

**EZine 12       22nd May 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  Seana Carmichael (**Scarmichael@cooperationireland.org**) and we can compile a further e-newsletter.*

**Feeling Low** Feeling low is a part of all of our lives at some stage. Everyone feels upset, sad or disheartened from time to time, but for some of us it can be a real problem. The good news is that there are things you can do to improve your mood.  This page from the NHS’s [**Every Mind Matters**](https://protect-eu.mimecast.com/s/Hx_DCA112UNqwwiMg_8N?domain=eur03.safelinks.protection.outlook.com)site has specific tips and expert advice to help you look after your mental health and wellbeing if you are feeling low or worried.  [https://www.nhs.uk/oneyou/every-mind-matters/low-mood/-](https://protect-eu.mimecast.com/s/-io4CD882u5GEEhBfBA3?domain=eur03.safelinks.protection.outlook.com)

**Kindness Matters** A one-minute video on why kindness matters from the [Mental Health Foundation](https://protect-eu.mimecast.com/s/v4pJCExx2I3XvvFyjy_C?domain=eur03.safelinks.protection.outlook.com) produced as part of Mental Health Awareness Week 2020. It might be something a worker could use as a conversation starter with young people, e.g. “did you know that doing good is also good for you?” Critically this short video reinforces a key message at this time, “Don’t forget to be kind to yourself”

[https://www.youtube.com/watch?v=Qcyc68d6OAk](https://protect-eu.mimecast.com/s/M3iRCJQQ2fqM66snCt3r?domain=eur03.safelinks.protection.outlook.com)

**Thought for the Day** This is a Thought for the Day that originally was aired on Tuesday 19 May 2020 on BBC Radio Ulster, Pádraig Ó Tuama is the speaker. It's just over 2 minutes long - you may find it helpful just for yourself or perhaps as part of a discussion with workers about self-care, asking for help or embarking on something new for the first time. This link will take you to the BBC Sounds webpage. <https://www.bbc.co.uk/sounds/play/p08d8tbj?fbclid=IwAR1e13Jte3uAsBdYSUVWcqOjjI9MI9FfRd55fBLWmc9JLFyYo9HXgf072Sc>

**Five ways parents can manage their wellbeing** Read this BBC Bitesize article by Anna Freud Centre's Peter Fuggle, & Yvonne Millar, about 5 ways parents can manage their wellbeing during the #coronavirus lockdown. [www.bbc.co.uk/bitesize/articles/zrmhscw](https://protect-eu.mimecast.com/s/NF06CLJJ2cR8GGck4co8?domain=eur03.safelinks.protection.outlook.com)

**Mindset Programme** The Mindset programme from Action Mental Health is moving to online delivery. The programme is designed for young people aged 14-17 and is open to youth and community groups across the Northern, Western, Belfast and South Eastern Health Trust areas for groups of 6 to 12 people.

[https://drive.google.com/open?id=1DoheCe3k6tw5YaNMbCsPnAs54bBqQeJf](https://protect-eu.mimecast.com/s/MW9BCN002F0yOOhpz6aJ?domain=eur03.safelinks.protection.outlook.com)

**How to Build Better Relationships Remotely** "At a time when we miss seeing friends, we can be seduced into having lots of video calls. But [research suggests](https://protect-eu.mimecast.com/s/awJTCvZZzu7VYYhQIepa?domain=psycnet.apa.org) we might be better at detecting someone else's emotions without visual clues." This short article from BBC World looks at how we can make more meaningful connections when we're on phone calls or using video apps. It also reflects on what is missing in the move to online engagement, that is, [touch](https://protect-eu.mimecast.com/s/I1DWCwrrAhGrqqhq20k5?domain=in-touch-digital.com). [https://www.bbc.co.uk/news/world-52196670](https://protect-eu.mimecast.com/s/Cw0aCPQQ9fKVjjc8n2jL?domain=eur03.safelinks.protection.outlook.com)

**Young Person’s Survival Guide**  A big thank you to [Brighton and Hove Youth Employability Service](https://protect-eu.mimecast.com/s/fVPfCx11BU1N77sYA_jz?domain=facebook.com) for sharing their Service Guide to Lockdown Life.  The resource is packed with ideas & activities to help keep young people positive, engaged and healthy during the ongoing public health restrictions.  [https://drive.google.com/open?id=1qvU8O2lg8GmHdBnufGa76qkXJFIA9Wj\_](https://protect-eu.mimecast.com/s/_5_WCR110UvZMMHj_vrI?domain=eur03.safelinks.protection.outlook.com)

**Is History Repeating Itself?**  The impact of the COVID-19 crisis on youth... “While we now know that the idea that ‘COVID-19 only affects older people’ is fake news, the first weeks of the pandemic have shown that young people are in general more resilient than older people to the disease. But are they also more resilient to its social and economic impacts?” This [Eurofound](https://protect-eu.mimecast.com/s/AIxMCyXXDFrV88IRvPnl?domain=eurofound.europa.eu) article looks at the impact of the pandemic on young people in terms of mental well-being, loneliness, trust and optimism. [https://www.eurofound.europa.eu/publications/blog/is-history-repeating-itself-the-impact-of-the-covid-19-crisis-on-youth](https://protect-eu.mimecast.com/s/-cvxCWqqlI5oMMh09izb?domain=eur03.safelinks.protection.outlook.com)

**Online Training Support** The Department for the Economy has partnered with the [The Open University in Northern Ireland](https://protect-eu.mimecast.com/s/_nRLCzXXEFMVkksoD9cl?domain=facebook.com) to offer a range of free training to help improve skills and well-being. It includes everything from digital literacy to working in diverse teams and everyday English - with loads of other options for all levels. [https://www.nidirect.gov.uk/articles/online-training-support](https://protect-eu.mimecast.com/s/6qF_CY55ntLBnnHP4uQs?domain=eur03.safelinks.protection.outlook.com)

**NI Careers Service** The Department for the Economy’s Careers Service provides an impartial, all-age careers information, advice and guidance service, to help young people and adults make informed choices about their future career paths. This service is available to everyone, whether employed or unemployed, temporarily laid-off, made redundant, in training or studying.  The link below provides information on contacting a professionally qualified careers adviser by telephone, email or webchat.

[https://www.nidirect.gov.uk/contacts/contacts-az/careers-service](https://protect-eu.mimecast.com/s/MMwYC144nuMWPPsNQLNJ?domain=eur03.safelinks.protection.outlook.com)

**Covid 19 and Young People** [Include Youth’s](https://protect-eu.mimecast.com/s/z5nQC7XXwFA1mDC8_oLJ?domain=beta.includeyouth.org/) latest 'Insight and Impact' feature, explores the impact of Covid-19 on young people and the resilience and positivity with which they and youth organisations are responding.<https://www.nicva.org/article/covid-19-and-young-people>

**Just** **for fun** Can you see a baby? (Answer revealed in next Ezine)



**Just for fun Answer from Ezine 11**  Do you see gray dots at the intersections of the white lines? Hermann grid illusion-There are not gray dots in this grid, however “ghostlike” gray blobs are perceived at the intersections of the white lines. The gray dots disappear when looking directly at an intersection. This illusion can be explained by a neural process happening in the visual system called lateral inhibition (the capacity of an active neuron to reduce the activity of its neighbours).

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*

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