



Wellhooody
Wellbeing in Diverse Youth Communities

OPEN EDUCATION RESOURCES

MODULE 3

ADDRESSING CHALLENGES

Focusing on post
COVID challenges, socialisation effects
and common wellbeing

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Welcome to WELLHOODY!

WELLHOODY is all about boosting community through youth learning. It's about embracing our differences and making everyone feel included and well.

THIS COURSE

WELLHOODY's goal?

Enabling youth WELLBEING, rooted in diversity.

When young people learn about strength in diversity, it inspires everyone in the community to work together for everyone's wellbeing and to be more accepting and inclusive.

Ready to jump in?



Learning Objectives

In this module, learners will:

1. Explore responsible ways to navigate online information, especially in the context of post COVID life.
2. Understand the impact of technology on mental health during and post the pandemic and gain practical tips for a balanced digital experience.
3. Discover how creativity can be a powerful tool for overcoming challenges brought about by the pandemic.
4. Learn strategies to strengthen community connections, even when physical distancing is necessary.



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3.1 Are you familiar with Media Literacy?

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Are you familiar with Media Literacy?

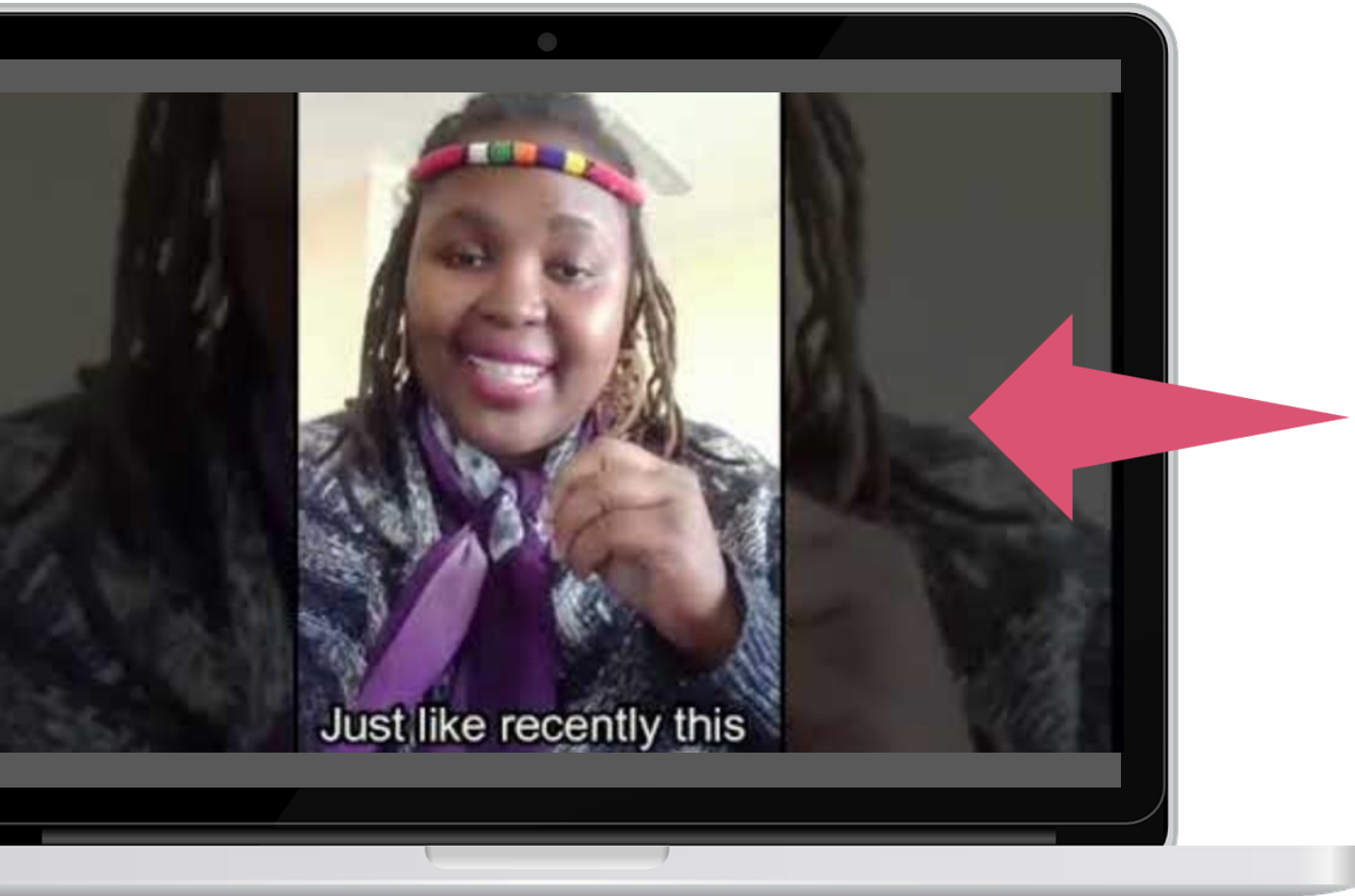
The digital age has made it easy for anyone to create media. We don't always know who created something, why they made it, and whether it's credible. This makes media literacy tricky to learn and teach.

Media literacy is the ability to identify different types of media and understand the messages they're sending. It is an essential skill in the digital age.

Youth Testimony: 5 Dimensions of Media and Information Literacy

Hannah Tarindwa provides a summary of her exploration into Media and Information Literacy, unveiling five essential dimensions in this video.

Copyright: Hannah Tarindwa/UNESCO



Media literacy and youth wellbeing

Becoming media savvy and mastering the digital landscape is crucial for youth, particularly post-COVID, as it empowers them with critical thinking skills to discern factual information from misinformation, fostering mental resilience and promoting informed decision-making in an era dominated by digital media.



Media literacy isn't just about understanding "stuff"; it sparks creativity, problem-solving, and critical thinking. It's your ticket to tackle challenges, follow your passions, and explore all that life has to offer.



By diving into cutting-edge media literacy methods, you're not just learning the basics. You're building up critical thinking, digital know-how, and top communication skills. Plus, you're honing social skills like teamwork, empathy, and being a responsible digital citizen.


Key Questions We Need to Ask

Common Sense <https://www.common sense media.org/> is a nonprofit organization dedicated to improving the lives of young people and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.

They share key questions for young people and media literacy that are relevant to WELLHOODY:

- Who created this? Was it a company? Was it an individual? (If so, who?) Was it a comedian? Was it an artist? Was it an anonymous source? Why do you think that?
- Why did they make it? Was it to inform you of something that happened in the world (for example, a news story)? Was it to change your mind or behaviour (an opinion essay or a how-to)? Was it to make you laugh (a funny meme)? Was it to get you to buy something (an ad)? Why do you think that?
- Who is the message for? Is it for kids? Grown-ups? Girls? Boys? People who share a particular interest? Why do you think that?

