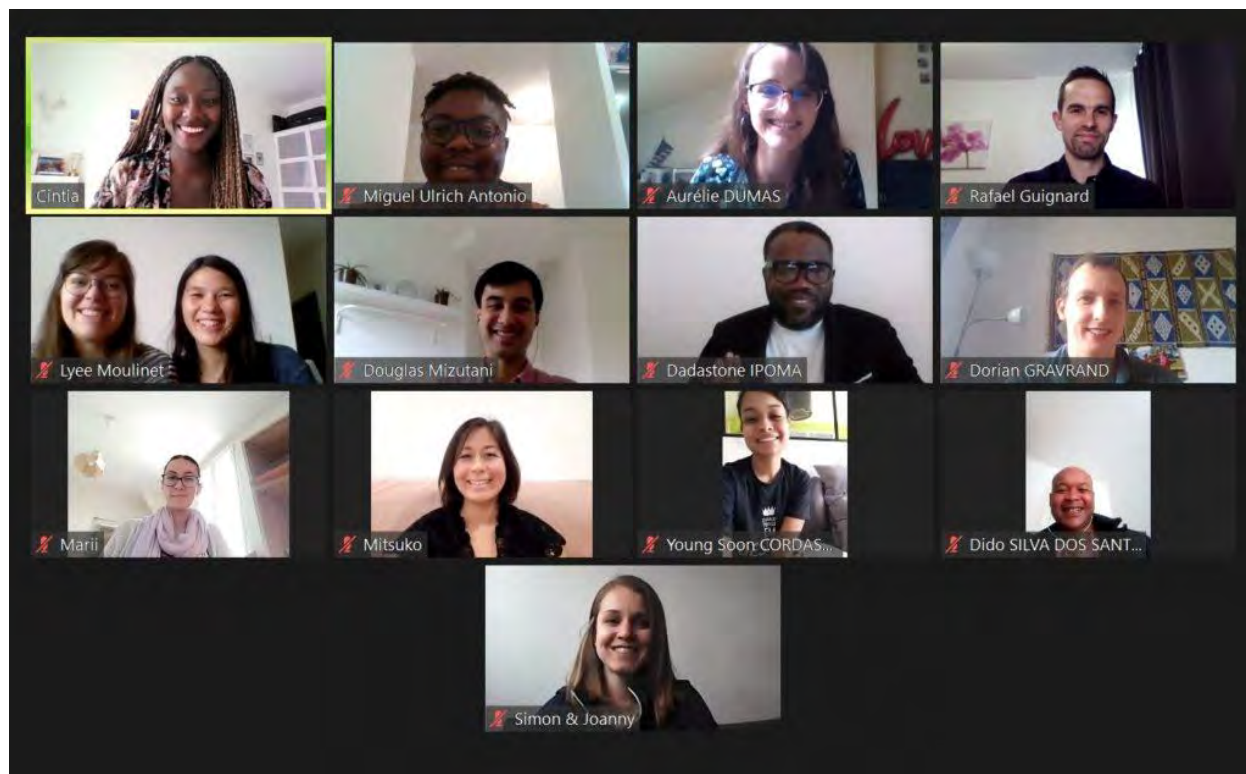


IAYSP France organized Together a Zoom meeting: Let's fight against loneliness

David Perry
May 1, 2021



On May 1, 2021, IAYSP France organized a zoom event on the theme "Together let's fight against loneliness". In the context of the COVID-19 pandemic, well-being, employment and access to education have become the main concerns of young people aged 18 to 25. The pandemic resulted in higher levels of distress among young adults (ages 18-29) compared to other age groups.

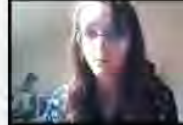
Despite these serious challenges, youth continued to contribute in small and large ways to the well-being and happiness of others and themselves through various means centered around Responsibility, Integrity, Service, Empathy (RISE).

