
5. False
Missing a day is normal. Maintaining consistency over time is more important than perfection.
6. True
Calming activities in the evening help the body and mind prepare for sleep.

2. Final Reflection: After completing the exercise, participants reflect on their current routines and identify small, realistic changes that could improve their mornings and overall well-being. (5 minutes)
Consider the following questions:

- Did any of the answers surprise you?
- What is one idea you would like to apply in your daily routine?

Ask participants to write down their answers.



ME TIME: MY SELF-CARE PLAN

Aim: The workbook helps you better understand and improve your overall wellbeing. It guides you to reflect on your daily habits, recognize the importance of self-care in its physical, emotional, social, and practical aspects, and develop healthier routines. Through structured activities, the workbook encourages self-awareness, helps you identify areas for growth, and supports you in creating balanced, sustainable habits for everyday life.

Type of Activity: Self-reflection

Needed Materials:
Print our workbook or ipad/phone to fill it online.

Time: 40-50 minutes in total

What is self-care? (5min)
Self-Care refers to actions and practices that help us feel better, stay well, and maintain balance in daily life.
This can include:
- Taking care of your body (rest, movement and nutrition);
- Looking after your appearance (skin care and hygiene);
- Supporting your mental and emotional health (relaxation, expression of feelings and setting boundaries).

Self-care is not just a routine; it's time that you give yourself to pause, reflect and reconnect with what truly matters in your life.
This interactive part provides an opportunity to spend some time alone and reflect on the most important emotional aspects of our lives.

✨ **A Key Reminder**
Self-care is personal.
What helps one person feel better might not work for someone else—and that's completely okay.

A Self-Care approach implies:

- Awareness of what affects our well-being
- Experimenting with activities to see what works
- Flexibility to adapt when something isn't helpful
- Consistency rather than perfection

Step 1. My current reality (3min)

In order to identify which routines will improve your well-being, it is important to first understand your current reality — how you feel, think and live right now. The following three questions will help you identify the areas of your life that need more attention and care.

1. *What is currently affecting my well-being?*
2. *Which activities already help you feel better?*
3. *Which areas of your life need more attention?*

Step 2. My self-care areas (7min)

A **Self-Care Plan** is a structured and intentional way of taking care of our well-being. It means consciously choosing activities and habits that support our mental, physical, and daily functioning.

A Self-Care Plan implies:

- Awareness of our needs
- Intention instead of random coping
- Balance between different life areas
- Regular reflection and adjustment

Self-care has four key aspects: physical, emotional, psychological(mental) and spiritual wellbeing.

✨ **A Key Reminder**

It is flexible and can be adapted weekly or monthly depending on our workload, stress level, or personal priorities. The goal is not perfection, but consistency and balance.

Self-care has four key aspects: physical, emotional, psychological(mental) and spiritual wellbeing.
It involves recognising the importance of each area and understanding how they work together to support a balanced and healthy life.

1.Physical Self-Care Focuses on the body and energy levels. Includes: • Movement and exercise • Sleep and rest • Nutrition • Relaxation techniques	**2. Emotional Self-Care** Focuses on love, care, and healthy relationships with yourself and others. Includes: • Setting healthy boundaries • Spending time with supportive people • Expressing emotions in healthy ways
3. Psychological Self-Care Focuses on learning, self-awareness, and personal growth. Includes: • Personal reflection and journaling • Learning new skills and ideas • Meditation, coaching, or counselling • Paying attention to thoughts and feelings	**4. Spiritual Self-Care** Focuses on connection, purpose, and meaning in life. Includes: • Prayer or meditation • Practicing gratitude and mindfulness • Spending time in nature • Reflecting on personal values and purpose

Analyze your daily routine and identify the habits and actions you perform in each aspect of self-care. Write one example action for each category and explain how often you do it.

