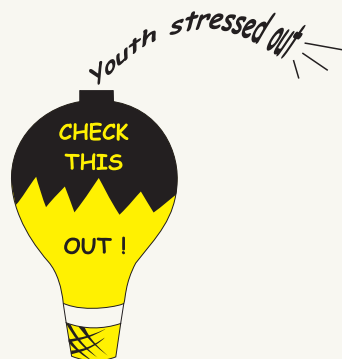




YOUTH STRESSED OUT CHECK THIS OUT!



www.eds-fundacja.pl





Youth stressed out - check this out!

The project was initiated in 2013 and was dedicated to youth of Poland and Lithuania. The goal of the project was to better understand stress, its sources and how to manage it. Youth participated in stress management workshops where they had an opportunity to learn how to cope with stress using art, sport and other various techniques.

Furthermore, participants had an opportunity to express themselves in photo contest and give opinion about their stress experience in a survey.



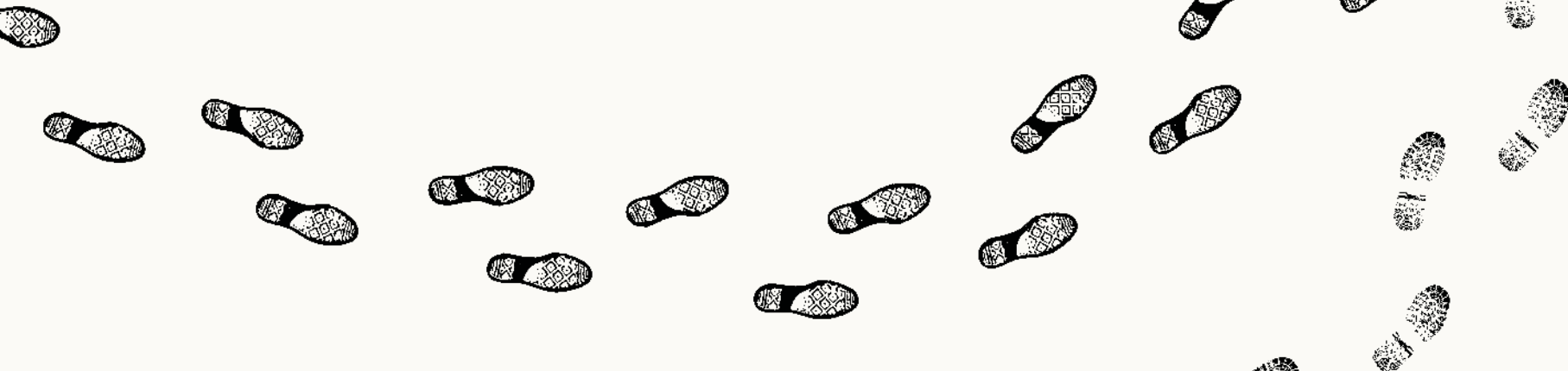
The project is a result of successful cooperation between Europejski Dom Spotkań Fundacja Nowy Staw and Lietuvos Jaunimo Centras. It is funded by 'Youth in action' Programme.



Project road



1. Planning project activities
2. Common meeting in Poland, Nasutów, September, 2013
3. Preparation for the "Anti-stress" workshops at schools and making the surveys. September – December 2013
4. Anti-stress sports workshop, October, 2013
5. Stress management lessons at school, conducting the surveys October – November 2013
6. The beginning of the photo contest "Stress", November, 2013
7. Workshops "Fight with stress by art", December, 2013
8. Meeting in Lithuania, Vilnius, January, 2014
9. Preparing the article about the survey results, summarizing the project results, January, 2014
10. Photo exhibition in Lithuania and Poland, February, 2014