In an effort to help youth and students, we assembled a dynamic youth panel of 3 people. As panelists, we had Rafaël Guignard (certified coach in Personal Development, founder of the 'Family Harmony Coaching and Peace Starts With Me Academy'), Dadastone Ipoma (research engineer in biological and medical engineering, he works for more than 17 years in research laboratories of infectious diseases in DRC, in Belgium at the Europe clinic and in France at the IHU Marseille) and Aurélie Dumas (Hospital Service Agent in a retirement home and who is training to become an art therapist since June 2020).

The event took place in 2 parts. During the first part, the panelists answered questions aimed at analyzing the problem of loneliness linked to the Covid pandemic and then proposed solutions to face it.

DÉFINITION ET ORIGINALITÉ DE L'ART-THÉRAPIE

- **Approche positive** s'appuyant sur le potentiel et les facultés de chaque être humain pour permettre d'améliorer ce qui est source de mal-être ou de souffrance.
- Mobilisation sur le **plan physique** (motricité), **plan mental** (élaboration) et **plan social** (échange et exposition de la production). Prise en charge globale de la personne.
- **Bien-être** : Question d'équilibre entre le corps et l'esprit pour se sentir bien. Dépendant de la satisfaction des besoins (Maslow). Le bien-être doit être à la fois physique, mental et social.
- Notions du **bien** (réalisation technique), du **beau** (aspect esthétique) et du **bon** (aspect agréable associé à la réalisation).



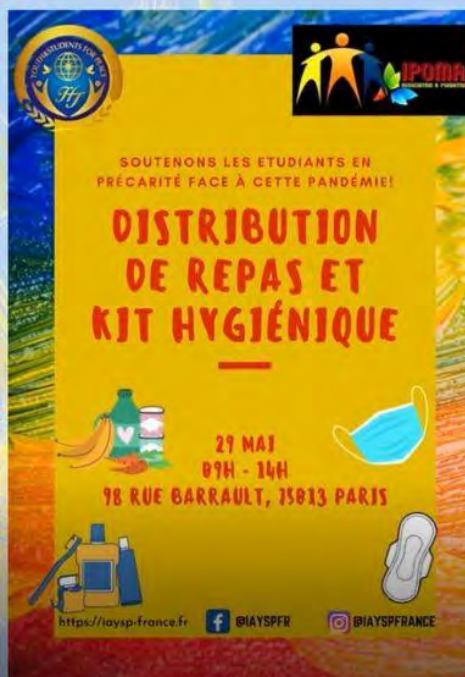
ACTIVITÉ À VENIR !

Distribution de:

- Repas
- Kits d'hygiène (serviettes hygiéniques, couches pour les enfants, gels douche).

N'hésitez pas à donner des dons ou des éléments qu'on pourrait distribuer ☐

Pour plus d'informations, suivez-nous sur les réseaux sociaux.



During the second part of the event, each of the panelists made a presentation aimed at promoting tools or projects to fight against loneliness. Rafaël Guignard presented ideas to better live the pandemic.

Aurélié Dumas presented art therapy and allowed us to do a small practical session.

Dadastone Ipoma took the opportunity to present the project of distribution of food and hygiene kits to students in precariousness which will be done in partnership with

IAYSP-France on May 29th 2021 in Paris.

We had 24 participants in total, 14 people on the zoom link and 10 people on the live broadcast on our facebook page.



ASSOCIATION DES JEUNES ÉTUDIANTS POUR LA PAIX
(IAJSP)

ENSEMBLE CONTRE LA SOLITUDE !

Des panélistes, jeunes et inspirants répondront à des questions liées au bien-être chez les jeunes



Dadastone IPOMA



Aurélie DUMAS



Rafaël GUIGNARD

1er mai 2021

14H (CET) SUR
ZOOM

Enregistrez-vous
avant le 30 avril !

<https://forms.gle/7mHywddn2mwd4zZy8>



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