

HOW TO FIND MEANING IN IT

**Practical tips
for young people
during confinement**



Generalitat de Catalunya
Departament de Treball,
Afers Socials i Famílies



@joventutcat

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Department of Labour, Social Affairs and Families
Catalan Youth Agency

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GUIDE

These days when we're stuck at home, we have an amazing opportunity: to take advantage of it to stop, look inside ourselves and find meaning in everything around us and everything that we're feeling.

Of course, we also have an opportunity to share, appreciate the world's solidarity and sense of community, and create and even enjoy solitude.

But... what's the meaning of everything we're experiencing? We're going to give you a few tips to help you find meaning in it.

- **Work on feelings and emotions. Understand what is happening to us.**
- **Break the isolation. We're not alone either at home or outside it. We can create together and build networks.**
- **Make the most of it, learn, bring positive energy.**

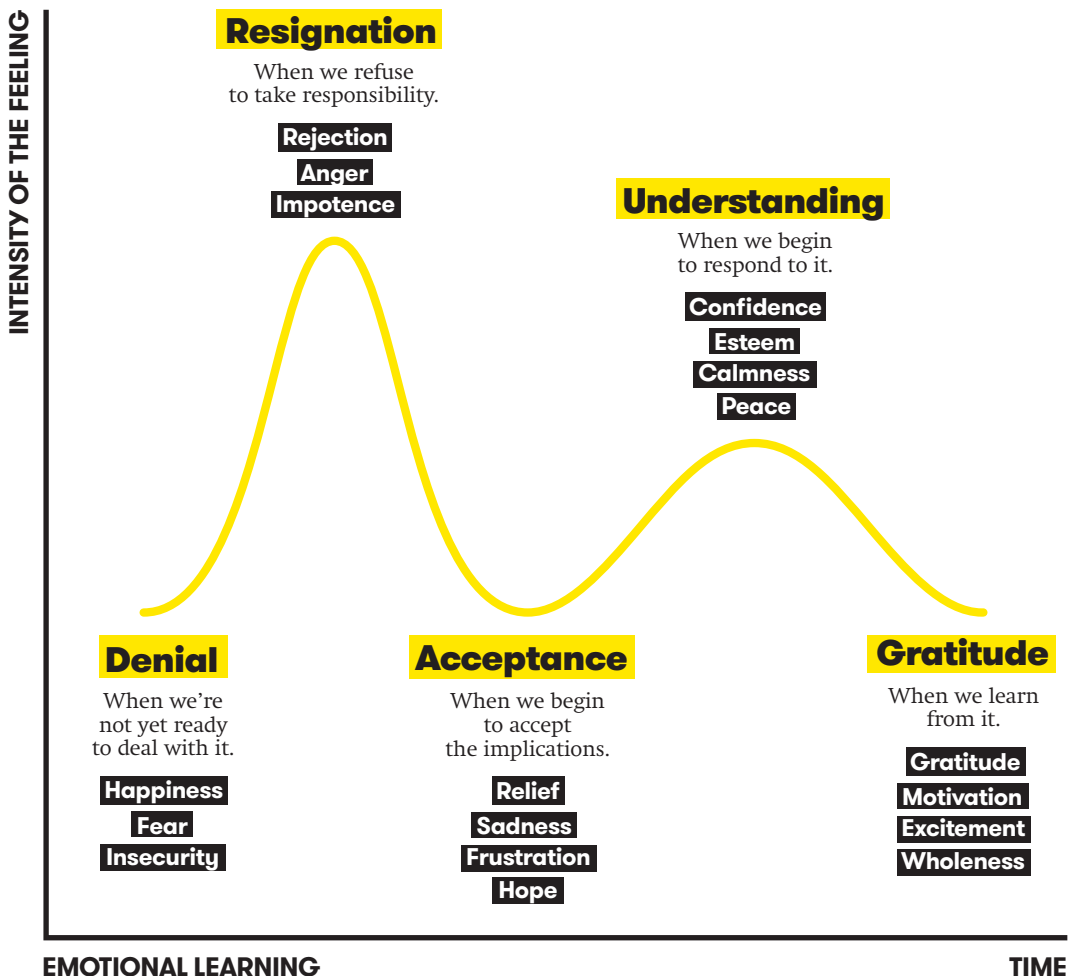
**MY STARTING
POINT**

In life situations when we experience loss or grief, we go through different phases.