Key Questions We Need to Ask

- What techniques are being used to make this message credible or believable? Does it have statistics from a reputable source? Does it contain quotes from a subject expert? Does it have an authoritative-sounding voice-over? Is there direct evidence of the assertions its making? Why do you think that?
 - What details were left out, and why? Is the information balanced with different views -- or does it present only one side? Do you need more information to fully understand the message? Why do you think that?
 - How did the message make you feel? Do you think others might feel the same way? Would everyone feel the same, or would certain people disagree with you? Why do you think that?
- 

Key steps



Self awareness

1. **Be aware** of the prevalence of misinformation.
2. Develop critical thinking skills - be media savvy
3. **Verify** information from reliable sources.
4. Educate others about media literacy.
5. **Report** misinformation when encountered.



Misinformation and culture

Understanding how media spreads misinformation in different cultures is a big deal. It can make stereotypes stick, divide people, and keep biases going strong.

But, learning media skills helps you see through it, question stereotypes, and bring people closer together from different cultures.

Becoming Media Savvy:

When you become media savvy, you're not just scrolling through content; you're learning the art of dissecting and judging what you see. It's about being aware and discerning in the world of information.

Here's what you gain:

- 1. Decode the Information Puzzle:** Learn how to separate the real deal from fake news by dissecting information.
- 2. Spotting the Tricks:** Discover the tricks used to persuade in different forms of media. From images to words, you'll be able to see through the smoke and mirrors.
- 3. Unmasking Biases and Propaganda:** Develop a superpower to uncover biases and propaganda. Understand the subtle ways information can be swayed and shaped.



By becoming media savvy you're not just a consumer; you're an active participant.

Here's why it matters:

- **Smart Choices:** Make informed and smarter choices in your online journey. Your digital decisions become conscious and responsible.
- **Active Contribution:** Actively contribute to shaping the digital realm. Your voice matters, and media literacy empowers you to use it wisely.
- **Digital Confidence:** Navigate the complexities of the digital era with confidence and know-how. Media literacy is your toolkit for mastering the online landscape.





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3.2 Mastering Intercultural Communication

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Mastering Intercultural Communication

We know that the pandemic led to increased feelings of isolation and disconnection. Enhancing intercultural communication skills allows young people to bridge cultural divides and build meaningful relationships in an online environment. This not only reduces feelings of isolation but also broadens perspectives, enhances empathy, and promotes a sense of belonging in a diverse global community, all of which are crucial for mental and emotional well-being.

Mastering intercultural communication in our digital world is particularly important for overcoming the wellbeing challenges that youth faced due to COVID. Why? Because it fosters a sense of global connection and understanding at a time when physical interactions were limited.



INSPIRING YOUTH WELLBEING

The importance of intercultural communication



In our increasingly interconnected world, the ability to communicate effectively across cultural boundaries is essential. With more opportunities for travel and exposure to different cultures, developing intercultural communication skills becomes crucial for successful collaboration, building relationships in diverse communities, and preventing and resolving conflicts.

By learning about other cultures and finding common ground, we can improve understanding and connection worldwide.

Identify good intercultural communication techniques from this video techniques



In 2003, Outside Media & Knowledge had a task to produce an easy-to-follow instructional video aiming at diverse cultures in Ireland. They needed to explain in one video the concept and benefits of belonging while addressing the audience in different languages and English as a main language.

Watch the video and evaluate the efforts. What efforts for intercultural communication do you recognize?

Improving Intercultural Communication Skills



Embrace diversity

Embracing diversity, respecting different backgrounds and cultures, and fostering a friendly and open communication environment.



Learn from other cultures

Learn and show knowledge of other countries and cultures, try to familiarise yourself with customs in relevant regions.



Become a good listener

Learn to really listen, understand others and how to show them they are not speaking in vain.



Adjust your intercultural language competency

It is essential to recognise that it's not just a matter of knowing the vocabulary and grammar of the person we are interacting with. It also involves factors such as the speed at which we and the other person are speaking, the volume of our voices, and our respective accents.

Understand social media dimension on intercultural communication



Rich communication technology

Virtual social network platforms (Facebook, Instagram etc) enable cross-cultural communication like never before. They have broken down geographical barriers and made it possible for people from different cultures to connect, share ideas, and learn from each other. But there are downsides, of course.



Gain knowledge

Through social media tools, you can improve and promote intercultural ideas in a more effective way. Platforms like TikTok and YouTube have millions of videos showcasing different cultures. These can be a great way to visually experience different cultures.



Be aware

Remember, while these platforms can provide a lot of information, they should not be your only source of cultural education. It's also important to critically analyze the information you receive, as not everything on social media is accurate or representative of every individual within a culture. Always approach with respect and an open mind.



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3.3 Creativity to Overcome COVID Isolation Effects

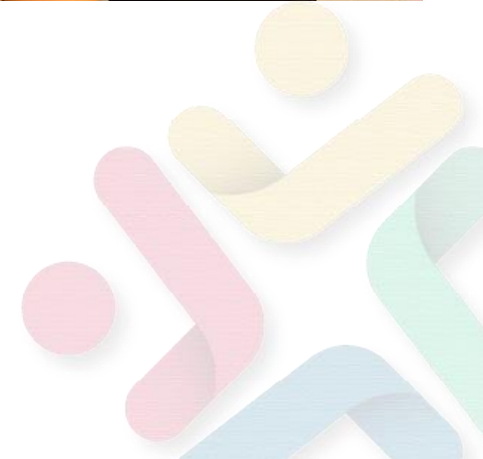
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Creativity is not just about producing art or coming up with new ideas. It is closely linked to our mental, emotional and physical well-being.

Encouraging creative activity, both individually and collectively, can lead to a more balanced, fulfilling and resilient life.



