

**EZine  24        20th November  2020**

*YouthPact have compiled some links to resources, training and tips for our new working from home life for your information.  If you have something to share with your Peace4Youth colleagues, send these to our administrator Seana Carmichael (*[*Scarmichael@cooperationireland.org*](mailto:Scarmichael@cooperationireland.org)*) and we can compile a further e-newsletter.*

**Self-Care Clusters**  - Reminder to register – *closing 23/11/20 few spaces remaining*

*4th December 2020 or 11th December 2020.   10:00 – 12:00*

YouthPact is running a self-care cluster for Peace4Youth workers.  We will be offering suggestions for self-care practices, building skills for promoting wellbeing and providing signposting to useful resources. This will also provide a platform for participants to share some of the self-care practices they themselves have found helpful.  Participants will be practitioners from across Peace4Youth projects.  Closing date to register is 23/11/20 at 2pm.

Please click the link to register your interest

[https://docs.google.com/forms/d/e/1FAIpQLScOdCMsX1fczKHReNvFIs7D0iBW2p4rmZsLgIfxVQUZRnLpBw/viewform?usp=sf\_link](https://protect-eu.mimecast.com/s/0MeECWqqlIjL79fx516x?domain=eur03.safelinks.protection.outlook.com)

**Apply to VSCE Covid Recovery Fund**

The Covid 19 Pandemic has impacted Voluntary, Community and Social Economy (VCSE) organisations across Northern Ireland – a high proportion of these organisations have refocused their objectives to reduce the impact of Covid‑19 on the most vulnerable in our society.  At the same time, the pandemic also demonstrated the value and contribution of VCSE organisations in the delivery of services provided to those most in need.  The VCSE Covid Recovery Fund Fund has a total value of over £3 million and aims to: Provide additional funding to VCSE organisations to procure Personal Protective Equipment (PPE) and other items to enable the re-opening and continued delivery of vital community services.  Support VCSE organisations to move services online and increase digital connectivity for organisations delivering mental health supports and/or providing services to young people, older people, those who are medically isolated, the disabled and women. To make an application to the VCSE Covid Recovery Fund or for further information on what support is available, please click [here](https://protect-eu.mimecast.com/s/bLdvCZ00oFMlD0uzCEpD?domain=eur03.safelinks.protection.outlook.com).

**Framework for Promoting Positive Mental Health and Wellbeing in the European Youth Sector**

This Erasmus+ funded Strategic Partnership offers an evidence based theoretical framework and practical guidelines for youth workers and their organisations to effectively promote the mental health and wellbeing of their youth.

[https://positivementalhealth.eu/](https://protect-eu.mimecast.com/s/qzmuC144nup3klSGTUdN?domain=positivementalhealth.eu/)

**The Pandemic Is Changing Work Friendships**

Amid [longer hours](https://protect-eu.mimecast.com/s/C-p3C2WWotk1RghBGbru?domain=eur03.safelinks.protection.outlook.com)\*, more emails and shorter meetings, [working from home](https://protect-eu.mimecast.com/s/Nhf-C3wwpumqGOIDrhSw?domain=eur03.safelinks.protection.outlook.com) in the time of [Covid-19](https://protect-eu.mimecast.com/s/6e2jC4LLquJgmqSVq_7R?domain=eur03.safelinks.protection.outlook.com) also appears to be hitting workplace friendships. “Deprived of shared spaces and rituals, colleagues now have to be proactive to maintain relationships that once thrived on convenience”.  This is reinforced in a similar articles from Forbes on why [work friends are more important than ever](https://protect-eu.mimecast.com/s/wFtnC5LLru0Ex2h8mNyJ?domain=eur03.safelinks.protection.outlook.com). In another piece from the BBC [Remote Control pages](https://protect-eu.mimecast.com/s/7anQC699vfoz1qhBrPjB?domain=eur03.safelinks.protection.outlook.com), which starts with the tagline: “[Office friendships are atrophying amid remote work](https://protect-eu.mimecast.com/s/qkTcC7XXwFmlQwI25YHg?domain=eur03.safelinks.protection.outlook.com)”, before telling us that [staying connected](https://protect-eu.mimecast.com/s/e1B6C8EExSj1zEsEqUWs?domain=eur03.safelinks.protection.outlook.com) is [worth the effort](https://protect-eu.mimecast.com/s/m1hpC9ggyFmQMDIQRmLQ?domain=eur03.safelinks.protection.outlook.com) and that “it can also be helpful to look for the remote version of a casual moment by the office coffee pot”. \*While many have found their working days extended, the [NBER report](https://protect-eu.mimecast.com/s/UcC_C0LLmu2VMpIpWq6N?domain=eur03.safelinks.protection.outlook.com) points out that they are not necessarily occupied for all that time.

