


Iceland  
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**HLAVA  
V POHODĚ**

Vzdělávací centrum Turnov, o. p. s. – **projekt Hlava v pohodě**

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## Project Relax Yourself

Reg. no. ZD-MGS1-014

The grant provider: Ministry of Health of the Czech Republic

**The project is financially supported by the EEA/Norway Funds 2014-2021  
from the program Health**

Project partners: The Technical University of Liberec  
The University of Stavanger, Norway

Grant amount: 3 461 622 CZK / 130 627 EUR

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## Project Relax Yourself

The issue of mental health of children and adolescents is not solved systematically in the Czech educational system.

The project Relax Yourself **reflects the present situation** of frequent isolation and uncommon conditions at schools (COVID, war in Ukraine).

There is **increasing need of practical solutions** how to improve their mental state and their ability to prevent or overcome mental discomfort.

The Turnov Education Center has many educational experiences - education of children, teachers and adults in general, cooperation with elementary, middle and high schools.

## Project Relax Yourself

### The target groups

- pupils (aged 11 – 16) who can understand that mental health is an important part of life and well-being
- teachers, parents and community in general
- destigmatization, speaking about mental health in general

## Project Relax Yourself

### Project comes with

- an **audiovisual educational program**
- **20 podcasts**
- **2 seminars**
- an **online conference** with the participation of our Norwegian partner

## Project Relax Yourself

### Audiovisual educational program Relax Yourself

- 8 thematically focused modules (90 minutes each)
- interactive methodical procedures, user-friendly methodology, exercises and games, and a list of thematic literature for teachers
- the program can be used during school lessons, project days and so on
- **everything is free to download on the website [www.hlava-v-pohode.cz](http://www.hlava-v-pohode.cz)**

## Project Relax Yourself

### Audiovisual educational program Relax Yourself

Educational modules:

Mental health and psychohygiene, Meditation and exercise for health, Mindfulness, Healthy lifestyle, Relationship to yourself, Living together with the environment, Emotions and how to deal with them, Stress and how to deal with it

## Project Relax Yourself

### Podcasts

- **20 podcasts** recorded in cooperation with experts or people with personal experience of mental discomfort or disease
- currently – **10 podcasts available on Spotify**
- in process of preparation – we will publish 10 podcasts until December 2023

## Project Relax Yourself

### Podcasts

- currently – **10 podcasts available on Spotify**

About cyberbullying, Why not be afraid of a psychologist, Self acceptance, Divorce (two parts), Me and the others, Meditation and relaxation, Digital dependency, How not to go crazy on the net, How to talk about addictions

- **in process of preparation**

episodes about home violence, self-harming, healthy relationships, sleep, depression, anxiety and stress, psychological resilience, bullying and witnesses of bullying, sexuality and gender, the chemistry of emotions

## Project Relax Yourself

### Two seminars

- for teachers and parents
- Mental difficulties and mental illness of adolescents (October 2022)
- Relax yourself in Turnov (May 2023)

## Project Relax Yourself

### Online conference

- with the participation of our Norwegian partner – the University of Stavanger and the Technical University of Liberec
- 15 November 2023, 3 – 5 p.m.

## Project Relax Yourself

Thank you for your attention!

Ing. Miluše Tomanová