Click to watch – Everyone can be creative

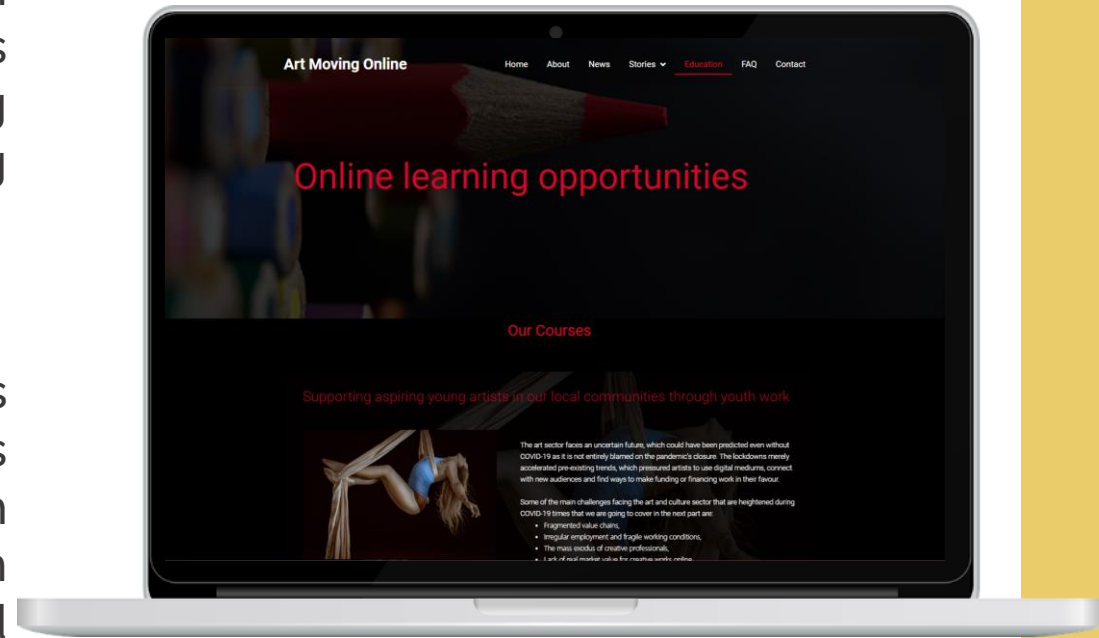
CREATIVITY

A powerful example - Nnamo - New Normal Art is Moving Online

Facing the tough challenges of the pandemic head-on, Youth Power Germany launched an online initiative to make life better for young artists feeling the impact. But here's the interesting part—it's not just for artists; it's for all young people.

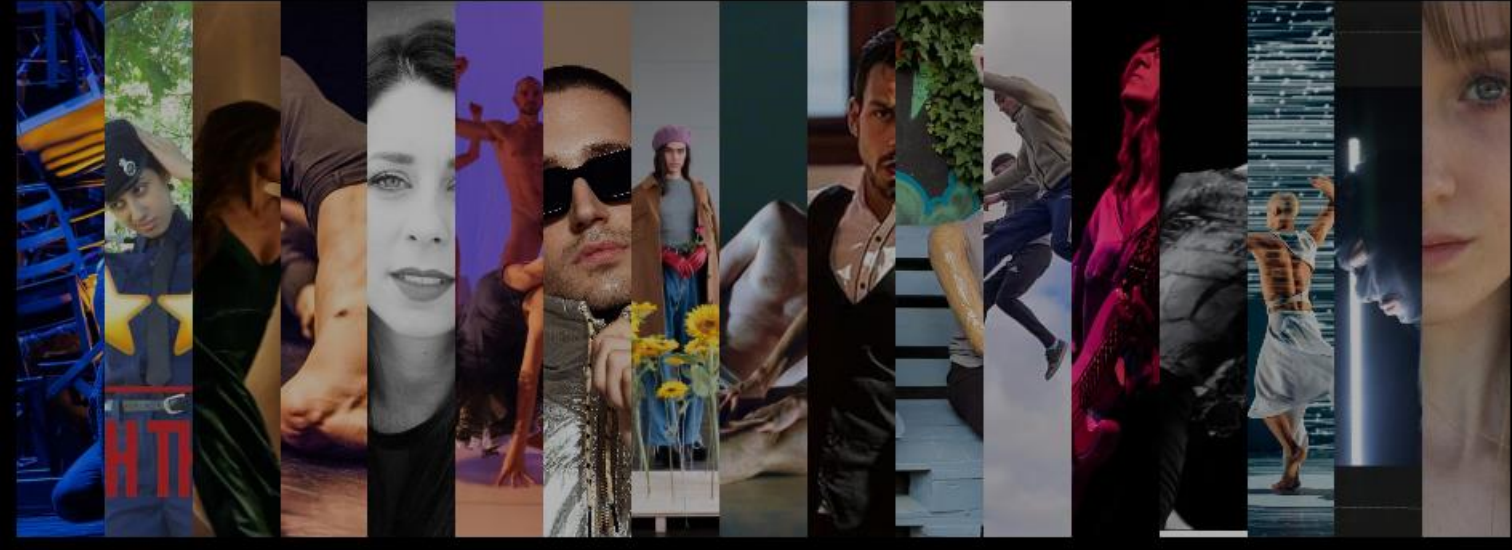
Building Strength through Creativity

Using creative strategies and digital tools, this project didn't just handle the pandemic's challenges; it turned them into chances to unleash creativity. The mission was simple: boost youth well-being and make life better during these hard times. Even with all the challenges, the pandemic became a moment for young people to show how innovative and creative you can be. Your ability to adapt and bounce back proved just how resourceful you are in a world that's changing fast.



<https://onart.youth-power.org/>

Artists' stories



Interview with young artists

The Nnamo Project sat down with young artists, delving into the challenges that resonate with many in the youth—grappling with loneliness and navigating the uncharted territories of quarantine. Explore these meaningful conversations on their online art platform.

<https://onart.youth-power.org/#>

These interviews are more than just talks; they're inspiring for the youth, creating a sense of unity and reinforcing that feeling of belonging. In a world where it's easy to feel isolated, these conversations remind us that we're not alone in our experiences.



Why Creativity?

Creativity isn't just a skill; it can be a lifeline. In the face of the unexpected and tough times, it becomes our way of understanding, connecting, adapting, and not just surviving but thriving. It's our therapy, our language, and the bridge to community and understanding.

The Nnamo Platform: Your Creative Guide
Designed for young minds navigating life, the Nnamo Project platform is a compass to offer guidance through various experiences, serving as a hub for creativity. Dive into online courses covering video production and social media marketing, tailored to meet the unique circumstances and needs of youth today.

More on www.onart.youth-power.org





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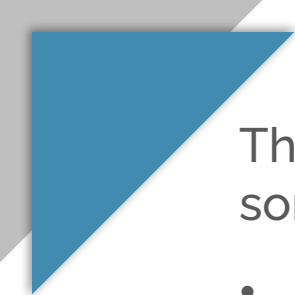
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3.4 Mental Health of Young People During and After COVID

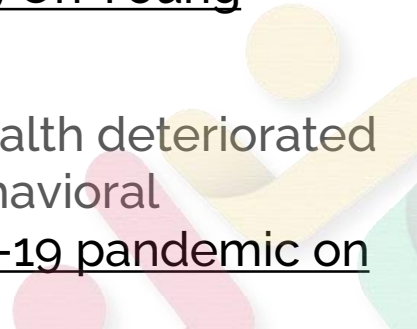
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The COVID-19 pandemic had a significant impact on the mental health of young people. Here are some key points based on various studies:

- **Increased Mental Health Issues:** Young people, particularly those aged 18 to 29, reported significantly greater mental health issues during the pandemic than those aged 50 and above. Females in this age group reported significantly poorer mental health. [How Covid-19 has had a big impact on young adults' mental health \(rte.ie\)](#)
 - **Role of Social Media:** Time spent on social media was a strong predictor of mental health during the pandemic. People who spent more time on social media, particularly in excess of 4 hours per day, reported significantly poorer mental health
 - **Feelings of Loneliness:** Despite spending more time on social media and rating it as beneficial for social contact, young adults experienced greater feelings of isolation and loss of connection.
 - **Pre-existing Mental Health Conditions:** For young people with pre-existing mental ill-health, the effects of the virus may have been particularly challenging. [Impact Of COVID-19 On Young People | The Children's Society \(childrenssociety.org.uk\)](#)
 - **Deterioration of Mental Health:** There's evidence that young people's mental health deteriorated during COVID-19, with higher levels of depression and social, emotional and behavioral difficulties than before the pandemic. [Study demonstrates the impact of COVID-19 pandemic on young people's mental health \(news-medical.net\)](#)
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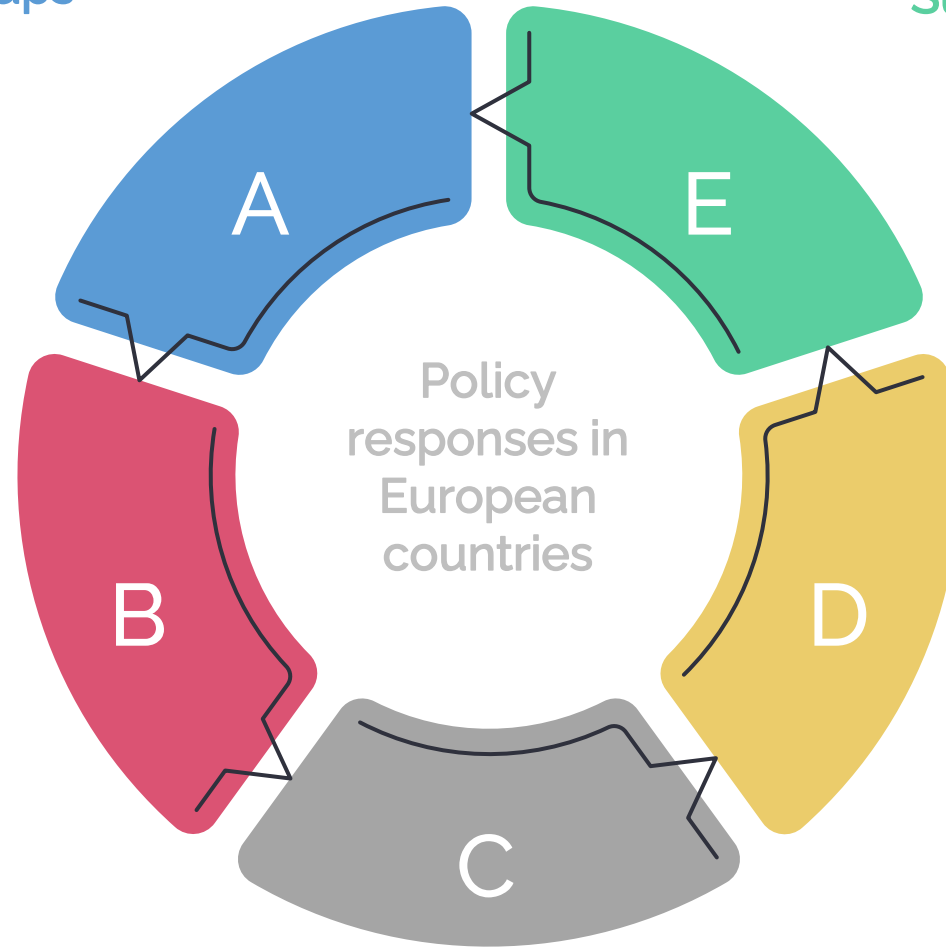
The impact of the COVID-19 pandemic on the mental health of young people

Recognizing Vulnerable Groups

The pandemic showed some young people, especially those with mental health issues or facing discrimination, needed more support, leading to targeted help from countries.

Continuation of Supportive Measures

Important pandemic initiatives, like mental healthcare access, should continue as the pandemic's mental health impacts could linger.



Tailored Support for Specific Groups

The need for tailored support for more vulnerable groups like young migrants and LGBTQIA+ youth

Sustaining Mental Health Services

Services like mental health professionals in schools, initiated during lockdowns, should be maintained for consistent support.

Enhancing Recreational and Social Activities

Prioritising activities like sports and leisure is crucial for mental well-being and should be emphasised more post-pandemic.

The Impact of Migration Status on Adolescents' Mental Health during COVID-19

- **Understanding the Impact:** If you're a teenager, know that the pandemic has affected many young people's mental health, especially those who have moved from one country to another. You're not alone in this experience.
- **Seeking Help is Okay:** Remember, it's important to seek help if you're feeling down, anxious, or having trouble sleeping. There are resources and people who understand and can support you, including online surveys and mental health programs.
- **Recognising Risks:** Be aware that if you or your friends come from different cultural backgrounds, there might be a higher risk of facing mental health challenges during tough times like the pandemic.



The Impact of Migration Status on Adolescents' Mental Health during COVID-19

- **Accessing the Right Support:** Look for mental health support that understands your culture and language. It can make a big difference in feeling comfortable and understood.
- **Being Aware of Other Factors:** Realize that other things like economic stress or the challenges of moving to a new place can also affect your mental health. Recognizing these factors can help you understand your feelings better.
- **Connecting with Others:** Share your experiences with friends, especially those who might have similar backgrounds. Talking about it can help you and others feel less alone and more supported.





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3.5 Technological Era, Integration and Wellbeing

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Technology and Migration: Helping and Hurting

- For those who moved to new places, tech is a mix of good and not-so-good. It helps stay connected and learn new things, but it can also make people feel alone sometimes.
- Phones and social media can help young migrants and refugees a lot by giving important info and connecting people during their journey. But sometimes, there are problems like being watched and not having much internet.
- When it comes to feeling good, tech can be a big help. It's not just about info – social media also gives emotional support. But, using phones too much can make things stressful.
- So, technology is like a two-sided coin. Finding the right balance is super important for making sure everyone feels good in their journey.

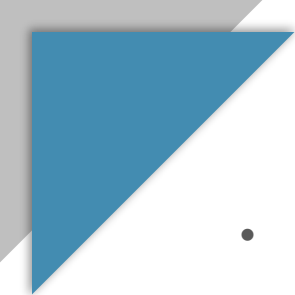


Technology: A Double-Edged Sword

Technology has been a game-changer, especially during the pandemic, allowing us to stay connected and informed. However, like any powerful tool, it can be a double-edged sword.

The spread of misinformation, particularly about immigration, has been a significant issue in many EU countries. This misinformation often takes the form of hoaxes and false narratives that are disseminated through various online platforms, leading to the propagation of hate speech and increased societal tensions. Let's look key examples:-

- **Disinformation about Migration:** Myths about the number of migrant arrivals, their economic impact, or their propensity for crime are strategically promoted and exploited to influence public opinion, with serious political implications. [Disinformation about migration in the EU \(epc.eu\)](https://www.epc.eu/)

- 
- **Overestimation of Immigration:** Surveys show that people often overestimate the level of immigration. For instance, in the UK, people think around a quarter of the population are immigrants, when it's half that, at around 13%. Via Bobby Duffy, Professor of Public Policy and Director of the Policy Institute, King's College London - [What Britons get wrong about immigration – and why politicians need to tell them the truth \(theconversation.com\)](#)
 - **Impact of Online Disinformation:** Saring of hateful attitudes online can motivate people to commit harmful acts in the real world, such as physical assault, verbal abuse, damage to property.
 - **Rise of Online Hate Speech:** Online hate speech in the UK and US rose by 20% since the start of the pandemic, according to a report by youth charity Ditch the Label [Ditch the Label | Youth Charity | Mental Health, Bullying & Relationships](#) and [Online hate speech rose 20% during pandemic: 'We've normalised it' - BBC News](#)

Addressing this issue requires a multi-faceted approach, including improving digital literacy, promoting critical thinking, and implementing effective regulations on online platforms. It's also crucial to promote alternative narratives that foster understanding and respect for diversity.