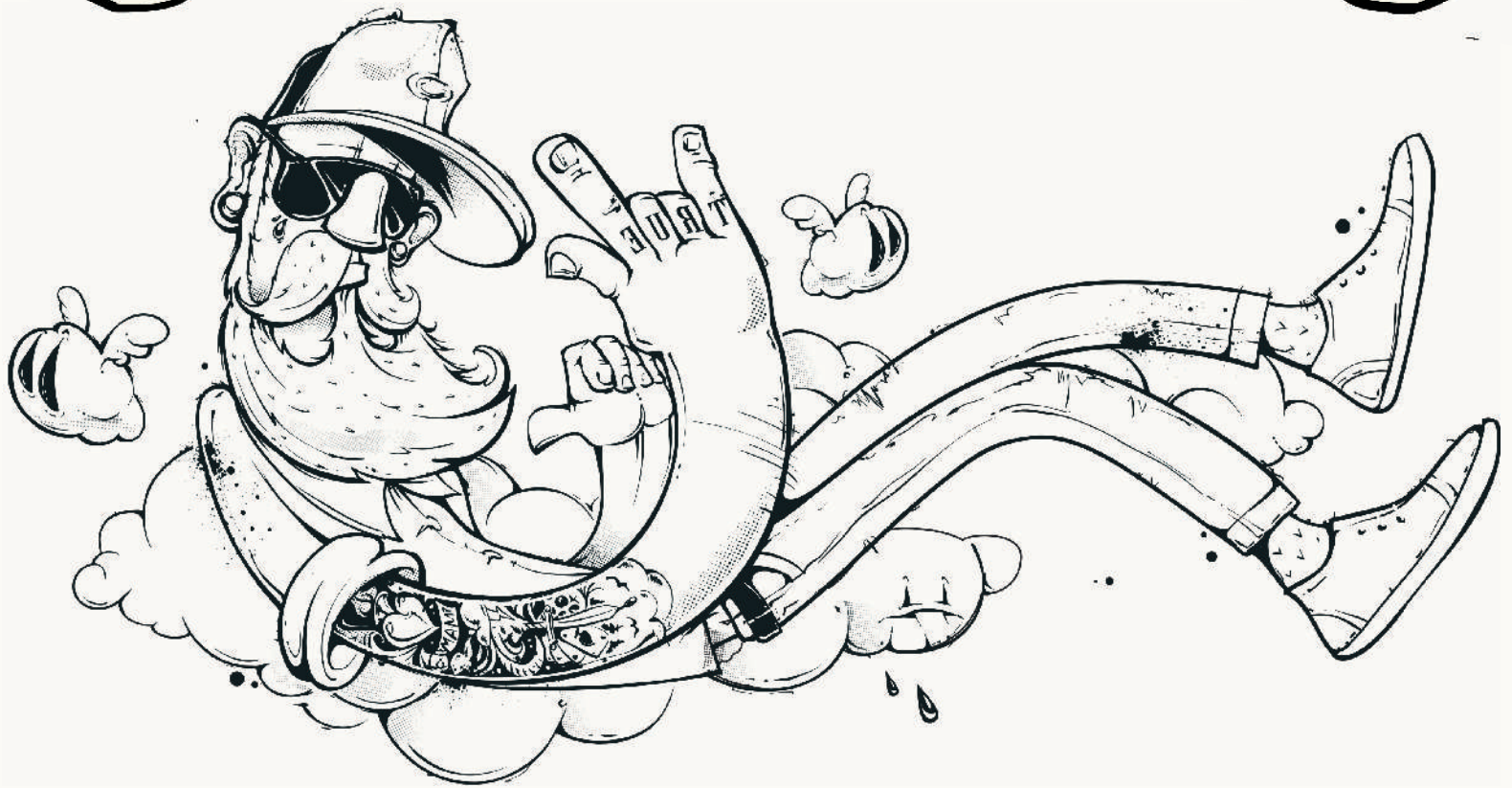




Quick tips

- Imagine yourself in some pleasant place where you've been or you'd like to go. Create an image as detailed as possible: look around, touch the objects, smell, hear the sounds.
- Change unpleasant place you're in using your imagination e.g.: Let's say that the bus you're taking is actually a big party. Suddenly all people are your guests. Observe their behavior and try to give it a reason.
- Scream your lungs out into your pillow – let all the anger and tension out.
- Come to Vilnius – we promise it's one of the most relaxing cities in the world :) Not to mention how green it is. Changing your surroundings is always a good idea.
- Watch video: Kelly McGonigal: How to make stress your friend. (TED talks©)
- At least once a week find some time to calm yourself down and meditate. Find a place that is quiet or you can play your favourite music.
- Find your favourite kind of physical activity: yoga, football, boxing, snowboarding, nordic walking – anything that works for you.
- Try to make your source of stress look ridiculous: e.g., if you feel stressed during a public speaking, imagine your auditory full of naked people.
- Start up your stress diary. Writing about your problem will help you to manage with it.
- Autosuggestion. Try to convince yourself that you will succeed. Repeat that several times. This technique makes you feel selfconfident and sure about what you're doing.
- Deal with it! Stress is not your enemy only. A little bit of stress can motivate you and even get you more creative.

