

**EZine 13        29th 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 our administrator Seana Carmichael (**Scarmichael@cooperationireland.org**) and we can compile a further e-newsletter.*

1. [**Youthwork During Covid 19 Pandemic**](#YouthWork)
2. [**Young Minds**](#YoungMinds)
3. [**Your Mind Matters**](#YourMind)
4. [**Dealing with the ‘new normal’**](#Dealing)
5. [**'On nothing' - Daydreaming**](#NoNothing)
6. [**Working from home? Why detachment is crucial for mental health**](#Workingfrom)
7. [**Covid-19: how to manage mood swings**](#Covid)
8. [**Skills Summary - free online video sessions 23rd June**](#SkillsSummary)
9. [**Life In Lockdown**](#Lifein)
10. [**The Language of Emojis**](#emojis)

**Youthwork During Covid 19 Pandemic** A series of articles on youth work practice through the lockdown are available at [https://sites.google.com/view/youth-work-dialogue-ni/reflections-on-practice](https://protect-eu.mimecast.com/s/mo2mCLJJ2cR9yKuqFAkC?domain=eur03.safelinks.protection.outlook.com) Leighann McConville's piece charts leadership actions during this period; Johnny Ashe tells of responding to young men living with mounting external and internal pressures; and Louise Malone and Sheila Morris consider constancy of youth work for young people in a world at sea.

**Young Minds** Young Minds are leading the fight for a future where all young minds are supported and empowered whatever the challenge, which especially important during Covid 19 [https://youngminds.org.uk/](https://protect-eu.mimecast.com/s/R5MsCN002F03D7SR0d-s?domain=eur03.safelinks.protection.outlook.com)

**Your Mind Matters** The coronavirus crisis can affect us in many different ways: physically, emotionally, economically, socially, and psychologically, there are various steps that you can take to help your wellbeing. [https://www.changeyourmindni.org/our-campaigns/your-mind-matters-coronavirus-and-your-wellbeing](https://protect-eu.mimecast.com/s/X_huCPQQ9fKX8Wirp81Z?domain=eur03.safelinks.protection.outlook.com)

**Dealing with the ‘new normal’** Creating places of sanctuary, community and hope for children and young people in schools and local organisations.  In this piece from [infed.org](https://protect-eu.mimecast.com/s/IEljCWqqlI5qROtB17A-?domain=eur03.safelinks.protection.outlook.com), Mark K Smith explores how, in the context of the ‘new normal’, educators, pedagogues and practitioners need to work to create the conditions for education, learning and change.

[https://infed.org/mobi/dealing-with-the-new-normal-creating-places-of-sanctuary-community-and-hope-for-children-and-young-people/](https://protect-eu.mimecast.com/s/eC61CY55ntLlEMsro1ir?domain=eur03.safelinks.protection.outlook.com)

**'On nothing' - Daydreaming** [The Anthill podcast](https://protect-eu.mimecast.com/s/V0a8CZ00oF5grltVOBlU?domain=eur03.safelinks.protection.outlook.com) is produced by [The Conversation](https://protect-eu.mimecast.com/s/V0a8CZ00oF5grltVOBlU?domain=eur03.safelinks.protection.outlook.com), a not-for-profit media organisation which provides a platform for academics to share their expertise with the general public. In this episode (from Aug 2018) entitled "[On nothing](https://protect-eu.mimecast.com/s/p-knC144nuMG23UKhs8D?domain=eur03.safelinks.protection.outlook.com)" they pose and explore the question, "Why is it so hard for us to just sit and do nothing?"  They don’t mean mindlessly scrolling through social media, while we watch TV, but actually sitting still and letting our mind wander, [daydreaming](https://protect-eu.mimecast.com/s/vfY8C2WWotp3P1cWPC5S?domain=eur03.safelinks.protection.outlook.com) and why it's good for us - critical stuff for the time we are living in.  The Anthill promotes itself as "a show for curious minds". It is available from all the usual podcast providers. [https://drive.google.com/open?id=1gmzRZu1Mze9AdxR-Dr8QvptgMaBlpFm9](https://protect-eu.mimecast.com/s/D34FC4LLquB5MgiQgwYv?domain=eur03.safelinks.protection.outlook.com)

**Working from home? Why detachment is crucial for mental health** This article from [The Conversation](https://protect-eu.mimecast.com/s/lDJVC5LLruZ95ESGd5GX?domain=eur03.safelinks.protection.outlook.com) tells us that, "working from home can require considerable self-control" and that the more we practise it, the more likely we are to feel tired - if not exhausted.  In light of the considerable requirements now in place for self-control during this current round of public health restrictions, workers need to be conscious of not using up their mental resources and save some for home and family life.  The answer apparently is to regularly engage in “recovery experiences” including "psychological detachment". In laypersons' terms, that means mentally switching off. Easier said than done; so this article rounds up with 10 tips on how to enhance mental health and well-being when working from home.