- ***Physical***
- ***Emotional***
- ***Psychological***
- ***Spiritual***

Step 3. Bad habits that distract me (10min)

Common habits that negatively impact mental health often include chronic stress, poor sleep patterns, and lack of exercise. These behaviors can contribute to anxiety, depression, and burnout by disrupting the brain's ability to regulate emotions and rest.
Here are the top bad habits that disrupt mental health:

- **Poor Sleep Hygiene:** Irregular sleep schedules, not sleeping enough, or staying up late on screens disrupts the brain's ability to recharge, resulting in mood swings, anxiety, and impaired cognitive function.
- **Excessive Screen Time and Social Media Use**: "Doomscrolling" or constant notifications keep the nervous system on alert. High social media use is linked to "comparison syndrome," reducing self-esteem and increasing anxiety.
- **Chronic Negative Self-Talk:** Constantly criticizing yourself or expecting the worst ("catastrophizing") can rewire the brain to expect failure, which increases anxiety and lowers self-esteem.
- **Physical Inactivity (Sedentary Lifestyle):** Lack of movement is linked to increased depression, as exercise is a natural way to release endorphins.
- **Overthinking and Ruminating:** Constantly replaying mistakes or dwelling on the past keeps the mind stuck in a cycle of negativity, which is heavily linked to anxiety and depression.
- **Constant Multitasking:** Contrary to popular belief, the brain does not multitask, it "switches" tasks, which drains mental energy and causes stress, making you less efficient.
- **Neglecting Self-Care and Boundaries:** Failing to set boundaries (e.g., inabilities to say "no") or overcommitting to tasks leads to burnout and a feeling of being overwhelmed.
- **Unhealthy Diet:** Consuming excessive processed foods, sugar, and caffeine can trigger blood sugar crashes, directly impacting mood, irritability, and gut health.
- **Bottling Up Emotions:** Suppressing frustration or sadness allows stress to accumulate, eventually leading to mental exhaustion, burnout, or emotional outbursts.
- **Social Isolation:** Withdrawing from friends and family, or relying solely on virtual, superficial interactions, increases loneliness and depression.

Take the time to think about which of your habits are the most destructive, hindering your self-development and stealing your energy and resources. Write down some habits that you're ready to work on and get rid of them!

My bad habits:

1. .....
2. .....
3. .....
4. .....

One of the most effective ways to address bad habits is to replace them gradually with constructive ones that support your well-being.
For example, if you regularly eat fast food, you could start by creating a simple weekly meal plan.

Take a moment to think of a healthier or more positive alternative to each habit you would like to change, and write it down next to the habit. Start with small, manageable steps instead of expecting immediate or drastic changes from yourself.

✨ **A Key Reminder**
Small actions can have a **big impact** over time.

My new constructive habits:

1. .....
2. .....
3. .....
4. .....

Step 4. Overcoming Barriers to Self-Care (Barriers & Solutions) (5min)

In this part, we focus on recognising potential obstacles that might prevent us from following our Self-Care Plans and developing practical solutions to overcome them.

✨ **A Key Reminder**

The goal is to make our self-care plans realistic, adaptable, and sustainable.

- Creating a plan is easier than maintaining it.
- Barriers are normal and predictable.
- Sustainable self-care requires anticipation, flexibility, and problem-solving.
- Facing obstacles does not mean failure; it means we need to adjust our plan.

Now, let's focus on your plan and consider potential limitations that could prevent you from achieving it.
The following four questions will help you identify possible obstacles and explore ways to overcome or work around them.