Anti-Stress' techniques



Materials

- Music player or computer;
- Speakers;
- Calm instrument music piece;

Time

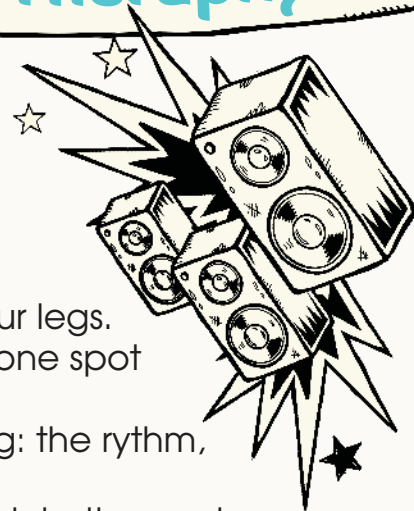
- 5 minutes

Music Therapy

Activity description:

This activity can be performed alone or in a group.

- find a silent place.
- Sit or lay down completely still and relaxed. Don't cross your arms and your legs.
- If you feel comfortable, close your eyes. If not, concentrate your look on one spot in front of you.
- Start a musical piece, listen carefully, concentrate on what you're hearing: the rhythm, the vocals, single instrument or words.
- If your attention is distracted by your thoughts or noises, try to take it back to the music.



Expected results:

This activity can be performed alone or in a group.

- find a silent place.
- Sit or lay down completely still and relaxed. Don't cross your arms and your legs.
- If you feel comfortable, close your eyes. If not, concentrate your look on one spot in front of you.
- Start a musical piece, listen carefully, concentrate on what you're hearing: the rhythm, the vocals, single instrument or words.
- If your attention is distracted by your thoughts or noises, try to take it back to the music.



Pollock Session

- Time**
- preparation – 10 min
 - painting – until you feel relaxed

Materials

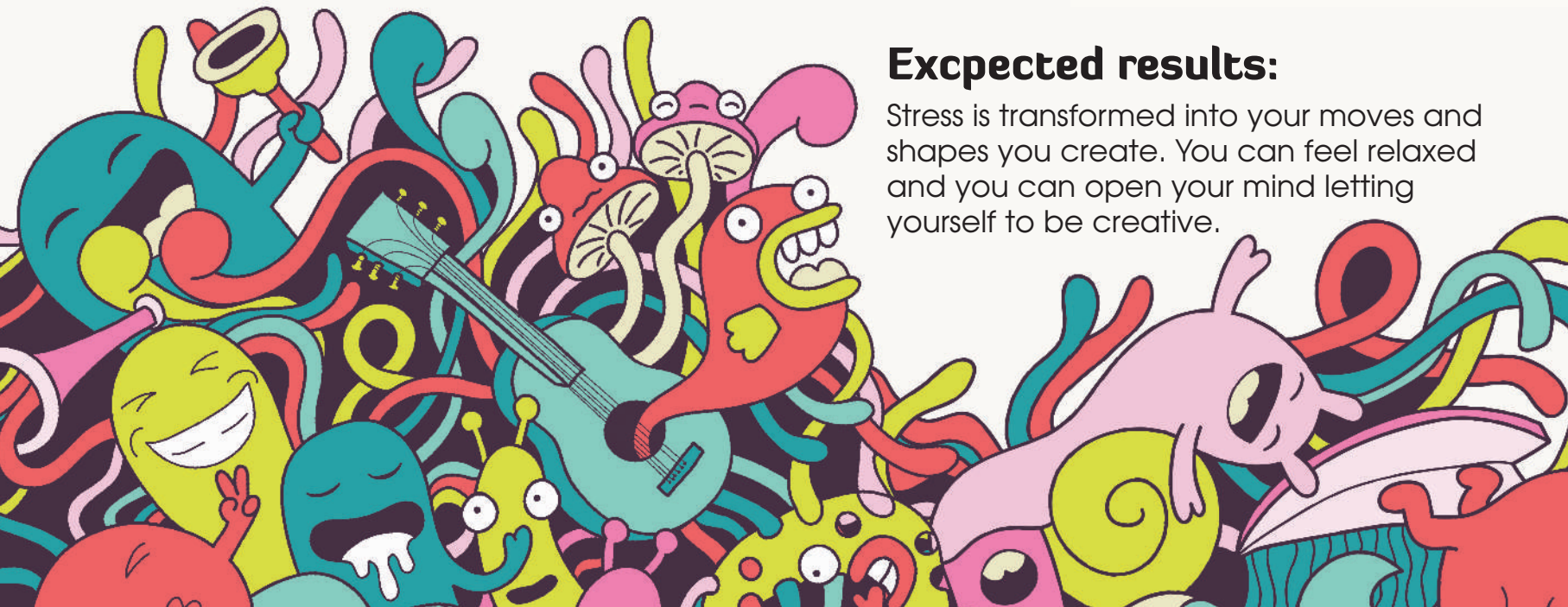
- huge piece of fabric
- plastic foil and tape
- few different colors of paint
- brushes or any tools