Possible Solution: Online Interactive Tools



To address these challenges, consider the potential of online escape rooms, such as "The Hoax Factory." This platform is an excellent interactive tool. It not only provides entertainment but also serves as an engaging solution to combat misinformation and promote a positive online environment. By encouraging participation in activities like this one, we can harness technology for the better, fostering a sense of community and dispelling false narratives.

Activities that Can Help



Self expression in the community

Engaging in **creative activities** such as art, music, and drama can provide you with a sense of **self-expression and mastery**, which can contribute to strengthening your identity. These activities can also promote **positive social connections** and a **sense of belonging**, which are important factors for wellbeing.



Health and skills for life

Outdoor activities such as camping, hiking, and rock climbing can offer learning opportunities. They not only promote **physical and mental health** but also provide spaces for you to develop **leadership skills, teamwork**, and a sense of **self-sufficiency**.



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3.6 Overcome Socialisation Challenges

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Skills and strategies

Building skills and strategies to handle social challenges is key for your well-being, especially following difficult times like the COVID-19 pandemic.

It's like having a toolkit to navigate the ups and downs of social situations. So, whether it's dealing with changes or finding new ways to connect, these skills are your superpower for staying strong and positive. You've got this!



Emotional Regulation Skills

Ever find your emotions all over the place? Emotional regulation is like having a toolkit to deal with it.

- **Step 1: Keep Calm:** It's about staying composed when emotions are intense, like having a skill to stay cool.
- **Step 2: Positive Thinking:** Swap out negative thoughts for positive ones. It's like refreshing your mind.
- **Step 3: Comfort Activities:** Find activities that bring comfort. Make them your go-to for when you need a boost.
- **Step 4: Be Kind to Yourself:** Ever heard of self-compassion? It's like treating yourself kindly, being your own supportive buddy.

So, emotional regulation? It's your tool to navigate emotions smoothly. You've got this!



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Problem-Solving Strategies

Ever find yourself facing a tricky situation and not sure what to do? No worries! We've got a cool strategy to help you out.

- **Step 1: Spot the Issue:** Identify what's bugging you. Knowing the problem is the first step to solving it!
 - **Step 2: Get Creative:** Think of as many solutions as you can. No idea is too wild!
 - **Step 3: Pick the Best Idea:** Check out all your cool ideas and choose the one that feels just right. Trust your instincts!
 - **Step 4: Give It a Go:** Time to put your plan into action. See how it goes! If it works, awesome! If not, no biggie. You're learning.
 - **Step 5: Review and Reflect:** Look back at what you did. What worked? What could you do differently next time?
- So, next time you face a challenge, remember these steps.

Social Skills

Social skills are a handy toolkit for navigating social situations:

Tool 1: Clear Communication: Find the best way to express yourself and really understand what others are saying.

Tool 2: Empathy Radar: Tune into the feelings of those around you.

Tool 3: Respect Codes: Showing respect is the golden rule for building solid connections with others.

Tool 4: Peer Pressure Strategies: Equip yourself with smart moves to handle tricky situations. Have a plan for when things get tough.

Tool 5: Conflict Resolution: Think of it as being a peacekeeper. Try to find a way for everyone to get along.



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Self-Care Habits

Making sure you take care of yourself is super important. Let's talk about some habits you can build:

Maintain a Balanced Diet:

Nutritious food fuels the body and mind. Make sure your diet includes fruits, vegetables, lean protein, and whole grains.

Regular Exercise:

Physical activity can help manage stress and improve mood. Find an exercise you enjoy - this could be anything from yoga to jogging to dancing.

Prioritise Sleep:

Lack of sleep can affect your mood and cognitive function. Aim for 7-9 hours per night and establish a regular sleep schedule.

Mindfulness and Meditation:

Mindfulness practices can help reduce stress and improve mental clarity. Consider dedicating time each day to meditation or other mindfulness practices.

Stay Hydrated:

Dehydration can negatively impact physical and mental performance. Aim to drink enough water throughout the day.

Connect with Others:

Maintain relationships with family and friends. Social interaction is crucial for mental wellbeing.

Seek Professional Help:

If stress or other mental health issues are overwhelming, it may be helpful to speak with a mental health professional.

Spend Time Outdoors:

Nature can have a calming effect. If possible, try to spend time outside each day.



Do What You Love: Be available for hobbies or activities that bring you joy and relaxation.

Limit Screen Time: Extended screen time can strain your eyes and lead to mental fatigue. Take regular breaks from your screen and consider implementing a digital detox.



Seeking Support

Knowing where and how to seek support when you're struggling is a crucial skill.

1. **Trusted Adults:** Reach out to someone you trust, like a parent, teacher, or a leader in your community.
2. **Friends Can Be Allies:** Share your feelings with friends who can offer support.
3. **Professional Support:** Talk to a counselor or therapist for expert guidance.
4. **Hotlines and Helplines:** Call or text support hotlines when you need immediate help.

Remember, asking for support is a strength, and there are people ready to help. You're not alone!