[https://theconversation.com/working-from-home-why-detachment-is-crucial-for-mental-health-135986?](https://protect-eu.mimecast.com/s/wqn7C7XXwFAN4lfyWEaJ?domain=eur03.safelinks.protection.outlook.com)

**Covid-19: how to manage mood swings** "We all react to crisis in different ways. And right now, even though we all have a lot in common in some ways, your main concerns may be very different from somebody else's." This article from [Patient](https://protect-eu.mimecast.com/s/uN1uC8EExS6qD1CXt0xq?domain=eur03.safelinks.protection.outlook.com)  looks at mood swings, how others impact our moods and how to keep these swings at bay and restore harmony, e.g. in our households during this challenging time.

[https://patient.info/news-and-features/covid-19-how-to-manage-mood-swings-during-coronavirus-lockdown](https://protect-eu.mimecast.com/s/XGiZC0LLmuGBqVtlJ8Hi?domain=eur03.safelinks.protection.outlook.com)

**Skills Summary - free online video sessions 23rd June**  Designed for young people aged 16-25, [SkillsSummary.ie](https://protect-eu.mimecast.com/s/0PoBCj88kunmK8iVE6M2?domain=eur03.safelinks.protection.outlook.com) is an easy to use online tool that helps measure the competencies and skills they gain through their participation in youth work; so that they can better communicate the value of these to future employers.  [Skills Summary](https://protect-eu.mimecast.com/s/kNgSCk77luOB89CXVMDb?domain=eur03.safelinks.protection.outlook.com) is a collaborative project between the NYCI, Accenture and [SpunOut.ie](https://protect-eu.mimecast.com/s/Elt0Cl77mu2E0xI0qmkA?domain=spunout.ie) and is recognised as a measurement tool in the Youth Employability Initiative.  If you would like to receive more information about how to use Skills Summary and hear about resources and training opportunities, complete and submit an `[Expression of Interest](https://protect-eu.mimecast.com/s/Lj6dCmyynhjlBzS2C2pK?domain=eur03.safelinks.protection.outlook.com)` form. Two online video sessions are planned for 23rd June - click the link below and scroll down to check times and availability of places [https://www.youth.ie/programmes/projects-initiatives/skills-summary/](https://protect-eu.mimecast.com/s/Lj6dCmyynhjlBzS2C2pK?domain=eur03.safelinks.protection.outlook.com)

**Life In Lockdown** This video gives us an insight as to what young people on the Transform project have been doing during Lockdown, what a typical day looks like in their life right now, what skills they hope to acquire during this period, what 3 things they are looking forward to most when Lockdown is over, how they feel supported during these difficult times and finally what Transform means to them as they switch to online sessions [https://www.youtube.com/watch?v=SJcASIzrBEo&fbclid=IwAR21tg7kDKLSW1siayZFtbBwOegmiQyGA64x48OwUsZ68btAUTE7nrS7w3Q](https://protect-eu.mimecast.com/s/-bJyCp22qhno1mioFGa2?domain=eur03.safelinks.protection.outlook.com)

**The Language of Emojis** Ever wondered what all those smiling, crying, laughing and shocked faces were that you were receiving at the end of your texts and social media posts really meant? Well wonder no more...

[https://unicode.org/emoji/charts/full-emoji-list.html#1f600](https://protect-eu.mimecast.com/s/SHtzCr99vf8ZPETpigUl?domain=eur03.safelinks.protection.outlook.com)

**Just** **for fun** Are the two orange circles the same size? (Answer revealed in next Ezine)



**Just for fun Answer from Ezine 12**  Can you see a baby? Another great example of an illusory contour! The baby’s head is on the left, the baby’s feet are against the trunk of the tree on the right).

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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