

Common health and Wellbeing exercise

Connecting with the essence



21/02/2023

LUCCA



Table 2. Determinants of mental health and well-being (WHO)

Determinants of mental health and well-being		
Individual attributes and behaviour	Social and economic circumstances	Environmental factors
Emotional intelligence	Participation	Social inclusion and equality
Spirituality	Social network	Physical environment
Learning and development	Social support	No stigma/discrimination
Healthy leaving	Trust	Financial security
Physical health	Safety	No violence
	Working opportunities	

The challenge

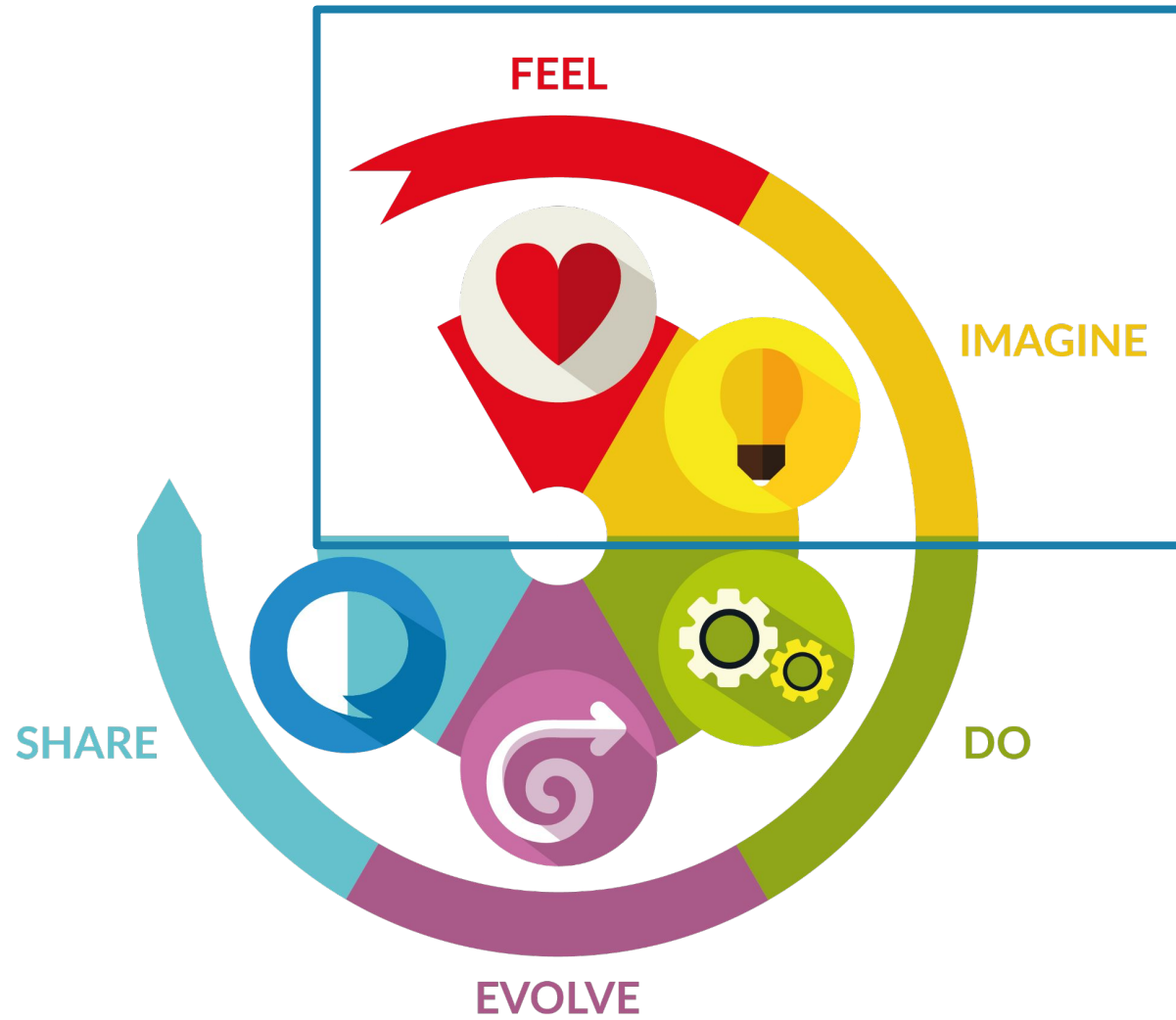


- To promote Mental Health and Wellbeing **among the partners** during Lucca's General Assembly ... in 30'

The challenge



- **BE AWARE** of the importance of **promoting Mental Health and Wellbeing** among the partners during Lucca's General Assembly **AND START DOING ... in 30'**



Steps



- **BE AWARE** of the importance of promoting Mental Health and Wellbeing among the partners during Lucca's General Assembly **AND START DOING ... in 30'**
- 1. Eye contact
 - (one word when you think in Mental Health and Wellbeing)

Steps



- 2. Individually (3')
 - 3 Key elements for the challenge

- **BE AWARE** of the importance of promoting Mental Health and Wellbeing among the partners during Lucca's General Assembly **AND START DOING ... in 30'**

Steps



- **BE AWARE** of the importance of promoting Mental Health and Wellbeing among the partners during Lucca's General Assembly **AND START DOING ... in 30'**
- 3. By pairs (5')
 - Put in common the 3 + 3 key elements ... and choose 3!

