

YSP Europe and Middle East Speakers inspire with S!NERGY Projects for Peace

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Young Speakers inspire with their Projects for Peace at the S!NERGY

IAYSP's first ever European wide Youth Forum event was a success!

On March 6th 2021, IAYSP (International Association of Youth and Students for Peace) hosted our very first forum. Our intention for these forums is to empower young people in the presence of professionals to formulate innovative solutions to current issues. Our first forum was titled: "Surviving the Pandemic and Staying Sane". This addresses the UN's Sustainable Development Goal (SDG) number 3.4:

"By 2030 reduce by one-third premature mortality from non-communicable diseases (NCDs) through prevention and treatment, and promote mental health and wellbeing."

The broad range of panelists meant that we could evaluate the issue of mental health from a very well rounded perspective. Each speaker gave a short introduction to their field before going into a discussion panel and finally answering some questions from the participants.

The topics discussed included how to destigmatize mental health issues and what that means for different countries around Europe. Mrs. Winter, former emergency room nurse and founder of [Winter Meditation](#), explained for example that receiving a diagnosis and professional help from a psychologist in Germany can take up to five years. Mrs. Juhasz, cofounder of the [Deep Breath Project](#), further explained that it is better to focus on preventative mental self care rather than waiting for a diagnosis. Something especially topical given that during the pandemic, getting professional help can seem harder than ever.

We discussed some of the practical tools we can use such as breathwork or meditation. The consensus was that we should place greater emphasis on the concept of "mental fitness"

rather than "mental illness". In this way we shift our mentality from something that is taboo to something that applies to everyone. Dr. Esanu, psychology professor and cognitive behavioral therapy expert, suggested the concept of a "mental diet", in which we consider what kind of stresses we put on our brains, and whether we are balancing our mental activity in a healthy way.

A representative of the [Danish National Public Health Institute](#) introduced the acronym ABC, act, belong and commit. Three key staples of good mental health. The principle behind this is that if you are actively involved in a community working towards something that is meaningful to you then that can keep you grounded, no matter how big or small. This ties in perfectly with IAYSP's values of responsibility, integrity, service and empathy (RISE). If you can find something to take responsibility for, the fulfillment you get from doing something that you care about can be freeing in a time where we can feel so constricted.

This will not be our last event on SDG 3.4. Join us on March 20th (the UN's international day of happiness) for the second part of this series: RISE to Happiness!

Register at: forms.gle/4wvZsE6q7HrmRK5W9

REGISTRATION

"RISE TO HAPPINESS"

International UN Day

March 20th, 2021 at 10:00 am CET

Registration "RISE TO HAPPINESS"

International UN Day, March 20th, 2021 at 10:00 am CET

* Required

First name *

Your answer



Last name *

Your answer

Age group *

15-19

20-24

25-29

30-34

35-40

41-50

50+

E-mail address *

Your answer

Country *

Your answer

Organization (if applicable)

Your answer

The event will be held in English. Do you need any translation? *

- Czech
- German
- Italian
- Hungarian
- Romanian
- French
- No, I don't need translation

Comment

Your answer

GDPR *

To administer your registration for the IAYSP Europe and Middle East "RISE TO HAPPINESS" event, we need the above mentioned data, which will allow us to contact you regarding the Zoom call details. Only the current board of directors of the organization has access to the personal data requested in the questionnaire. Complete data deletion can be requested by sending an email to iaysp.europe@gmail.com. In accordance with the currently valid data protection regulations (GDPR) IAYSP Europe manages, stores and does not share data collected during registration with third parties.

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