



# AGENDA

1

## CARE MY: CARE for Mental Youth's health

2021-2-PL01-KA220-YOU-000050154

### PARTICIPATORY VISIT TO HUNGARY

15th - 17th November 2022

*Integration of traditional and modern practices of Emotional Management for the target group: young women subject to gender discrimination*

#### Day 1

**09:00** Breakfast

**10:00** Welcome

**10:15** Introduction of partners and participants

**10:45** (45')

- Short overview on the faces of gender discrimination in Europe and Hungary regarding young women
- Sexism as a misunderstanding of nature
- Practices for balance

**11:30** Coffee break

**12:00** (60')

- Sources and dynamics of emotions from yogic and modern psychological points of view
- Basics of emotion regulation in the past and in modern ages, East and West

**13:00** Lunch

**15:00** (90')

- Distress and Eustress
- Stress and ways of coping: problem-focussed versus emotion-focussed methods
- Psycho-fitness and „vitality generators” by Bagdy Emőke
- Resilience and how to improve it
- Practices

**17:15** Tour around the city

**19:30** Dinner

#### Day 2

**09:00** Breakfast

**10:00** (60')

- How human mind works: ancient (yogic-vedic) and modern (psychoanalytic, and neuropsychiatric) approaches and coincidences

**11:00** Coffee break





**11:30** (90')

- Components and sources of emotional intelligence and ways of improving it
- Practices and their implementation for online platform

**13:00** Lunch

**15:00** (90')

- Traditional yoga and mental health with special interest in yogic lifestyle, posture, breath, relaxation, concentration and meditation
- Practices

**17:00** Free time

**19:30** Dinner

**Day 3**

**09:00** Breakfast

**10:00** (60')

- Role of mindfulness in efficient emotion-regulation
- Mindful self compassion as a necessity for a balanced mental life
- The roles of self esteem and self criticism in our emotional well-being or being poorly
- Practices

**11:00** Coffee break

**11.30** (90')

- Gentle and fierce self compassion – balance between Jin and Jang
- Assertive communication
- Practices
- Round table: adaptability of this training material at the online platform

**12:30** Conclusions, final evaluation, certificates

**13:00** Lunch

**15:00** Cultural visit to Szeged

**19:30** Dinner in Szeged

