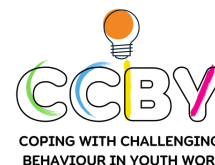


# SUPPORTING YOUTH, EMPOWERING FUTURES: THE C-C- B-Y PROJECT



## ADVANCING BODY-MIND TECHNIQUES IN YOUTH WORK

From January 28 to January 31, 2025, in Prato, Italy, an important stage of the "Coping with Challenging Behaviour in Youth Work" project took place. The event included two key activities: an Evaluation Meeting of project partners and an International Seminar for youth workers and young people. These activities were part of Work Package 3 (WP3), which focuses on Body-Mind Techniques to support youth workers and young people in managing stress and enhancing resilience.



### KEY DEVELOPMENTS IN WP3

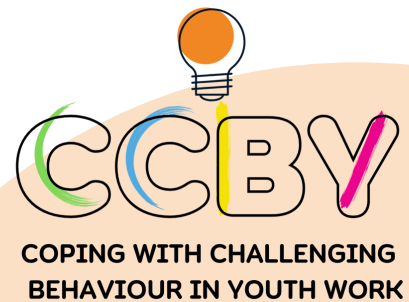
WP3 aims to create educational resources and practical tools that help youth workers and young people cope with stress through breathing exercises, meditation methods, digital tools, and theatrical techniques. A core part of WP3 is the development of video content that guides youth in identifying and managing stress, ultimately improving their emotional well-being.

As part of WP3, we have been working on a set of five videos focusing on relaxation and stress management techniques. These videos, available in six languages, provide a step-by-step guide to recognizing stress symptoms and applying coping strategies. Additionally, a digital handbook is being developed to further explain these techniques in a structured and accessible format. The project partners engaged in discussions on the progress of WP3, evaluating the work done so far and planning future steps. The Quality Manager shared insights on the project's implementation, including timeline adherence, budget execution, and overall effectiveness. The evaluation results will contribute to improving the final outputs of WP3, ensuring their quality and usability.

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# INTERNATIONAL SEMINAR HIGHLIGHTS

During the International Seminar in Prato, 22 participants (youth workers and young people from partner countries) gathered to test and refine the Body-Mind Techniques. The seminar provided hands-on practice in breathing exercises, meditation, and role-playing activities aimed at reducing the impact of psychological trauma on youth. Participants also explored a new digital tool designed to facilitate stress management and self-awareness.



## CALL TO ACTION

- Learn more about the C-C-B-Y project and how you can get involved!
- Visit our website at [https://ccbyerasmus.com/!](https://ccbyerasmus.com/)

## YOUTH WORKER SUPPORT

By integrating these techniques into daily youth work, we empower young people to better understand their emotions and develop healthier coping strategies. Through mindfulness, breathing exercises, and creative expression, they gain tools to manage stress and build resilience. These methods not only support individual well-being but also contribute to creating more inclusive and supportive environments for youth across different communities.



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