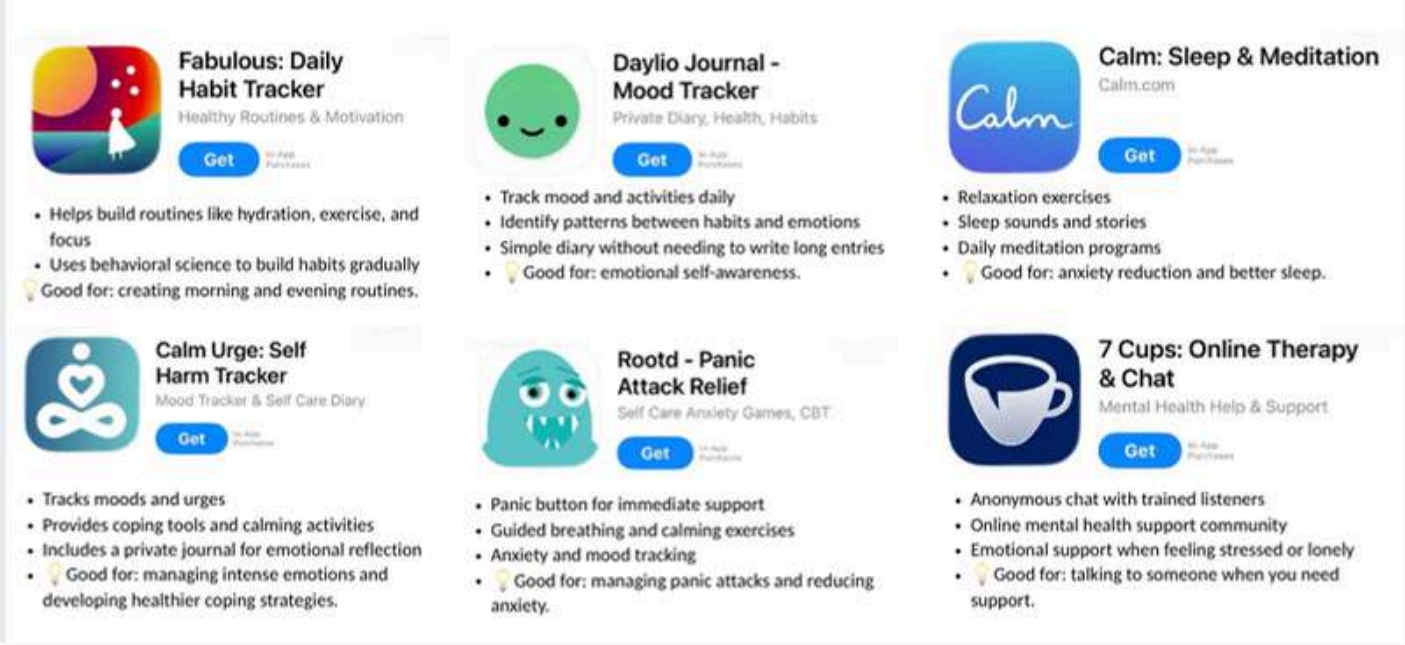
1. *What could realistically stop us from following our plan?*
2. *When do we usually struggle to maintain new habits?*
3. *Is it lack of time, motivation, social pressure, or workload?*
4. *Which area of our plan (physical, emotional, psychological, spiritual) feels most challenging?*

Step 5. Helpful Apps for Your Well-Being (3-5min)

We would like to introduce a few useful mobile apps that can support you in improving your daily life and maintaining your well-being.

Some apps are designed to regulate sleep and biorhythms, while others guide you through meditation and relaxation. There are also habit-tracking apps that make it easier to build and maintain new routines.

Additionally, certain apps offer psychological support and tools that may be helpful during challenging moments, such as anxiety, panic attacks, or emotional distress.



Step 6. Reflection Time (3-5min)

What is one small change you can realistically introduce right now?

SLEEP HYGIENE AND HEALTHY NUTRITION

Aim: To increase participants' awareness of the role that sleep hygiene and balanced nutrition play in maintaining both physical and mental well-being. The session aims to help participants identify their current habits, understand how these habits influence their energy levels, mood, and concentration, and encourage reflection on practical ways to improve daily routines. Additionally, it promotes the development of healthier lifestyle choices through interactive discussion and personal engagement in simple, applicable activities.

Type of Activity:

- Short talk / presentation
- Group discussion
- Individual reflection
- Interactive drawing activity

Needed Materials:

- Flipchart or whiteboard
- Markers
- Sticky notes (2 per participant)
- A4 papers
- Pens / pencils
- Printed materials (Healthy Plate model, Sleep habits list)

Time:
60–70 minutes (depending on group size and depth of discussions)

1. Introduction (Short Talk) (Approx. 10-15 mins)

Begin with a brief explanation of sleep hygiene and nutrition.
Explain how sleep affects mood, energy, and concentration, and why maintaining a consistent sleep routine is important.
Introduce the Healthy Plate model as a simple way to build balanced meals

2. Activity 1 – Sleep Habits Discussion (Approx. 15-20 mins)

Provide each participant with two sticky notes.
Ask them to write:

- one good sleep habit they already practice
- one bad sleep habit they would like to change

Participants place their notes on the flipchart under two sections: "Good Habits" and "Bad Habits."

Facilitate a group discussion by reviewing the notes and encouraging participants to reflect on:

- which habits support better sleep
- which habits negatively affect sleep
- what small, realistic changes they can make

Maintain an open and non-judgmental atmosphere to support participation.

3. Activity 2 – Draw Your Healthy Plate (Approx. 15-20 mins)

Distribute paper and show the Healthy Plate model.
Ask participants to draw their own plate based on their usual eating habits or an ideal healthy meal.
After drawing, invite participants to present and explain their choices.
Encourage comparison and discussion to highlight different approaches and ideas.

