

WHY IS THIS IMPORTANT?

Well-being is often described as "the state of feeling healthy and happy". But it is so much more; it means feeling good in the long term and everything that goes with it: having good mental health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress. It affects each of us and influences how we feel, behave, think and act.

MENTAL HEALTH

Alongside physical health or social environment, mental health is considered to be one of the most important pillars of well-being. Strong mental health is proven to lay the foundation for a healthy and fulfilling life. However, new statistics (UNICEF's Mental Health Report) are alarming, especially in the youth generation: one in five students aged 15-19 suffers from a mental health disorder. In this light, the Pupils' Committee is making mental health one of the focuses of this year's Well-Being Week and social media campaign.

PUPILS' COMMITTEE

The PC is an independent, student-run, representative body of the European School of Luxembourg. The PC, like many other stakeholders in our school community, sets mental health and the well-being of the students as a priority. In this respect, the PC sees it as essential to inform all students and spread awareness about mental health and the cornerstones of well-being to promote a strong mental health and well-being now as well as in the future.

MORE INFO

RESOURCES ON WELL-BEING AND MENTAL HEALTH:

In Luxembourg:

Kanner Jugendtelefon: www.kjt.lu/en/ tel: 116111

CePAS Centre psycho-social et d'accompagnement scolaires - Luxembourg (public.lu)

English Language online resources:

Childline UK: <https://www.childline.org.uk/>

Young Minds UK: <https://www.youngminds.org.uk/H>

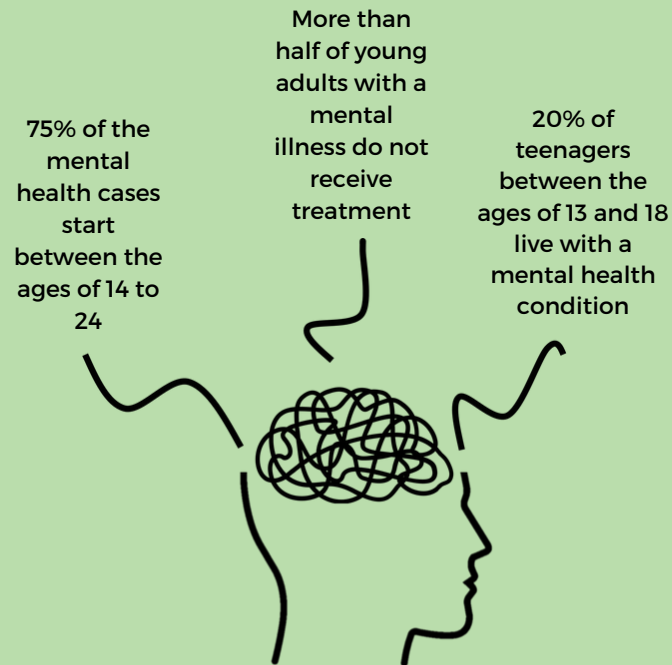
Better Help: www.betterhelp.com (talk with a licensed, professional therapist online)

Smiling Mind: online information and a free app with breathing and mindfulness tracks
www.smilingmind.com.au/

School psychologists:

If you feel you need help or advice, please do not hesitate to consult our school's psychologists in B-007 or contact them via e-mail:

- Ms. Virginie Bataille: virginie.bataille@eursc.eu
- Ms. Sabine Fass: sabine.fass@eursc.eu



MENTAL HEALTH STATISTICS



WELL-BEING WEEK 2023

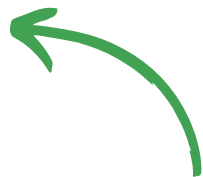
24.04 - 28.04

LET'S
TALK
ABOUT IT



SCHEDULE AND DATES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
PERIOD 1			S5 conference Cristina Nuñez	Workshop: tibet meditation session 1	
PERIOD 2			S4 conference Alioune Touré		Workshop: Time for Mindfulness session 1
PERIOD 3		S2 conference Barbara Bucki		Workshop: tibet meditation session 2	Workshop: Time for Mindfulness session 2
20 MINUTE BREAK	activity in D Happiness Wall		activity in D Mindful Mirror		activity in D Juice & Music
PERIOD 4		S3 conference Barbara Bucki		Workshop: tibet meditation session 2	
PERIOD 5		Mental Health Discussion Platform: My Mind's Full group 1		Mental Health Discussion Platform: My Mind's Full group 2	
PERIOD 6					
PERIOD 7					
PERIOD 8			Workshop: Itinerant SI-S3		
PERIOD 9					
AFTER SCHOOL	Opening Event 'Talking Minds'				



SCAN THE QR CODE TO SIGN UP!

GUEST SPEAKERS



CRISTINA NUÑEZ

"SPEX, an art tool for emotional development"

Christina Nuñez, PhD holder and self-taught artist-photographer, will present her creative process with her method the "Self-Portrait Experience (SPEX)". Her work is currently published internationally.



ALIOUNE TOURÉ

"Coping and resilience"

Alioune Touré, currently working at CePas and former Olympic Games coach, will present a seminar about the psychology behind having a good health and well-being.

BARBARA BUCKI

"Well-Being and Mental Health 101"

Barbara Bucki, PhD Psychology & Social sciences and research collaborator at University of Luxembourg, will present an introduction to mental health and well-being.



RACHEL BRIXIUS

"No one is alone"

Rachel Brixius, founder of the first and one of the only Mental Health foundation, "LetzBeAware", in Luxembourg will present her core message: we need to tell people that mental health issues are not something to be ashamed of.



OPENING EVENT 'TALKING MINDS'

Our opening event "Talking Minds" will launch this year's Well-Being Week. The event will include a general introduction of the week and its purpose followed by inspiring and informative presentations from guest speakers, including students, teachers and experts. At the end, all speakers will engage in a panel discussion followed by a Q&A with the audience.

The event will take place on Monday the 24th at 17:00 in the Salle de Fêtes. You can sign up via the QR code under the schedule!

WORKSHOPS

We will also offer workshops relating to mental health and well-being where we encourage you to participate in:

- **'My Mind's Full':** an open discussion platform where you can share your thoughts and experiences
- **'Itinerant':** an interactive workshop that addresses communication, self-determination, relationship management and self-awareness in a playful way
- **'Tibet Meditation':** This ancient practice involves breathing and meditation techniques that help quiet the mind and enhance focus and awareness.
- **'Time for Mindfulness':** an interactive workshop presenting quick and easy strategies to let go of anxiety, worry and stress.

THANK YOU

"This project could not have been realized without the incredible enthusiasm and help of our guest speakers - Cristina Nuñez, Alioune Touré, Barbara Bucki and Rachel Brixius - thank you. Additionally, also our deepest gratitude to CePas, the management and, of course, Backstage. Without all of you, this project could not have taken place!" - Georg Poensgen and Fay Ootes (Pupils' Committee 2023)