Confinement is also a kind of loss, so we may be going through these phases lately.

What phase are you in?

Name what you're feeling and find out what stage of emotional learning you are in.



→ How are you dealing with confinement?

→ What emotions are these events making you feel?

→ What do you need in order to move forward?
Listen to yourself!

In order to figure out what stage you're in, it helps to identify different emotions...

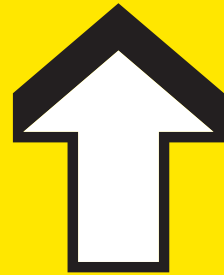
Emotions are neither good nor bad; they all have meaning. Life is a journey filled with lessons; you decide how you experience them.

SHAME

It allows me to check in, and if I listen it helps me leave blame behind in order to take responsibility for it.

HAPPINESS

It connects me with who I am and allows me to enjoy my life and make it meaningful.

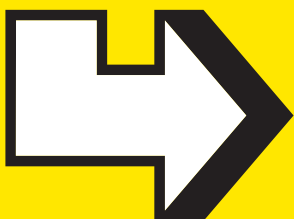
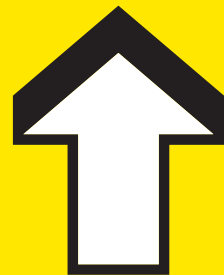


SURPRISE

It helps me discover and connect with the lessons to be learned in any experience.

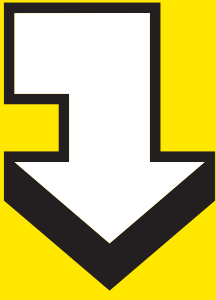
LOVE

It helps bring out the best in me and connects me with others from my best side.



JOY

It helps me in life (motivation, excitement, pleasure). But beware! Only if it's real, because sometimes it can just be a façade (hiding my inner despair).

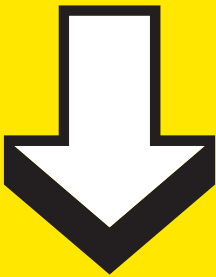


NERVOUSNESS

It helps me see that there is something inside me that's not well. Maybe I need to listen to my fear, sadness or anger.

REJECTION

Rejection is in the same family as loathing. It helps me see that there are some things that I no longer need to hold onto (fears) once I learn.

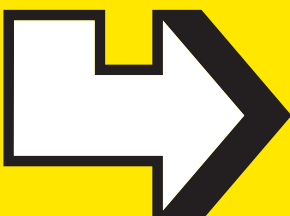


FEAR

It allows me to see whether or not I'm ready to deal with what I'm facing. If not, it tells me to grow.

ANGER

It tells me that I can make changes in the things or ideas that make me feel bad.



SADNESS

It helps me stop, listen to myself and express myself. Knowing what's happening to me helps me respond better.

HOW

DO

I LIVE?

We have to generate positive emotions and acknowledge wellbeing.

Coexisting with others is «living with» and knowing «how to live».

Do this exercise individually or with your family or friends if you connect with them virtually.

How are we experiencing these days of living together at home?

Think about different times recently...



Someone did something that made me feel good...

A caress, a kiss, a word, a glance, just someone sitting by my side...

Someone did something that made me feel bad...

A gesture, silence, or something that happened... or something I hoped would happen and didn't.

I've done things that made someone around me feel good...

I've been with someone when they needed it, I've listened, I've given them a smile...