4. Reflection (Approx. 10-15 mins)

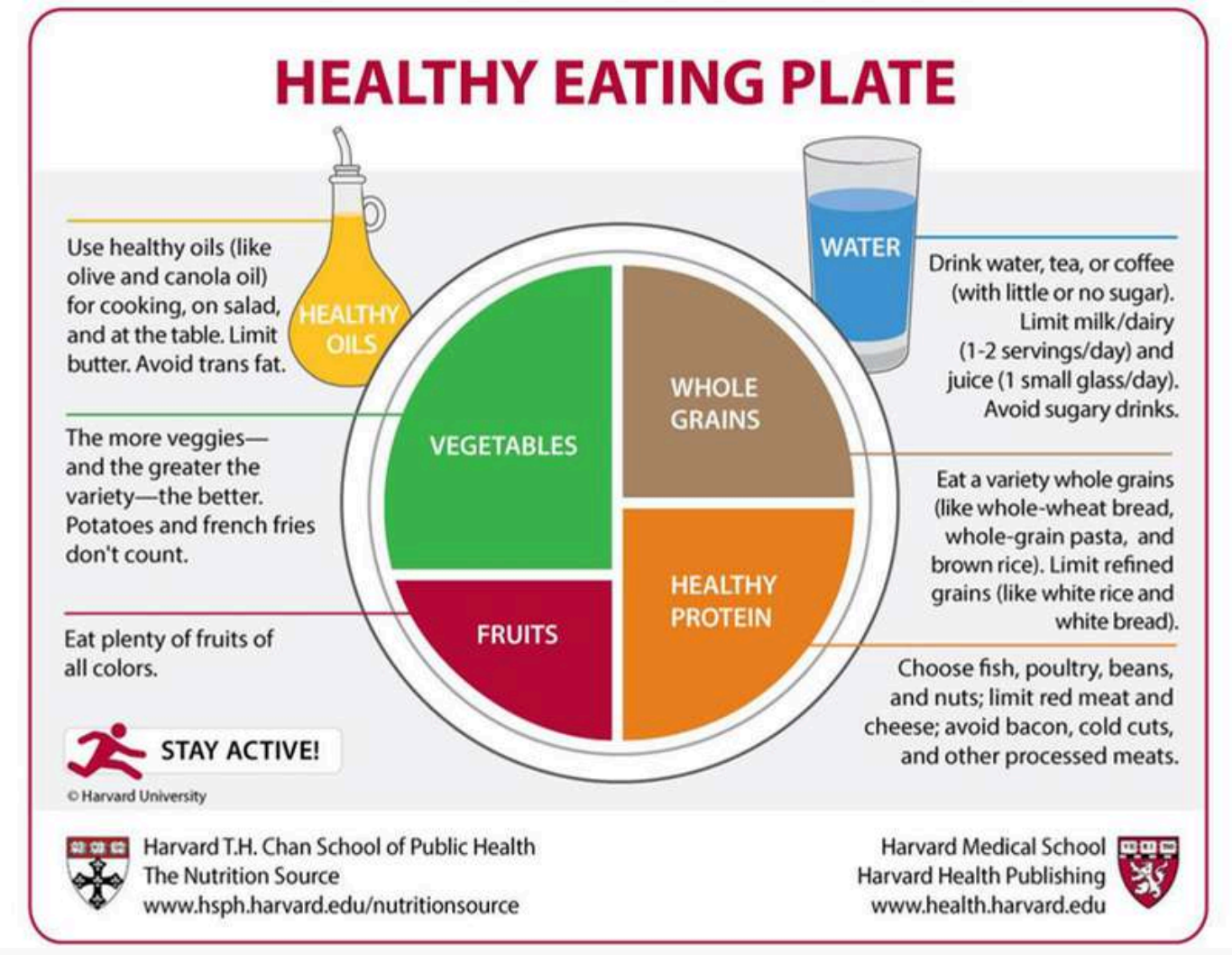
Summarize the key points discussed during the session, including the importance of:

- maintaining healthy sleep habits
- following a balanced diet

Encourage participants to choose one small change they can apply in their daily life and reflect on its impact over time.

