

JANUARY 2019 - ISSUE 1

LIVING E-MOTIONS

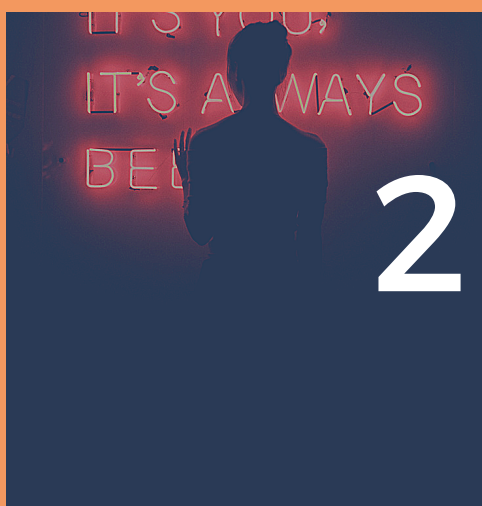
Emotional education through visual storyliving for people with
mental health challenges



www.livingemotions.eu

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EDITORIAL

This January the Living e-Motions team met in Spain to start working in this amazing adventure.

During the next two years, we are going to work together to create a curriculum and an innovative methodology to help people living with mental health issues to recognize and manage their feelings.

This is something all of us should work on and is something that people can support people to take control of their recovery and their life.

We hope that you are as excited as we are about this idea that will become a reality very soon.

Follow us!

The Living e-Motions team





WHAT IS LIVING E-MOTIONS?

Emotions are central to our everyday lives.

It is proven that putting feelings into words has therapeutic effects. Indeed, storytelling is a powerful recovery tool particularly for people living with mental health challenges. But LIVING E-MOTIONS goes a step further: we are not just going to tell our stories but make others FEEL our story.

LIVING E-MOTIONS is a training course particularly designed to meet the emotional learning needs of people living with mental health issues. The methodology is based on

VISUAL STORYLIVING, meaning that the learners will share their reflections on their own emotions and recovery experiences on camera; opening their story to the rest of the world. They are the protagonist of their own story.

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Four European organizations are behind this innovative idea:

FUNDACIÓN INTRAS, from Spain, is a private foundation working to improve the quality of life of the people with mental health issues. INTRAS is in charge of the coordination of the great team that is making possible the Living e-Motions project. For us, this initiative is a wonderful way to celebrate our 25th anniversary as we want to make the people we work for, the heroes of this story.

Our philosophy is based on the recovery approach, where we just accompany the person with mental illness during his or her journey to recover the control of his or her life. Living e-Motions will help us to support them also in the process of acceptance of the illness and in to teach them how to recognize and regulate emotions that, most of the times, overwhelm them.

BEHIND THE IDEA

ASTANGU KESKUS is a leading centre in Estonia with the aim to support people with special needs, including mental health problems, in their process of self-actualisation. Astangu is creating opportunities for people with disabilities developing their operational and work abilities and supporting them on the way to labour market.

We provide our clients job and capacity assessment, learning and job opportunities, supportive rehabilitation, support for work placement and counselling.

The Living e-Motions project will allow us to help our clients to understand their emotions and feelings, and to see their problematic experiences from a positive and constructive perspective.

The **SCOTTISH RECOVERY NETWORK** was launched in 2004 as an initiative designed to raise awareness of recovery from mental health problems. Our mission is to place the experience of recovery at the centre of life, practice and policy. Our work has included developing and promoting a range of recovery focused tools and approaches in areas such as peer support, self-management and recovery narratives. This last point will help us to design the Living e-Motions training course. We have developed a range of approaches to support people to author their own story; share stories of lived experience and recovery with others and to use people's stories to inspire other and influence attitudes. Storyliving further develops our understanding of the role of recovery stories in empowering people to take control of their own recovery; inspiring others in their recovery and changing attitudes, policy and practice to create a society where everyone has a valued role.

The Slovenian **UNIVERSITY OF MARIBOR** is a public university with a range variety of studies, amongst them the department of psychology which is the one participating in the project. We are going to analyze the emotions that most frequently appear during the recovery from a mental illness and describe them as clearly as possible to help people to recognize, accept and regulate them. We are going to collaborate very closely with the Scottish Recovery Network to create the curriculum and the methodology to be taught during the pilot experiences that will be implemented in Spain and Estonia. This will be a great opportunity to continue learning about people and feelings.



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