I've done things that made someone around me feel bad...

Maybe you didn't mean to or realise it, maybe something that you did or said... or that you didn't do or say...

- Which of these four situations describes you the best these days?
- Which one would you like the rest of the days?
- What actions make you feel good?
- What actions make the people living with you feel good?
- What do you need to live the way you want?

NEED FOR EXPRESSION

Even in confinement, we have lots of ways of connecting with the world and expressing ourselves.

Discover new ways of getting together and boost the ones we already know to help us feel connected.

Take on a project every three days! Do you have different goals when you connect? What are the pitfalls?



Connect to create

Creating allows you to explore and develop skills. You can do it in the usual places or in forgotten places that are actually great if you take a good look at them.



Create from scratch or transform something that already exists.

Personalise it, perfect it or just change it.

Create by yourself or co-create in a group.

Connect to share

Sharing helps you give a bit of yourself while receiving from others.



Share knowledge, interests, concerns or just space.

Connect to communicate

Communication is the channel, but the important part is the messages and especially the people.



Find new forms of communication, new ways of getting together with your friends.

Explore new ways of talking.

Connect to participate

Participation is a right: being part of what we're part of: our society.



Take advantage of the opportunity to participate with your surroundings from virtual community spaces.

Contribute to social initiatives.

Connect to express yourself

Expression means making space outside us for what we have inside us.



Let out what you're carrying inside in lots of different ways: with words, movement or on paper.

Listen to what's inside you and let it out.

- **Take advantage of the spaces around you to connect! What do you show when you connect with others?**
- **What qualities come into play when you connect with others? In your relationships?**
- **Do you share thoughts, emotions, truths...? Do you really allow yourself to be yourself?**

ONE

NEED

MAN Y

ALTERNATIVES

**Alone or in company,
in virtual spaces
or in a nook at home.**

Let us suggest some projects! What other ideas
could you add?

GOAL

Create

IDEAS

Dust off your guitar, piano or flute; anything goes when composing new songs.

Write poems or that story you've been thinking about for a while.

Use some of your skills, alone or in a group. Suggest a project to friends with similar skills.

Search online for people with similar interests.

Reorganise your space! Now that you're spending more time there, you may come up with new ideas.

[...]

Share

Connect with local services and find out what new stuff they're offering online.

Suggest starting a film or book club among your circle.

See a play! Look at what's available online and later meet to discuss it.

Teach the folks at home how certain apps or devices you're familiar with work. Now you're the teacher!

[...]

Communicate

Meet online to «have a drink».

Now may be the time to have a conversation at home that you've been wanting to have for a while.

Revisit old (and good) friends.

Make phone calls, do chats, video calls, stories, etc.

[...]

Participate

Help make healthcare supplies, masks, 3-D designs, digital printing, etc.

Make yourself available to the services near you for projects that can still be done at home (you can no doubt contribute a lot to them!).

Help a neighbour from home.

[...]

Express

Start keeping a diary with text, words, photos, clippings.

Dance while wearing headphones or with your family.

Paint with watercolour or other paint or draw with pencil. You're sure to have some supplies at home.

Make a collage.

Write more than 500 words on a blog or your social media profile.

Look for groups, wikis, etc. where you can share.

[...]

**LET'S MAKE
IT MEANINGFUL**



Ok, so maybe you'd rather be somewhere else, going out or living life on your own terms... but what's happening is also part of your life, right?

Take on a project every three days! Do you have different goals when you connect? What are the pitfalls?

Have you seen the questions that young people on the web series Confined (on Adolescents. cat) answer? What if you ask yourself these questions...?

- What are you learning these days?
- How are you making the most of it?
- What skills are you developing?
- What have you discovered about yourself?
- What are you grateful for?

This time is meaningful if you make the most of it.

**The things that happen
to me, the times or people
are not what make my life
meaningful...**

**I make the things that
happen to me, the times
and the people in my life
meaningful!**