Materials to be Printed

1. Healthy Plate Model (for use and attachment):



2. Sleep Habits Lists (for Activity 1)

Good sleep habits	Bad sleep habits
Maintain a regular sleep schedule (go to bed and wake up at the same time)	Irregular sleep schedule
Sleep 7–9 hours per night	Using electronic devices in bed
Avoid screens at least 30 minutes before bedtime	Consuming caffeine late in the day
Keep the bedroom dark, quiet, and cool	Long or late daytime naps
Do relaxing activities before sleep (reading, stretching, breathing exercises)	Eating heavy meals right before sleep
Eat dinner at least 2–3 hours before bedtime	Stressful activities or overthinking before bedtime

THE POWER OF JOURNALING

Aim: To help participants discover journaling as a personal tool for self-awareness and emotional well-being, and to develop a simple journaling habit they can use in their daily lives.

Type of Activity:
- Individual writing activities
- group discussion

Needed Materials:
- Pens and notebooks/paper
- Flipchart or whiteboard
- Projector for slides
- Printed "The Wheel of Life" handout
- Sticky notes (optional)
- Calm background music (optional)

Time:
75–90 minutes

1. Introduction (10 min)

Ask participants: "When you hear the word journaling, what comes to your mind?"
Participants can answer freely or write one word on sticky notes.
Introduce journaling in a simple and relatable way:
- There are no rigid rules
- Journaling is "time for yourself."
- It is an appointment with yourself

Explain that journaling is not about writing perfectly. It is about reflection and honesty.

2. Why Do People Journal? (10 min)

Activity: Small group discussion. "*Why do you think journaling can be helpful?*"
After the discussion, summarize the key ideas: self-discovery, processing emotions, organizing thoughts, stress management, preventing burnout, and remembering experiences, etc.

3. The Wheel of Life (25–30 min)

Main activity: Introduce "The Wheel of Life" by telling participants that it is a coaching tool that helps you quickly assess balance and satisfaction across key life areas. It divides life into 8 domains (such as health, relationships, career, finances, and personal growth), which are each rated to create a visual "snapshot" of overall life balance. This makes it easy to spot which areas are strong and which need more attention.

1. **Draw or receive the Wheel template:** Participants either receive a pre-drawn wheel or create one themselves by dividing a circle into 8 sections and labeling each area of life (e.g., health, relationships, work, finances, etc.).
2. **Rate satisfaction:** Participants reflect on each life area and rate their current level of satisfaction on a scale from 1 (very dissatisfied) to 10 (fully satisfied). They mark the score on each segment of the wheel.
3. **Connect the points:** After scoring all areas, participants connect the marks across segments, creating a new outer shape. This visual represents their current "life wheel."
4. **Reflection and interpretation:** Participants observe the shape of their wheel. A balanced circle suggests overall life satisfaction. A "spiky" or uneven shape shows areas of imbalance that may need attention. Then guide reflection, using questions like: What surprises you about your wheel? Which area feels most urgent to improve? What small change could improve balance?
5. **Goal setting and action planning:** The final step is turning insight into action. Identify 1–2 low-scoring areas. Define small, realistic steps for improvement. Translate reflection into short-term goals.

4. Exploring Different Types of Journaling (10 min)

There are several simple journaling methods you can use to reflect, gain clarity, and support personal growth. Go through each type and try the prompts that feel most relevant to you:

A. Daily Reflection Journaling
At the end of the day, reflect on one meaningful moment.
Prompt: "What was the most storyworthy moment that happened today?"

B. Emotional Journaling / Morning Pages
Use this to explore your thoughts and emotions freely, especially in the morning or when your mind feels busy.
Prompts:

- "Today is going to be a great day because…"
- "What thoughts or emotions have been taking up space in my mind lately?"

C. Gratitude Journaling
Focus on appreciation and positive awareness. Write:
- 3 things you are grateful for
- Why you specifically appreciate each one

D. Future & Goal Journaling
Think ahead and create direction for your life. Use the idea of a "12-month celebration". What do you want to be proud of in a year? Choose:
- One area of your life
- One realistic goal
- One small first step to begin

E. Your Inner Compass (look into the "tools" section)
This is a guided self-reflection tool designed to help you care for your mind and emotions during difficult moments. It walks you through five simple sections: clearing your thoughts, recognizing your strengths, remembering what brings you joy, honoring your personal growth, and building a daily mindfulness habit. Open it whenever you feel overwhelmed, stressed, or lost, and use as much or as little as you need.

5. Building the Habit (10 min)

Discuss practical ways to maintain journaling:
- Start with 5 minutes
- Use visual cues
- Make it easy and satisfying
- Focus on small, consistent habits

Group Discussion

Ask: "What could realistically help you keep this habit?"
Participants can share practical ideas.