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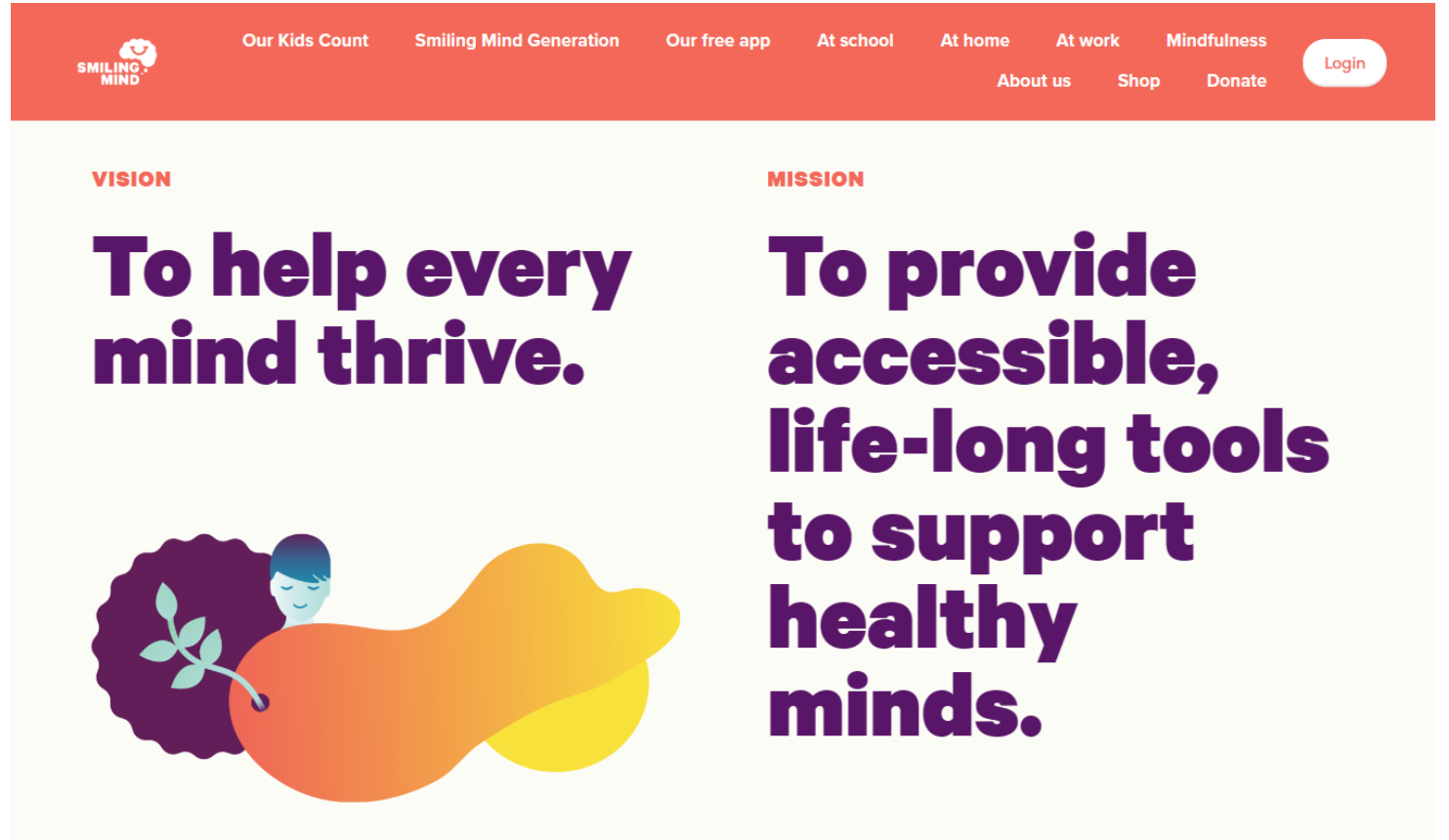
Stress Management Techniques

Smiling Mind

Smiling Mind is now considered to be one of the world's leaders in the pre-emptive mental health space and a go-to expert for youth-based mindfulness programmes.

It's free mindfulness app, specifically for youth, is a unique tool developed by psychologists and educators to help bring balance. They suggest 10 minutes a day.

App – Smiling Mind



The screenshot shows the Smiling Mind website with a red navigation bar. The navigation bar includes the Smiling Mind logo, links for "Our Kids Count", "Smiling Mind Generation", "Our free app", "At school", "At home", "At work", "Mindfulness", "About us", "Shop", "Donate", and a "Login" button. Below the navigation bar, the "VISION" statement is "To help every mind thrive." and the "MISSION" statement is "To provide accessible, life-long tools to support healthy minds." An illustration of a child's head with a brain and a plant is positioned between the two statements.

VISION

To help every mind thrive.

MISSION

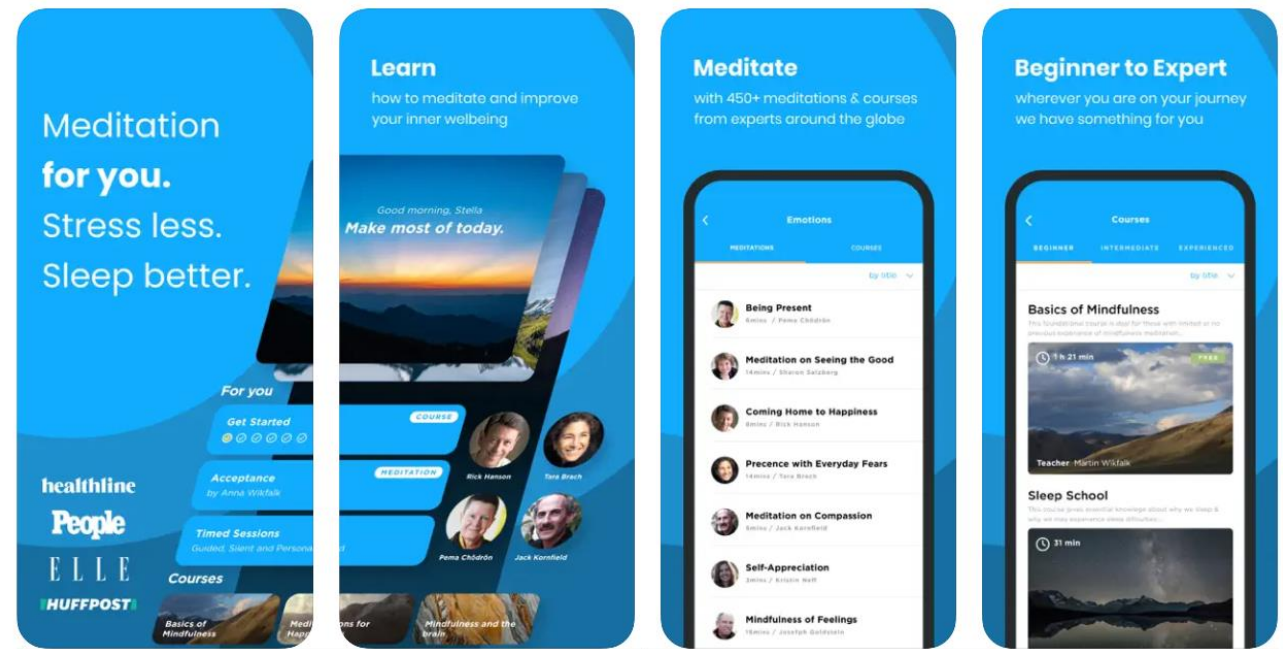
To provide accessible, life-long tools to support healthy minds.

Stress Management Techniques

To handle stress, you can try things like mindfulness, deep breathing, and muscle relaxation exercises. Moving your body regularly and eating healthy can also help manage stress.

An excellent tool to check out is [The Mindfulness App](#). It's like a superhero for your well-being. This app teaches you mindfulness practices to handle stress, stay focused, and balance your emotions. It has cool stuff like guided meditations and personalised programmes, making it easy to take care of your mental health. Using this app every day can help to make mindfulness a regular part of your life.

Other Apps are also in this space, check them out.





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3.7 Getting Involved in the Community

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Getting involved in your community is both enriching and impactful. It allows you to connect with diverse groups, understand local issues, and contribute positively.