[https://www.theatlantic.com/family/archive/2020/07/what-pandemic-doing-work-friendships/614407/](https://protect-eu.mimecast.com/s/Y299Cj88kuj83VsJqAI9?domain=eur03.safelinks.protection.outlook.com)

**6 evidenced-based ways to look after your mental health during a second lockdown**

This piece from the World Economic Forum (04/11/20) says that “adopting a proactive approach to protecting your mental health by creating a wellbeing plan will have immediate benefits.” The charity Mind has produced some excellent “[Guides to Wellness Plans](https://protect-eu.mimecast.com/s/Xil6Ck77lun9rPhz0twn?domain=eur03.safelinks.protection.outlook.com)” – there are guides for line managers, guides for employees and a version for working from home.

[https://www.weforum.org/agenda/2020/11/covid19-lockdown-wellness-mental-health-psychological/](https://protect-eu.mimecast.com/s/nTPhCmyynh5zA9slteZv?domain=eur03.safelinks.protection.outlook.com)

**Why gratitude is good for us – and five ways to practise it this winter**

If you can bear another article (27/10/20) with tips on *‘how to’* sort out some aspect of your life, then read this one. Everything to say about it is in the headline and it starts by recognising that. “while it’s no fix-all, nurturing [gratitude](https://protect-eu.mimecast.com/s/_hNaCnOOoUGvKkcrr2Ct?domain=time.com/) can help by shifting our attention to what’s positive…”

[https://www.positive.news/lifestyle/body-mind/why-gratitude-is-good-for-us-and-five-ways-to-practice-it-this-winter/](https://protect-eu.mimecast.com/s/EtogCp22qhzmv7s6hyej?domain=eur03.safelinks.protection.outlook.com)

**How to Do School When Motivation Has Gone Missing**

For those with family members or working with young people still at school, here’s some insights into “what teenagers can do to equip themselves to move forward during this difficult and frustrating time.”  The article (29/10/20) explains the difference between intrinsic and extrinsic motivation and suggests when’s best to use which. It’ll be no surprise to you that intrinsic motivation “is [most likely to flourish](https://protect-eu.mimecast.com/s/OC9LCqZZruOZzVu99I_S?domain=eur03.safelinks.protection.outlook.com) in situations where students feel autonomous, supported and competent, but often fails to take hold when they feel controlled, pressured or unsure”. If you’re interested in the discussion around whether exams should go ahead, or not, next year then [read](https://protect-eu.mimecast.com/s/6AvXCr99vfAE1WhOj4hq?domain=eur03.safelinks.protection.outlook.com) and [listen](https://protect-eu.mimecast.com/s/337-CvZZzuWx2RFBaTwA?domain=eur03.safelinks.protection.outlook.com) here.

[https://www.nytimes.com/2020/10/29/well/family/teenagers-motivation-school.html](https://protect-eu.mimecast.com/s/igFXCx11BUJk9zSVggce?domain=eur03.safelinks.protection.outlook.com)