Reflection & Debrief (10 min)

Questions for the whole group:
- What journaling style did you connect with most?
- What did you learn about yourself today?
- Did writing change how you viewed your thoughts or emotions?
- What is one thing you may continue after this session?

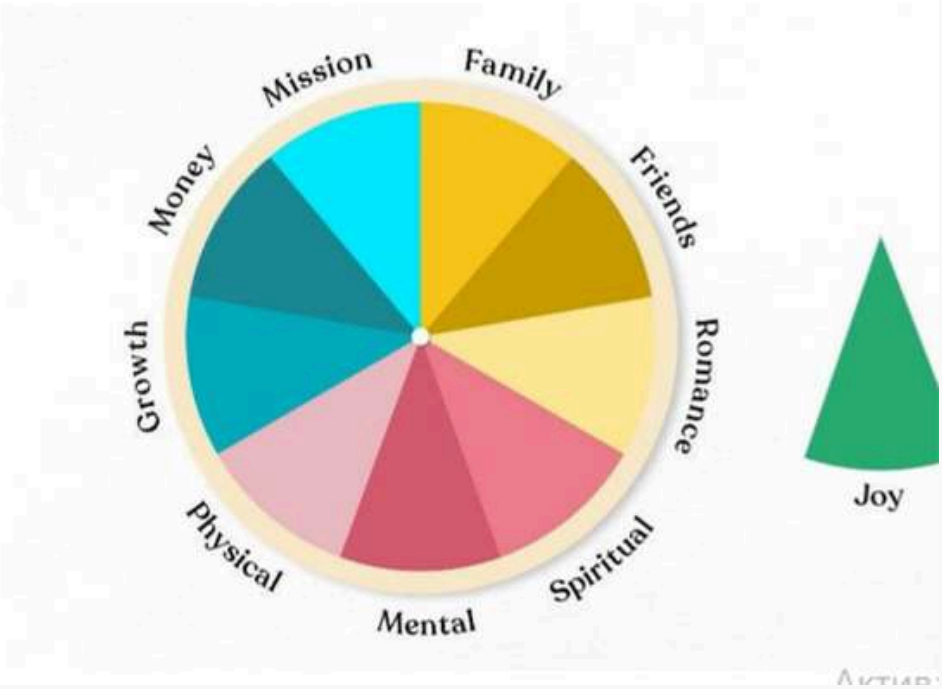
Key Learning Points

Participants should leave understanding that:
- There is no "correct" way to journal
- Writing can help process emotions and reduce overwhelm
- Gratitude and reflection can positively influence well-being
- Small habits are more sustainable than unrealistic goals
- Journaling can support self-awareness, emotional regulation, and personal growth

Tools / Printable Materials for the Session

Think day

- new place
- wheel of life
- take action steps
- fear of failure
- write it down (our thoughts have a lot of power over you when they are in our head)



Welcome My Friend

This is your safe space — a place to collect everything that helps you feel calm, grounded, and understood.
When you feel sad, stressed, or lost, open this booklet. It will remind you how to care for your mind and emotions when things feel heavy.

Quiet The Mind

When you feel overwhelmed, pause — breathe, ground, and return to the present.

Ideas I want to remember: .....

.....

.....

.....

.....

Your Journey

- What challenges have I overcome? .....

.....

- What helped me keep going? .....

.....

- What have I learned from hard times? .....

.....

Your Strength

My good qualities: .....

I am good at: .....

I like about myself that: .....

Strengths others see in me: .....

Words that describe me: .....

What Makes Me Happy

A reminder of joy —
because when you're sad, you often forget what helps

People who make me feel loved: .....

Activities that make me smile: .....

Happy memories I cherish: .....

Things that make me happy: .....

.....

Daily Mindfulness Practice

Morning:
- I'm grateful for...
- Today will be great because...
- My affirmation: "..."

Evening:
- My good deed today...
- What I learned today...
- Great things that happened today...

NEUROGRAPHIC ART FOR STRESS RELIEF & EMOTIONAL WELL-BEING

Aim: To help participants explore neurographic art as a simple yet powerful creative practice for reducing stress, calming the nervous system, improving focus, and supporting emotional well-being through mindful artistic expression.

Type of Activity: Interactive workshop with a hands-on neurographic art activity.

