



Serve the City

WORKBOOK

MENTAL HEALTH WEEK



July 10 - 16, 2023

Welcome!

As you're reading this, it means that you've gotten this workbook from Serve the City International and that you're going on an adventure with us. We're very excited to welcome you in STC's very first Mental Health Awareness Week - let's talk!

This week we'll talk about wellbeing and mental health. How do we take care of ourselves and others? How do we promote mental health in our community and beyond that? Dive in and journey with us through daily challenges, check-in calls and two special workshops. We want to connect with you, listen to you and talk about various topics that concern our mental health and the mental health of others.

Use this workbook to keep track of the programming, do the daily challenges and discover many extra's. This workbook is a gift for you. You can print it and write on it manually or download it and open it as a pdf and type your notes in it from your computer. It is a gift that you can pass on to anyone you know who you think might benefit from it.

We wish you the best of luck with the challenges and a fruitful STC Mental Health Week!

With love,

The Shared Social Concerns Team



MENTAL HEALTH WEEK PLANNING

10 - 16 JULY

MONDAY 10TH OF JULY



TUESDAY 11TH OF JULY



WEDNESDAY 12TH OF JULY



THURSDAY 13TH OF JULY



FRIDAY 14TH OF JULY



SATURDAY 15TH OF JULY



SUNDAY 16TH OF JULY



DAILY CHECK-IN CALLS

12.30 CET (BRUSSELS TIME)

16.00 CET (BRUSSELS TIME)

EVENTS

OPENING CALL (MON - 18.00 CET)

WORKSHOP (SAT - 14:00 CET)

ANY QUESTIONS? E-MAIL THE TEAM: [SSC@SERVETHECITY.NET](mailto:ssc@servethecity.net)

let's
TALK
about
MENTAL
health



MONDAY

let's
TALK
about



Check-in calls with Fianne van Laar
(STCi - Shared Social Concerns)

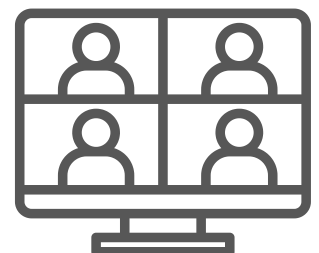
12.30 CET (BRUSSELS TIME)

16.00 CET (BRUSSELS TIME)

Opening Conversations on Mental Health Call

18.00 – 19.00 CET (BRUSSELS TIME)

During this call, we will be hearing about the mental health journeys of individuals within Serve the City.



Links to the calls: [click here](#)

A close-up photograph of a person's hands holding a blue and silver pen, writing in a white spiral-bound notebook. The person is wearing a white t-shirt. The background is softly blurred.

Mental Health | *let's talk!*

Monday 10 July 2023

Challenge 1: *Write your journal*
find prompt questions on the next pages

Journal

1. *[answer at the start of the day]* How did you wake up today? Describe your thoughts and emotions.

2. What are your plans for today? How do you feel about them?



Journal

3. What do you expect from this week?

4. *[answer by the end of the day]* How do you look back on today?



Depression

DSM-V Depression disorder, criteria for adults (experienced for two weeks or more)

- Depressed mood most of the day, nearly every day
- Markedly diminished interest or pleasure in most or all activities most of the day, nearly every day
- Significant weight loss (or poor appetite) or weight gain (increased appetite)
- Insomnia or hypersomnia
- Slowing down of thought and a reduction of physical movement
- Fatigue or loss of energy, nearly every day
- Feelings of worthlessness or excessive or inappropriate guilt, nearly every day
- Diminished ability to think or concentrate, or indecisiveness, nearly every day
- Recurrent thoughts of death (not just fear of dying), or suicidal ideation, plan, or attempt

Watching tip: video about The Black Dog (in the Teams Channel)

What can you do to keep yourself from becoming (more) depressed?

[NHS - UK]

Stay in touch

Don't withdraw from life. Socialising can improve your mood. Keeping in touch with friends and family means you have someone to talk to when you feel low.

Be more active

Take up some form of exercise. There's evidence that exercise can help lift your mood. If you haven't exercised for a while, start gently by walking for 20 minutes every day.

Have a routine

When people feel down, they can get into poor sleep patterns, staying up late and sleeping during the day. Try to get up at your normal time and stick to your routine as much as possible.

Not having a routine can affect your eating. Try to carry on cooking and eating regular meals.

Seeking help for depression

Get help if you're still feeling down or depressed after a couple of weeks. Treatments for depression include talking therapies and antidepressants.

Talking about depression is always helpful. People can help you with the actions above or help to reflect on your thoughts and emotions.