Activity description:

- If you cannot do it outside, secure the floor, furnitures and walls with plastic foil and tape;
- Put your "canvas" flat on the floor;
- With your tools or without them pour the paint directly onto the fabric form above. Feel free to make your own abstraction paint with dynamic or smooth moves. Enjoy them.
- If your attention is distracted by your thoughts or noises, try to take it back to the music.

Expected results:

Stress is transformed into your moves and shapes you create. You can feel relaxed and you can open your mind letting yourself to be creative.



No materials needed

Time

- 2 minutes

Activity description:

- Concentrate on your breathing. Try to breathe into your stomach (so that as you inhale, your belly goes up while chest and shoulders stay still).
- Inhale while counting from 1 to 4 in your mind;
- Hold your breath while counting from 1 to 4 in your mind;
- Exhale while counting from 1 to 4 in your mind;
- Hold your breath while counting from 1 to 4 in your mind;
- Repeat steps 2 – 5 four times.

Expected results:

This technique is useful in extremely stressful situations when feel increased heart rate, lack of breath or start to breath unnaturally. It helps to calm stress related body reactions and reduce stress right before important presentation, meeting, etc.



Breathing technique



Stress crush

- Time**
- Painting - 15-20 min
 - Crushing your stress – 1 second

Activity description:

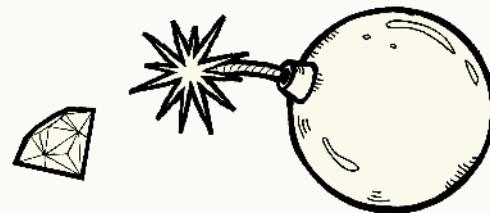
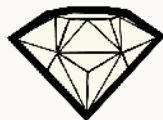
- Cover your desk so that you don't get it dirty;
- While painting on the plate try to focus on what stresses you. You can create an abstraction or paint literally what bothers you. Wait until it's dry.
- Find an outside place with a tough surface (ex. pavement) where you can safely crush your plate without hurting anybody.
- Focus again on what bothers you and using all your strength crush the plate on the ground.
- Clean up the place and put all the broken pieces into the trash bin - this is where your stress is right now!

Materials

- old plates;
- paint (any kind you have);
- brushes and a cup of water;
- something to secure your working desk;
- good music.

Expected results:

Destroying the symbol of your stress helps you to deal with it. Now you finally have some space in your mind for positive emotions.



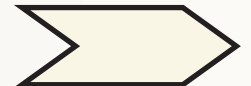
Description:

First step in dealing with stress is to know what it is. So we asked participants to take pictures that represents their understanding of stress: what is stress for them? what causes it? how they fight with it? etc.

