

"TIPS & RECIPIES WHEN YOU FEEL OVERWHELMED"

Castellterçol Council
El Kastell SIOAJ

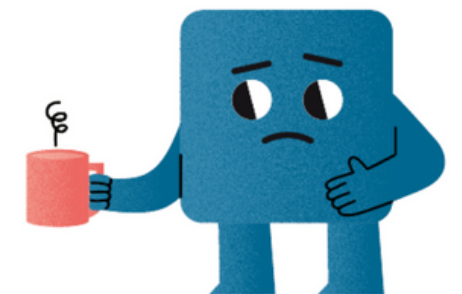


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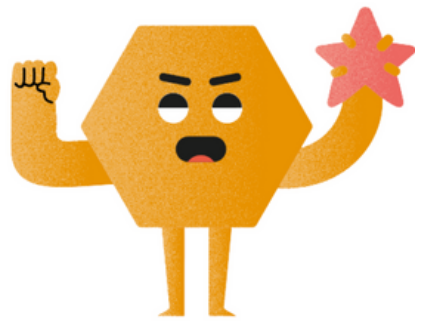
CONTEXTUALITZAZION & WHY?

- Castellterçol, Moianès, Catalonia (2021)
 - 2632 inhabitants
 - 270 teenagers and young adults (15 to 24y)
- El Kastell SIOAJ, public service for youngsters
- Increment of distress after the lockdown
- Lack of emotional skills
- Need to talk, share and be listened



AIM

- Create a permanent resource of information and tips
- Create room for feelings and emotions
- El Kastell SIOAJ as a referent of youth policies
- Take care of the teenagers wellness



METHODOLOGY



- Create visual, quick, clear, practical and useful material in order to help teens and young adults to enhance their emotional skills
- Contained information and practical exercises to recognise emotions and feelings as well as interesting information about anger, joy, sadness and fear

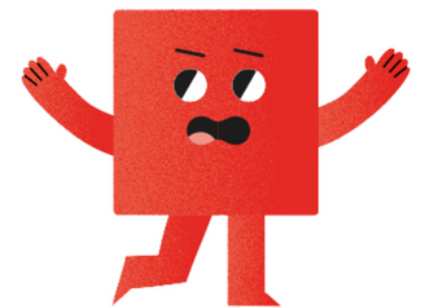
ACTIONS

- Delivery home to home
- Create Youtube Channel of El Kastell SIOAJ with meditations
- Workshops at High School to introduce the Guide



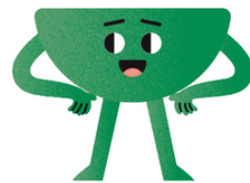
OUTCOMES & FEEDBACK

- Increase of the orientation and counselling at Kastell SIOAJ
- Change dynamics in El Kastell SIOAJ
- Not only youngsters, but also adults
- Nurses and teachers come for more



THANKS

to you all



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Any questions...?