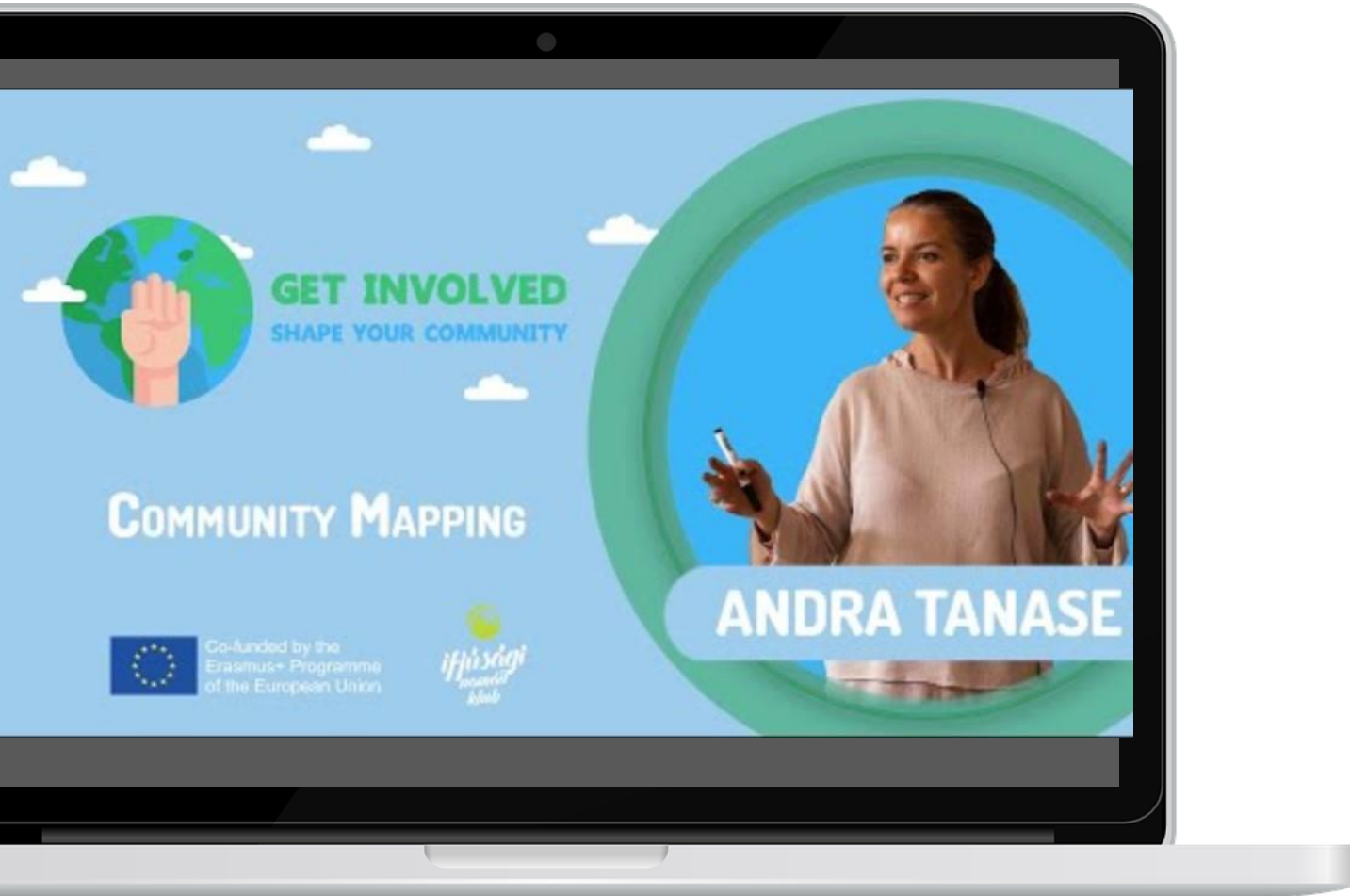


Whether it's volunteering at a food bank, joining community clean-ups, or participating in local committees, your involvement not only benefits the community but also enhances your sense of belonging and personal growth.

It's a rewarding experience that strengthens social ties and develops valuable skills.



Watch the video and map your community to find opportunities



The video "Community Mapping" by Andra Tanase focuses on the concept and application of community mapping. Here's a brief summary:

- 1. Concept:** Community mapping is a tool for capturing a detailed view of a community, including stakeholders, relationships, resources, and challenges.
- 2. Stakeholders and Relationships:** Identifying and understanding the roles and interactions of various community members like teachers, parents, students, and policymakers.
- 3. Issues and Resources:** Mapping community issues and available resources to address these issues effectively.
- 4. Participatory Approach:** Involving community members in the mapping process for better accuracy and inclusiveness.

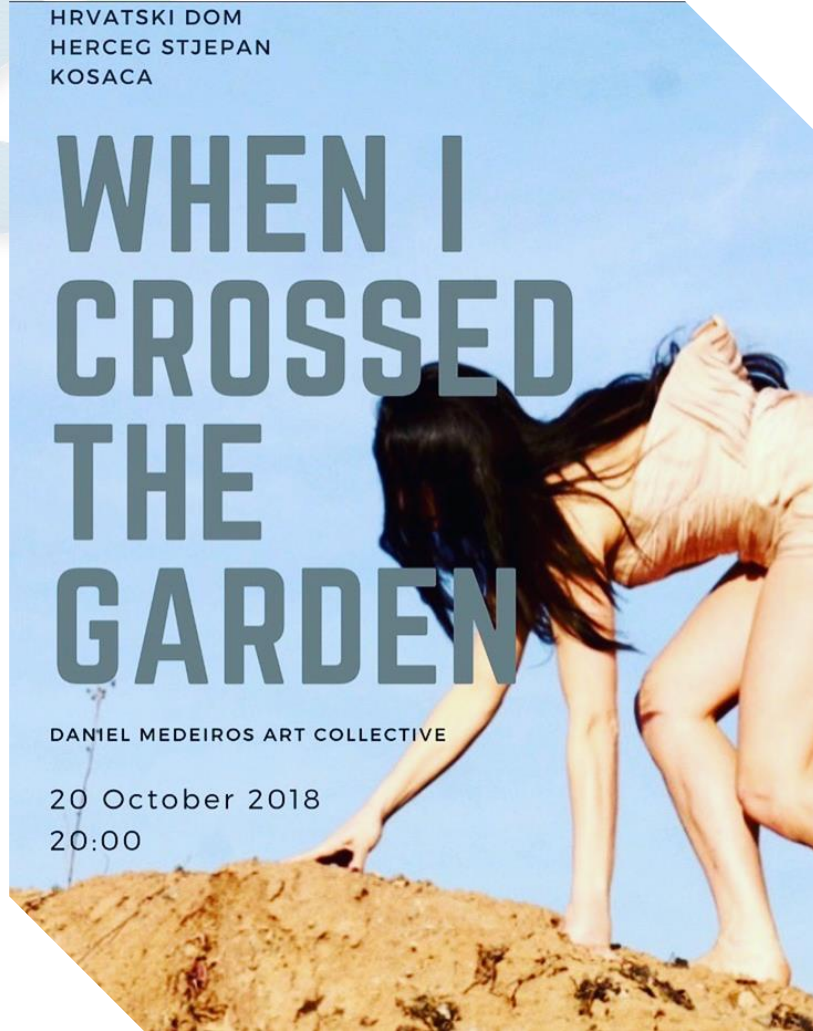
Examples of activities to take to your community

All of these activities promote well-being by providing opportunities for expression, connection, and purpose. They satisfy both your emotional needs (such as feeling connected or understood) and the practical needs (such as developing skills or maintaining a routine). In a time of physical isolation, these digital and creative outlets provide ways to stay connected to yourself and the world.