Photo contest

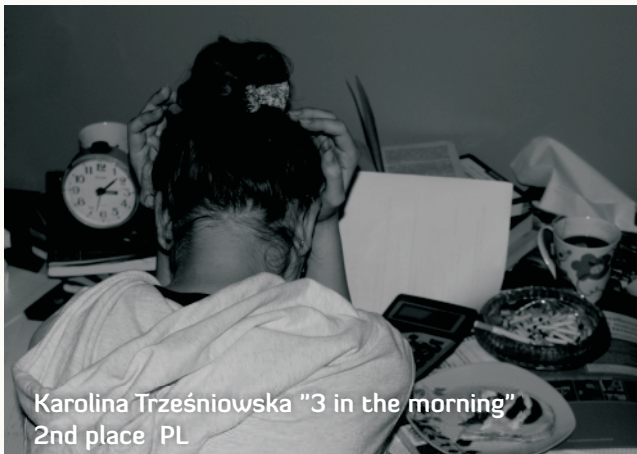


Check out
the results!





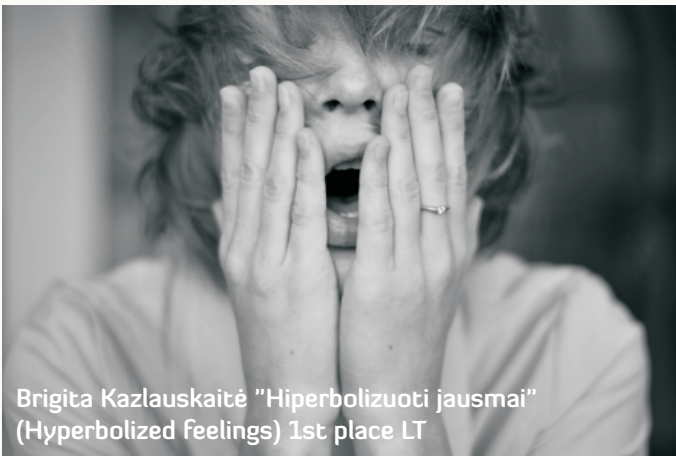
Kinga Duda
"Screaming therapy"
1st place PL



Karolina Trzeźniowska "3 in the morning"
2nd place PL



Olga Górka "Desperation" 3rd place PL



Brigita Kazlauskaitė "Hiperbolizuoti jausmai"
(Hyperbolized feelings) 1st place LT



Gabija Vyšniauskaitė "Tėti, gelbėk" (Father, save me)
2nd place LT



Laura Kalvaitytė
"Baimė pažinti" (Fear to
perceive) 3rd place LT

Laura Kalvaitytė
"Baimė pažinti" (Fear to
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Polish and Lithuanian Youth: Stress around us



Survey results

Seventy seven percents of youngsters felt averagely of highly stressed during the last month. For most of the students (57 perc.) stress is demotivating. Those results were received from the one hundred fifty nine surveys which had been conducted in Poland and Lithuania. There was found out that polish students experience more stress then Lithuanians.

“The most stressful situations for students are: oral tests, lack of preparation and unexpected tests. Interesting was that girls took more enjoyment from the studies itself, while boys find joy in studies, as in time at school in general in Lithuania.” – says Ieva, volunteer of Lithuania Youth Center.

At school students usually feel tired (41 percents) and interest in activities (23 percents). Surprisingly nine percents of the students feel fear too. Furthermore this fact refers mostly to polish students. On the other hand Lithuanians feel more tired (47,6 percents in Lithuania and 37 percents in Poland) at school.

“The sources of the stress are different in both countries. The main ones are studies in general (26 perc.), health problems (17 perc.) and changes of environment (12 perc.) in Poland. While in Lithuania studies also cause a lot of stress (42 proc.), but the money problems (13 perc.), home and family matters (12 perc.) are an important issue too.” – says Iga, polish volunteer of European Meeting Center Nowy Staw Foundation.

The analyzes of the polish surveys shows that females are generally feeling more stressed than males regardless of their age. Both genders react with stress especially to oral tests in front of the group. What is more, boys consider writing exams almost as much terrifying as oral. Statistics show, that the most stressful part of polish youth life is acquisition of Education itself. The interesting fact is that polish teenagers are also worrying about their health. Comparing to Poland in Lithuania differences between genders were that boys are caring more about family matters, and girls about money and hearts problems.

