



Tackling Self Stigma Together

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North Macedonia (31.01.2025 - 02.02.2025)



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Close Your Eyes-Balloon Breathing

(I am not good enough)



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STIGMA

Stigma is when someone sees you in a negative way because of a particular characteristic or attribute (such as skin colour, cultural background, a disability or a mental illness)

SELF-STIGMA

It is described by negative self-beliefs, intense feelings of shame, and self-limiting behaviors such as withdrawal from social activities.



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WHAT DO THE EXPERTS SAY?

Hilbert et al. (2015) state that self-stigma “involves negative beliefs about the self, strong negative feelings, for example of self-hate and shame, as well as putting oneself at a disadvantage, for example through social withdrawal”.

Studies by Wu & Berry (2018) and Papadopoulos & Brennan (2015) highlight that self-stigma can make the issues worse such as depression and anxiety, which, in turn, fuel feelings of insufficiency and exclusion.



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WHY IS IT A MATTER AMONG YOUTH?

One of the biggest causes of sickness and disability throughout the world is mental health issues.

European Health Union states that even before the COVID-19 pandemic, mental health problems affected around 84 million people in the EU, and these figures have only worsened since then. The pandemic has placed additional pressures on mental health, especially among young people and those with pre-existing mental health conditions.



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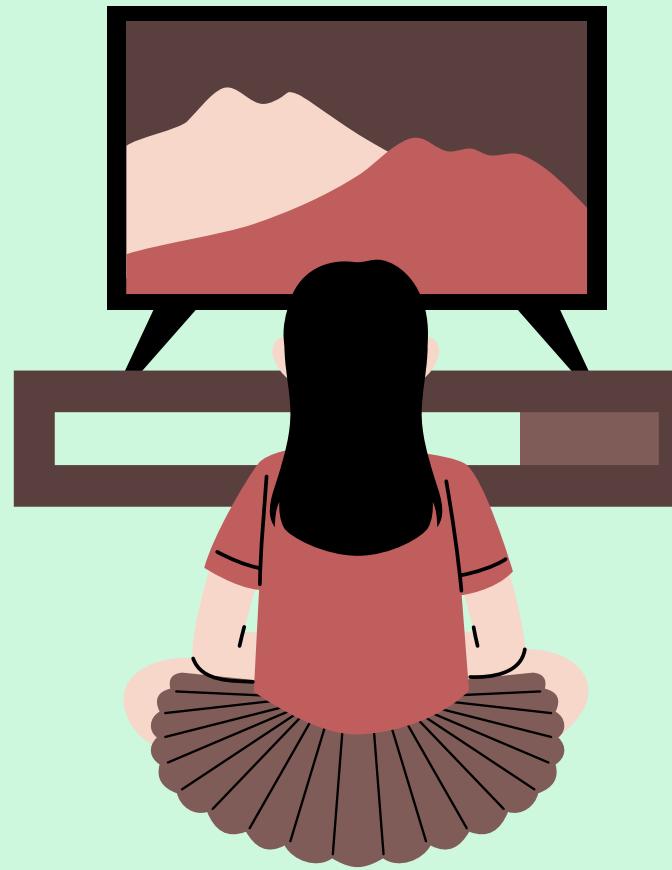
WHY IS IT A MATTER AMONG YOUTH?



Self-stigma is a deeply rooted issue that affects young people's mental well-being, confidence, and overall psychological well-being. When young people internalize negative beliefs, they often detach from education and work opportunities, limiting their contributions to the social life. This keeps alive cycles of poverty and marginalization, depriving communities of their creativity, perspectives, and potential.



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LET'S WATCH!



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WHAT IS TSST?



We have three objectives;

- to promote self stigma awareness among youth workers.
- to encourage youth workers to focus on their own mental wellbeing by implementing self-care strategies via mindfulness-based activities.
- to create application of artificial intelligence(AI).



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MINDFULNESS AGAINST SELF STIGMA

It addresses the root causes of self-criticism and negative self-perceptions, offering practical tools to build self-awareness, acceptance, and emotional resilience.



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MINDFULNESS AGAINST SELF STIGMA

Mindfulness teaches individuals to observe their thoughts and feelings without judgment.

Example: Instead of thinking, "I'm not good enough," mindfulness encourages recognizing, "I'm experiencing a thought that says I'm not good enough," which creates distance from the self-judgment.



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MINDFULNESS AGAINST SELF STIGMA

Self-stigma often involves repetitive, negative thought patterns.

Mindfulness interrupts these cycles by focusing attention on the present moment, reducing the power of negative self-talk.



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TO DELVE INTO SELF STIGMA....



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Dilek KEÇELİOĞLU

Chairwoman of Bright Youth Community



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