Needed Materials:

- Blank A4 paper
- Black markers / fine liners (thick and thin)
- Colored pencils, markers, or crayons
- Optional: calming backgroun music, projector for showing examples

Time:
60-75 minutes

1. Welcome & Introduction (10 min)

Introduce the idea that creativity can be used as a tool for emotional regulation and relaxation. Explain that neurographic art is not about artistic skill or creating a "perfect" drawing. Instead, it is a mindful and intuitive process that combines movement, focus, and creativity to help reduce stress and encourage emotional balance. Show a few simple examples of completed neurographic drawings.

2. Main Activity: Neurographic Art (45–50 min)

Guide participants step-by-step to create their own neurographic drawing:

- Draw a continuous, curving line across the paper without lifting the pen.
- Create "cells" by connecting the lines.
- Round the corners and add more organic lines.
- Color the sections mindfully. Encourage them to focus on their breathing while drawing and to make it personal (they can write a word, affirmation, or intention in one section).

You can also play the tutorial video to guide participants through it (https://www.youtube.com/watch?v=NoIgdt-uQR0).

3. Reflection & Group Discussion (10–15 min)

In pairs, small groups, or as a whole group, invite participants to reflect on these questions:

- How did you feel during the drawing process?
- Did your focus or emotions shift while creating?
- What part of the activity felt most calming or enjoyable?
- Could you imagine using neurographic art in daily life during stressful moments?

Remind participants that everyone experiences the process differently and that there are no "correct" outcomes.

Key Learning Points

- Neurographic art is an accessible and effective stress-management technique.
- Creative expression can support emotional regulation and mindfulness.
- Slow, mindful artistic activities help calm the nervous system and improve focus.
- Small creative practices done regularly can strengthen emotional well-being and resilience.
- Self-expression does not require artistic experience to be meaningful or therapeutic.

WE ROCK !LEARNING FROM NATURE'S PROCESSES

Aim: To explore personal boundaries, connection, conflict, emotional regulation, clarity, and inner strength through nature-based experiential activities and reflection.

Type of Activity: Outdoor learning, pair work, group discussion, journaling.

Needed Materials:

- Journals or paper
- Pens
- Comfortable outdoor clothing and footwear
- Optional: sitting mats or blankets

Time:

Approximately 2.5–3 hours

Step 1: Walking Together

Participants form pairs and walk side by side in silence through a natural environment.

As participants walk:

- Notice the space between you and your partner.
- Is it close or far?

Continue walking silently.

- Start walking approximately one meter apart.
- Gradually increase the distance between you.
- Slowly decrease the distance again.

While walking, reflect on:

- When do you feel disconnected?
- When do you feel crowded?
- What is your natural comfort distance?

Pair Reflection

Stop at a suitable point and discuss your experience with your partner.

Step 2

In nature, movement and tension can create new landscapes. Conflict is not necessarily a sign of failure; it can be a source of transformation. Some people collide, some drift apart but both create distance.

Participants work in pairs.

1. Stand face to face with your partner.
2. Slowly move closer until you notice discomfort.
3. Pause.
4. Slowly step back again.

Discuss with your pair

- When do I push?
- When do I withdraw?
- What does healthy distance look like for me?
- How can conflict create growth instead of destruction?

Step 3 Emotional Regulation

Invite participants to spread out individually in the natural environment and for 10–15 minutes observe the surroundings, notice sounds, smells, colours, movement, temperature, and textures, pay attention to your breathing and bodily sensations.

Encourage participants to simply be present without trying to change anything.

- What emotions am I experiencing right now?
- Which element of nature reflects my current emotional state?
- What helps me stay balanced when emotions become intense?
- What can nature teach me about emotional regulation?

Step 4 Clarity station

In nature, clarity often develops through time and natural processes. Clarity is not the absence of emotion; it is emotion that has been processed, understood, and integrated.

Participants find a quiet place and journal individually.

- What needs time instead of reaction?
- Where do I need filtration instead of immediate expression?
- If my emotions were completely clear, what truth would I see?

Participants may share insights in pairs if they wish.

Step 5 Empowerment Station: The Rock Story

Invite participants to find a rock that represents them.
Ask them to spend a few minutes observing it.

Consider:

- Is it heavy or light?
- Sharp or smooth?
- Large or small?
- Rough or polished?

Participants then share the story of their rock with a partner or with the whole group.

Reflections

- Which station had the strongest impact on you and why?
- What did nature teach you about yourself today?
- What did you discover about connection, distance, or boundaries?
- What strength are you leaving with?
- What is one small action you can take after this experience?