Steps



- **BE AWARE** of the importance of promoting Mental Health and Wellbeing among the partners during Lucca's General Assembly **AND START DOING ... in 30'**
- 4. Two pairs (5')
 - Put in common the 3 + 3 key elements ... and choose 3!
 - Share some key elements

Steps



- 5. Two pairs (5')
 - Choose 1 key element
 - Brainstorm possible actions

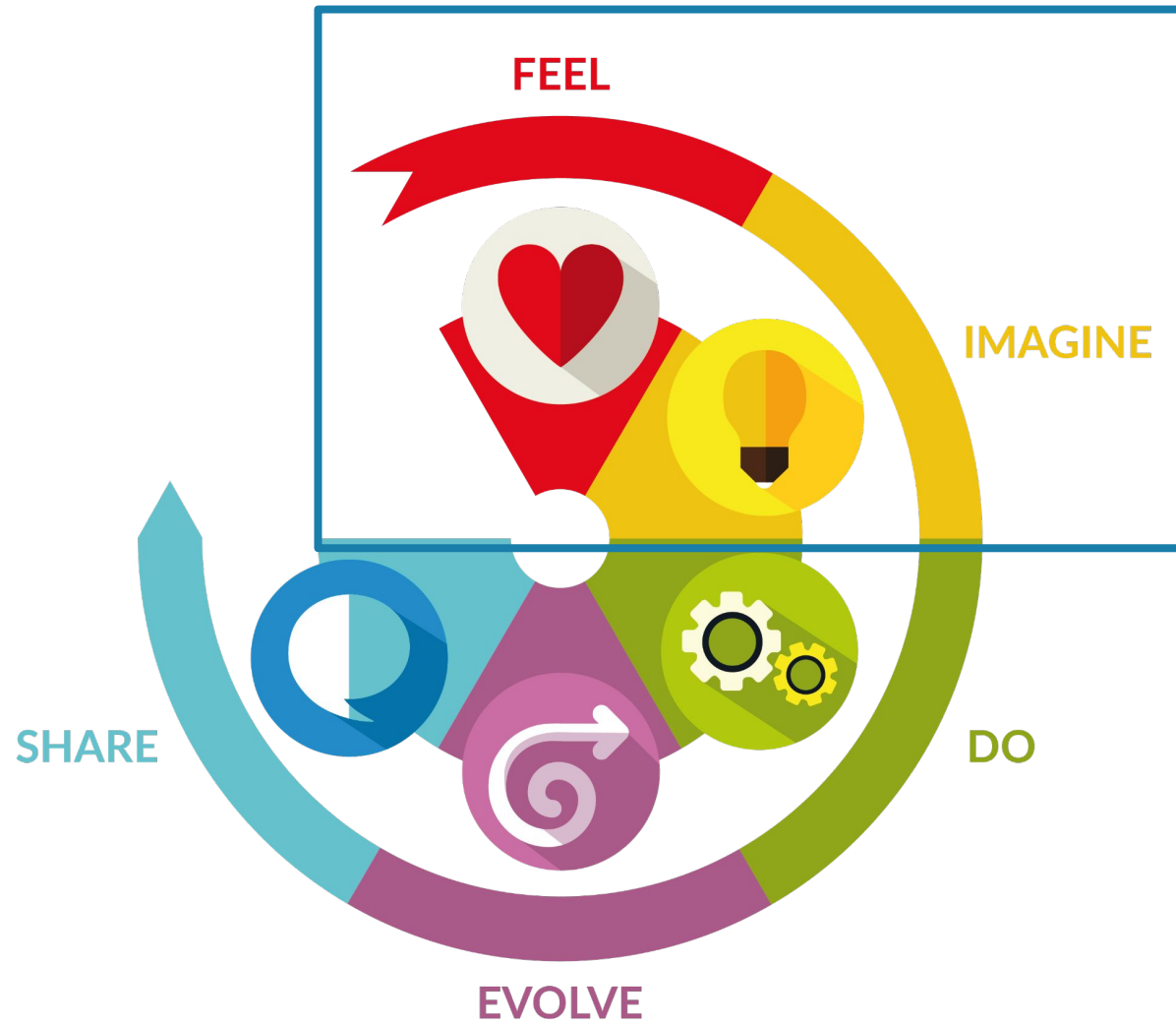
- **BE AWARE** of the importance of promoting Mental Health and Wellbeing among the partners during Lucca's General Assembly **AND START DOING ... in 30'**

Steps



- 6. Individually (5')
 - Choose 1 action
 - Think how to do it during the GA

- **BE AWARE** of the importance of promoting Mental Health and Wellbeing among the partners during Lucca's General Assembly **AND START DOING ... in 30'**



Sharing



- 7. Something to share?

- **BE AWARE** of the importance of promoting Mental Health and Wellbeing among the partners during Lucca's General Assembly **AND START DOING ... in 30'**

¡Gracias!

Ďakujem!



Paldies!

Grazie!



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227