Virtual Performances:

With the closure of physical venues, many young artists used platforms such as Zoom, Instagram Live, and Twitch to host live music, plays, and readings to keep the spirit of art alive.



Video



Project



Video



Digital Art Exhibitions

Young visual artists organised and took part in online art galleries and virtual exhibitions. They frequently used augmented and virtual reality platforms to craft immersive experiences for viewers.



TikTok Challenges

The short video platform TikTok became a hub of creativity for young people. Whether through dance competitions, craft projects, or cooking videos, they used the app to express themselves and connect with a global audience.



Podcasting

Lots of young people began their own podcasts, talking about everything from life during lockdown to mental health, arts, culture, and social justice. This became a way for them to connect, discuss, and inspire others.



DIY crafting and upcycling

Stuck at home, many young people have picked up crafting, using materials around them to make art or repurpose older items, giving them a new look and purpose.





VIDEO



Homemade music and sound production

Using software like GarageBand or FL Studio, numerous young aspiring musicians and producers started creating their own tunes, beats, and albums right from the comfort of their bedrooms.



Writing and Blogging

With extra time and a lot of experiences and feelings to deal with, many people turned to writing. Young writers, in particular, began expressing themselves by starting personal blogs or contributing to online platforms, finding their voice in the digital space.





Online workshops and courses

Because physical gatherings were restricted, many young artists, dancers, and creative individuals started giving online classes and workshops. This not only helped them earn money but also allowed them to reach a wider, global audience.



Games and world creation

Video games, like Minecraft or Roblox, became a significant way for young people to express their creativity. These platforms let them create, build, and share virtual worlds and stories, providing an outlet for their imaginative ideas.





Community initiatives



Many young people noticed that the pandemic was affecting mental health, so they started online groups, art therapy sessions, and mindfulness workshops. These activities mix creativity with well-being to help address the challenges people were facing.





The Covid-19 pandemic, despite its challenges, led to a digital renaissance for young individuals, providing fresh opportunities to engage, connect, and contribute creatively within their communities.

The Manual with Guidebook “Supporting Aspiring Young Artist in our Local Community Through our Youth Work Activities” highlight some examples.

<https://learning-youth-power.org/courses/supporting-aspiring-young-artists-in-our-local-communities-through-our-youth-work-activities/>

Resources

- <https://psycnet.apa.org/record/2021-92976-001>
- <https://unesdoc.unesco.org/ark:/48223/pf0000374264/PDF/374264eng.pdf.multi>
- <https://onart.youth-power.org>
- <https://www.springerprofessional.de/onlin-e-coping-strategies-during-the-covid-19-pandemic-the-case-o/25600376>
- <https://www.facebook.com/youthpowergermany/>





Wellhooody
Wellbeing in Diverse Youth Communities

OPEN EDUCATION RESOURCES

3.8 Combating COVID Increased Loneliness

www.wellhooody.eu



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How to Overcome Youth Loneliness

Loneliness among young people is common, with 40% of those aged 16-24 reporting frequent loneliness.

Loneliness is defined as a negative emotional reaction to a gap between desired and actual relationships.

Common Triggers of Youth Loneliness:

- 1. Desire for Friends:** You often expect a lot from friendships, and if they don't match up, loneliness creeps in.
- 2. Identity Changes:** Figuring out who you are can make you feel a bit lost.
- 3. Transitions:** Moving to a new school or dealing with tough stuff at home can make you feel alone.



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How to Overcome Youth Loneliness

1. **Difficulties at Home:** If things are rocky at home, it can make loneliness even harder to handle.
2. **Negative Thinking Patterns:** You might get stuck in thinking everyone's against you.

Remember, you're not alone in feeling alone!

SOURCE: <https://psyche.co/guides/how-to-overcome-loneliness-in-adolescence-and-young-adulthood>



What Can You Do Today to Overcome Loneliness?

1. **Re-evaluate Negative Thoughts:** Challenge negative self-talk and question if such thoughts are true and valuable.
2. **Embrace Alone Time:** Alone time can be fulfilling and provides space for reflection and relaxation.
3. **Express Feelings Creatively:** Write or create art to explore and communicate feelings.
4. **Talk to Someone Trusted:** Reach out to someone you trust about your loneliness, even if it's challenging.
5. **Arrange Social Plans:** Take the initiative to make plans and connect with others.
6. **Join Clubs or Groups:** Participate in activities that align with your interests to meet like-minded people.
7. **Form Online Friendships:** Explore online communities to connect with people who share similar interests.

How to support others experiencing loneliness

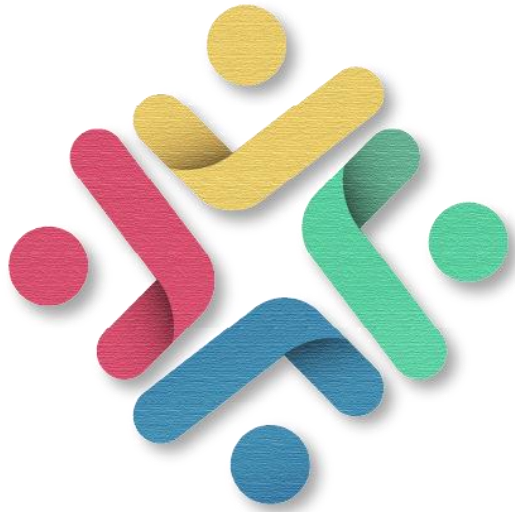
Recognise the Signs: Pay attention to negative self-talk, friendship issues, feeling anxious, or major life changes—they could be signs of loneliness.

Provide Emotional Support: Be open, approachable, and ready to listen. Give advice only if they ask for it.

Organise Social Activities: Plan group activities that include everyone. It helps create a sense of togetherness.

Show Empathy: *Understand that loneliness is a valid and sometimes painful experience. Be there for your friends going through it.





Remember...

Beating loneliness as a young person is all about looking within, talking to others, and diving into things you love. Trusting friends and getting involved in your community are key in fighting loneliness while showing kindness and understanding along the way.



Thank you and
well done.

You have finished
the third module of
WELLHOODY
course.

NEXT UP: Module 4
YOUTH PARTICIPATION

How to enable, inspire participation of young people, equally, and to educate them that they should protect each-others right for participation, raising voices - voices of togetherness.