**Why do young people take more risks against social distancing?**

This blog from July 2020 will resonate with much of what we have heard about young people and social distancing in this second set of public health restrictions across the island. The [author](https://protect-eu.mimecast.com/s/2Xa6CyXXDFNZ0pCD5p54?domain=eur03.safelinks.protection.outlook.com) makes no judgement on their behaviour, but sets out in straight-forward language why young people take risks, why some take more than others and highlights that the “so called social rewards [of risk-taking] may become even more important in periods of uncertainty and distress”. Whatever the reason, [American studies](https://protect-eu.mimecast.com/s/78LTCzXXEFR6x7tDxlil?domain=eur03.safelinks.protection.outlook.com) appear to show young adults as less likely to take protective against Covid-19. For an opinion piece on why blaming young people and students for infection spikes is wrong, [click here](https://protect-eu.mimecast.com/s/R4iZCA112U94n8ugkZbN?domain=eur03.safelinks.protection.outlook.com) and for an article that confirms what we already know of young people and their kindness, [click here](https://protect-eu.mimecast.com/s/JUN8CB662hVjMyC4oA3R?domain=eur03.safelinks.protection.outlook.com).

[https://www.birmingham.ac.uk/research/perspective/young-people-risks-social-distancing.aspx](https://protect-eu.mimecast.com/s/cMgwCExx2IWLgYF5rI1A?domain=eur03.safelinks.protection.outlook.com)

**Lost your motivation to work out? Here’s why – and how to get back on track**

This piece (21/10/20), tells us that “after months of fluctuating social restrictions, many people are reporting on social media that they’ve suddenly lost their motivation to exercise. [But] the truth is that motivation is simply returning to normal.”  An article with a reassuring tone, which ends with four simple guiding principles to minimise the effort required to exercise.

[https://theconversation.com/lost-your-motivation-to-work-out-heres-why-and-how-to-get-back-on-track-148402](https://protect-eu.mimecast.com/s/I89NCJQQ2f8Z1VTrl4EK?domain=eur03.safelinks.protection.outlook.com)

**Would we be happier and healthier if we embraced being average?**

The pursuit of [perfection](https://protect-eu.mimecast.com/s/MhXMCKQQ2fqOB6T6W-n5?domain=eur03.safelinks.protection.outlook.com) is damaging to our health, researchers claim. Among its finding that [perfectionistic traits](https://protect-eu.mimecast.com/s/dm1kCLJJ2cPKm7tnmekt?domain=eur03.safelinks.protection.outlook.com) are more prevalent in young people today than 30 years ago, it found that “the perception among young people that they need to appear perfect to [secure approval](https://protect-eu.mimecast.com/s/9OTHCM112U5XR7slLkrf?domain=eur03.safelinks.protection.outlook.com) has increased by a third”. The article (06/11/20) encourages us to “find joy in being average” and “embrace being a Jack of all trades” - a title and accolade that youth workers will be very familiar with.

[https://www.positive.news/lifestyle/wellbeing/would-we-be-happier-if-we-embraced-being-average/](https://protect-eu.mimecast.com/s/2A19CO882uAn0Mhx8J4k?domain=eur03.safelinks.protection.outlook.com)

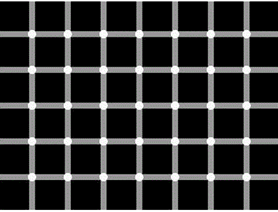
**What was fun?**

If you feel like something’s been missing from your life the past eight months, it might be fun.  The words “bubble bath” appear a few times in this ripping reflective deep-dive into the unique fun-lessness of 2020 and explores how people are trying to create some semblance of joy for themselves.  It draws on history and the 1918 flu pandemic to provide a few ideas - have you thought of fortune telling?

[https://www.vox.com/the-goods/21523704/fun-quarantine-home](https://protect-eu.mimecast.com/s/hKl8CQ772u6O3YSRxsGd?domain=eur03.safelinks.protection.outlook.com)

**Just** **for fun**

Count how many black dots there is?



**Just for fun Answer from Ezine 23** (Visual illusions : Are the circles moving?  Answer: No, the wheels are not turning. The Moiré effect can produce interesting and beautiful geometric patterns.

YouthPact do not necessarily endorse any of the materials or links in this ezine.

If you would prefer not to receive our newsletter please email STOP and your name in the subject heading to [*scarmichael@cooperationireland.org*](mailto:scarmichael@cooperationireland.org)

*This project is supported by the European Union’s PEACE IV Programme managed by the Special EU Programmes Body (SEUPB)*