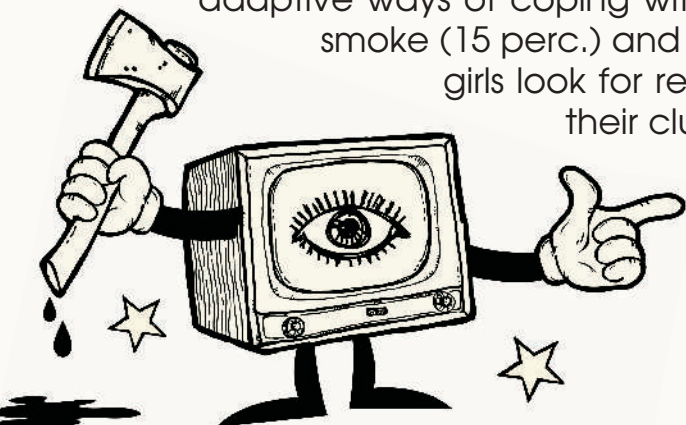
Survey results



"The main symptoms how students feel stress is body shaking (13 perc.), problems with concentration (14 perc.) and stomach ache (11 perc.). The last symptom is much more common for Polish students than Lithuanians. The indication such as lack of reaction is spread more in Lithuania (9 perc.) than in Poland (2 perc.). This problem was especially torturing boys." – says Modesta, volunteer from Lithuania.

It was not surprising that in stressful situations almost half of the students share their problems with their friends, some of them with parents and others cope with stressful situations by themselves. The main difference at this point is that 47 percent of Lithuanians are trying to cope with their problems alone, while in Poland this number is just 25 percent. What is more, there is difference between boys and girls in their ways of dealing with stress in Lithuania: girls are keener to talk to someone than boys, by 44 percent.

"In general respondents of the survey cope with stress by entertaining themselves (20,7 perc.) with computer games, television, music, books etc. It was a big surprise, that Lithuanian boys use more adaptive ways of coping with stress such as sport (22perc.) or hobby (18 perc.), while girls smoke (15 perc.) and sleep (14 perc.)." – says Natalia, volunteer from Poland. "Polish girls look for relief in conversations with their friends or parents. Unfortunately their clue is also eating disorders such as fasting or overeating. On the other hand boys are handling with their stress problems by aggression and sport."



Poland

Volunteers

"Youth Stressed Out - Check This Out!" is an youth international initiative fully created, developed and conducted by young people at the age of 17-25. Among them are: Andželika, Ola, Natalia and Iga who are pupils of High Schools in Lublin and Aneta, the graduate of Catholic University of Lublin in European Studies.

Apart from their daily duties girls are the volunteers in European Meeting Centre - Foundation Nowy Staw that is realizing projects within "Youth in Action" Programme of European Commission! Volunteering is an additional activity that allows them to develop cooperation not only with each other but also with youngsters from other countries. What is more this is an interesting way of conduction of free time, development of interpersonal and language skills. This project became and an extraordinary opportunity to gain new abilities in important for young people area, namely stress. Thanks to it we were able to show to the other peers that stress can be independently handled by a variety of methods, we expanded our creativity and knowledge. It was an great time full of nice experiences

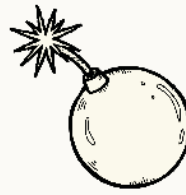
Lithuania



"YouthStressedout -check thisout!" project has involved four young Lithuanians: Modesta Šopaitė, Uršulė Bartošsevičiūtė, Ieva Vasionyte and Nerijus Lisauskas. Despite different interests and background stress theme has united them to share their experiences and to work together. Ieva and Nerijus are studying psychology at the university, so stress management was unfamiliar for them. While for Ursula, which is studying the Arab Studies and Modesta, student of finance and mathematics, the project has allowed to try something new. Despite all the different experiences Lithuania's were united by the same goal-to get more information about the stress and to help others to control and overcome it.

Participants





Participators





Lublin 2014