TUESDAY



Check-in calls with Greet de Rechter and Matthew Lunders (Maastricht, NL)

12.30 CET (BRUSSELS TIME)

16.00 CET (BRUSSELS TIME)

Links to the calls: [click here](#)



Mental Health | *let's talk!*

Tuesday 11 July 2023

Challenge 2: *Share your story with a friend or family member*

Loneliness

[Wikipedia]

Loneliness is an unpleasant emotional response to perceived isolation. Loneliness is also described as social pain – a psychological mechanism which motivates individuals to seek social connections. It is often associated with a perceived lack of connection and intimacy. Loneliness overlaps and yet is distinct from solitude. Solitude is simply the state of being apart from others; not everyone who experiences solitude feels lonely. As a subjective emotion, loneliness can be felt even when a person is surrounded by other people. Hence, there is a distinction between being alone and feeling lonely. Loneliness can be short term (state loneliness) or long term (chronic loneliness). In either case, it can be intense and painful.

[Cross river therapy]

Recent reports indicate that as much as 33 percent of the world's population is lonely. The level of loneliness varies from country to country.

Project highlight

STC Maastricht has a volunteering program called 'NOAH', that was set up to combat loneliness. One can sign up with their hobbies and interests and the NOAH coördinator will find a friend match. The two people will be connected and then they'll meet up every other week to do something they both enjoy. The NOAH coördinator checks in every now and then and meets the NOAH's at monthly community events, where volunteers and coördinators come together over some drinks and bites.

More information: <https://www.stcmaastricht.nl/en/noah-program/>



WEDNESDAY



Check-in calls with Tom Wilscom and
Peter DeWit (Paris, FR)

12.30 CET (BRUSSELS TIME)

16.00 CET (BRUSSELS TIME)

Links to the calls: [click here](#)



Mental Health | *let's talk!*

Wednesday 12 July 2023

Challenge 3: *Share with a member of the STC community (online or in-person)*



Trauma

[Presentation by Ben at IF22, Lisbon]

Trauma is the emotional response to any terrible event that happens to us either directly or indirectly. The event can be a natural disaster or a man-made catastrophe. Trauma events have the propensity to fundamentally change the way of life and the psychological outlook of the victims.

Caregivers give trauma victims a feeling that they have control over their lives again. They create a safe space for a safe conversation for victims of trauma.

However, there's the danger of secondary trauma. Caregivers can be overloaded by the trauma's of beneficiaries.

What to do in case of secondary trauma?

- Share your burdens with others
- Dhare the workload with others
- Take time away from the situation
- Take care of your body.

Resource tip: *'Care for those who serve'* (in the Teams channel)

DSM-V

Trauma is seen in symptoms that occur following exposure to an event (i.e., traumatic event) that involves actual or threatened death, serious injury, or sexual violence. This exposure could come in the form of experiencing the event, witnessing the event, or learning that the event was experienced by a family member or close associate. Trauma symptoms may come in the form of intrusive memories, dreams, or flashbacks; avoidance of reminders of the traumatic event; negative thoughts and feelings; or increased alertness or reactivity. Memories associated with trauma are typically explicit, coherent, and difficult to forget. Due to the complexity of the interaction between traumatic event occurrence and trauma symptomatology, a person's distress response to aversive details of a traumatic event may involve intense fear or helplessness but ranges according to the context. In children, trauma symptoms can be manifested in the form of disorganized or agitative behaviors.

Watching tip: *5 Examples of Trauma We Often Dismiss* (Teams channel)



THURSDAY



Check-in calls with Carlton Deal
(STCi - Founder & Director)

12.30 CET (BRUSSELS TIME)

16.00 CET (BRUSSELS TIME)

Links to the calls: [click here](#)



Mental Health | *let's talk!*

Thursday 13 July 2023

Challenge 4: *Take a photo of what makes you happy and share it with us.*

FRIDAY



Check-in calls with Simone Schuelbe
(STCi - Family & Prayer Team)

12.30 CET (BRUSSELS TIME)

16.00 CET (BRUSSELS TIME)

Links to the calls: [click here](#)



Mental Health | *let's talk!*

Friday 14 July 2023

Challenge 5: *Talk to a lonely neighbour or someone you meet.*

SATURDAY

let's
TALK
about



Check-in calls with Shannon Deal
(STCi - City Development)

12.30 CET (BRUSSELS TIME)

16.00 CET (BRUSSELS TIME)

Workshop by Raquel Coelho

14.00 – 15.00 CET (BRUSSELS TIME)

During this call, we will be hearing about volunteering and identifying signs of mental health concerns.



Links to the calls: [click here](#)

WORLD
MENTAL
HEALTH
DAY

10TH OF OCTOBER

Mental Health | *let's talk!*

Saturday 15 July 2023

Challenge 6: *Plan for an event for World Mental Health Day in October.*

Project examples

[Project Catalogue]

Social Projects with Elderly People

Elderly people often can feel lonely and would love to have someone to pay them attention, value them and listen to their stories.

