

**EZine 15        26th June 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.*

**Preventing the Lockdown Generation**"We, the young generation, might not be the most hit by the health crisis, but its consequences will form our disadvantage for decades to come, if no measures are taken." The European Youth Blueprint to Recovery, published by the [European Youth Forum](https://www.youthforum.org/) (June 2020), addresses three core areas for action:

1. Preventing the lockdown generation
2. Human rights, civic space and participation
3. Beyond recovery - sustainable alternatives to build back better

<https://www.youthforum.org/european-youth-blueprint-recovery>

**Youth and Covid-19**"For young people, especially for vulnerable youth, the COVID-19 crisis poses considerable risks in the fields of education, employment, mental health and disposable income."  That's a quote from an [OECD](https://www.oecd.org/) publication focussing on the impact of the pandemic on young people, the response recovery and resilience.

<https://read.oecd-ilibrary.org/view/?ref=134_134356-ud5kox3g26&title=Youth-and-COVID-19-Response-Recovery-and-Resilience>

**Why the minutes and the months matter most to young people "**Why the minutes and the months matter most to young people during the COVID-19 crisis" is the headline from [World Economic Forum](https://www.weforum.org/agenda/archive/demographic-dividend) article looking at the impact and future challenges posed by the pandemic and the resulting restrictions.  It is focussed on the UK but the conclusion that the effects of the "impending recession will disproportionately, negatively, and indefinitely impact young people", will be shared by youth work organisations across the island.

<https://www.weforum.org/agenda/2020/06/minutes-and-months-young-people-covid-19/>

**Effective Online Meetings *- 11 Tactics for gamifying your next virtual meeting***

**Don't be put off by the headline...** it's not actually about online gaming. This article is packed with good group work theory in a very accessible and easy to read format. Everything from starting with a 'check-in' and ending by 'closing the cycle'; with nine other great points made in between. It's everything you do already just broken down as a nice reminder of how good you are at what you do. **Check out Tactic 8: The rule of small numbers**. You'll recognise every word of it...

[https://mytrainer.cc/2020/online-meeting-gamification/](https://mytrainer.cc/2020/online-meeting-gamification/?fbclid=IwAR3wFSRAzDCP22ZHYJfP67cPT3oK9Zg7bk4yArh2Urkm1ySmiE7Is-hjsHQ)

**Promoting Health in the Youth Sector**This is a link to an [NYCI](https://www.youth.ie/) practice manual on Promoting Health in the Youth Sector. The manual introduces those working with young people to good practice in health promotion and is designed to be used by anyone working with young people with an understanding and appreciation of youth health.

<https://www.youth.ie/documents/promoting-health-in-the-youth-sector-a-practice-manual/>

**How to beat, how to soothe & how to cope with anxiety when going back to work**

Three timely and short reads, which explore as well as offer insight and guidance on what might be making us feel anxious as the public health restrictions ease and planning begins for the return to the office and/or the resumption of in-person, all be it socially distanced, work with young people.  Obviously, we won’t all be feeling like this about going back to work, but, as we know, [feelings are dynamic](https://www.psychologytoday.com/us/blog/anger-in-the-age-entitlement/201612/dynamic-attributes-emotion) and [understanding others](https://charterforcompassion.org/understanding-compassion-starts-with-understanding-others) transforms our response to them.

This first one from [The Conversation](https://theconversation.com/uk) on ‘How to beat anxiety when going back to work’, looks at the different feelings people will have as they think about and begin to prepare for returning to work.  And it also considers what we can do (now) to ease any worries we might have.

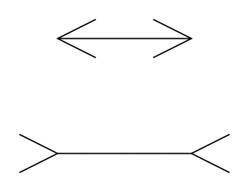
<https://theconversation.com/coronavirus-how-to-beat-anxiety-when-going-back-to-work-138550>

The second is from [Time magazine](https://time.com/), entitled, “How to Soothe Your 'Re-Entry Anxiety' As Covid-19 Lockdowns Lift”, and has five practical pointers for managing any "re-entry" concerns we might have. <https://time.com/5850143/covid-19-re-entry-anxiety/>

The third article is from the English website [Patient](https://patient.info/) - 'How to cope with a fear of leaving lockdown'. It groups its guidance under three headings and seeks to reassure us that with lockdown rules changing and some aspects of what was '*normal life'*resuming, "it's hardly surprising that some of us feel a little bit worried".

<https://patient.info/news-and-features/how-to-get-over-a-fear-of-leaving-lockdown>

**Just for fun**Are the two horizontal lines the same length? (Answer revealed in next Ezine)



**Just for fun Answer from Ezine 14**  Does Lincolns face look normal? Some neurons in the brain seem specialized in processing faces. Faces are usually seen upright. When presented upside down, the brain no longer recognizes a picture of a face as a face but rather as an object. Neurons processing objects are different from those processing faces and not as specialized. As a consequence these neurons do not respond to face distortions as well. This explains why we miss the weird eyes when the face is inverted..

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)

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