Here are a few ideas you might want to consider:

- Outings: getting back out into the city they used to know, perhaps by offering help pushing wheelchairs. STC Amsterdam did this a number of years ago and some people commented that it had been twenty years since they had seen certain parts of the city where they had grown up.
- Games: Bingo and other board games
- Singalong of songs from their era, or a hymn-sing
- Visiting and having conversations (in senior homes, hospitals, or personal residences); can be combined with serving coffee/tea to them, or bringing them a small gift, like chocolates. Recommendation from STC Madrid: "Ask them what their school was like, or about the first time they fell in love."
- Lisbon STC has developed a more high-commitment program in which a pair of volunteers pay a weekly visit to an elderly person in their home, helping them with needs like carrying groceries, but also just having a conversation with them. The STC team connects with social services to identify people in the target neighbourhood that are isolated.

Community Dinners

The focus of a community dinner is, as its name suggests, community. In this project, "haves" and "have-nots" eat together at the same table on an equal footing. The Lisbon STC team have pioneered and perfected the art of the community dinner over the past several years; you will find a description of how they do it below. (Keep in mind they have won an EU award for this!)

However, this idea can be scaled down and adapted to your own setting as well.

- In Lisbon, each community dinner is sponsored by a specific volunteer group (business, school, church, NGO). This group raises/donates the money that will fund the dinner.
- The sponsoring volunteer group also provides the manpower to set up the tables and serve the dinner as waiters/waitresses. They wear STC t-shirts. They arrive early to decorate tables with tablecloths, candles and flowers. Specific volunteers are assigned to specific tables to serve.
- Another volunteer group actually prepares the meal; this is served in three courses, and people can usually ask for seconds, so it is generous. Most of these people regularly volunteer with this group.



- A third group of volunteers acts as a welcome team outside the facility (they currently use a dining room for government workers in the city). This team talks with a varied group of people as they arrive: homeless, migrants, blind people from nearby school, elderly people, and so on. They give out tickets to the meal with a table number. If anyone arrives drunk, on drugs, or behaving aggressively, this team must act to defuse the situation while preventing them from entering. This also is a group of regular volunteers.
- The fourth group of volunteers are hand-picked from among people who have experience serving in other STC projects, or other parts of the community dinner project. These volunteers sit at the tables with the other guests and are assigned about three to a table of eight. They do NOT wear STC t-shirts, but dress in normal clothes. Their role is to facilitate conversation and interaction at tables.

Social Projects with Asylum Seekers/Refugees/Migrants

- A great need for foreigners coming into a new country is to be integrated into their new culture. And the best way to do this is to help them develop personal relationships with people from that country, breaking down stereotypes and creating a sense of welcome and openness.
- Visiting and encouraging migrants in tent camps or sleeping rough; listening to their stories
- Tea parties
- Games evenings
- Talent shows
- Many refugees come from warm countries—who would have thought ice skating would be such a hit? Asylum seekers in Berlin have enjoyed going together in spite of all the awkwardness and falling, and volunteers have enjoyed taking them.
- Dublin STC has started City Tours for asylum seekers. They asked people living in refugee centres about cultural places in the city they would like to explore, and then offered tours based on those requests led by an expert, for refugees and volunteers alike. Destinations have included art museums, history museums, the Botanical Gardens... mostly places that are either free or will offer a large discount. One interesting visit was to a museum focusing on the history of immigration in Ireland and comparing the experience of Irish people in the past with the asylum seekers' present. These tours give a great opportunity not only to familiarize refugees the city, but also for conversation and interaction, and a greater sense of social inclusion.
- In Berlin, also, refugees have been treated as 'day voluntourists': going on a tour of Berlin before serving alongside other STC volunteers in projects such as trash pickup in a park. And then it all ends with a big barbecue!



SUNDAY



Check-in calls with Hazel Lincy
(STCi - Shared Social Concerns)

12.30 CET (BRUSSELS TIME)

16.00 CET (BRUSSELS TIME)

Links to the calls: [click here](#)



Mental Health | *let's talk!*

Sunday 16 July 2023

Challenge 7: *Make a plan for your city to include Mental Health.*

(contact 5 mental care providers)

Thank you for joining the
Mental Health Awareness Week!



Do you want to stay updated about Mental Health?

- Check the [Open Conversations Teams Channel](#)
- Follow us on [Facebook](#), [Instagram](#) and [LinkedIn](#)
- Send an e-mail if you want to be a member of the team: ssc@servethecity.net

Next event: Monday, July 24th - 18:00 CET
Family & Prayer Call with a focus on mental health

