

NOVEMBER 2020 - ISSUE 5

LIVING E-MOTIONS

Emotional education through visual storyliving for people with
mental health challenges



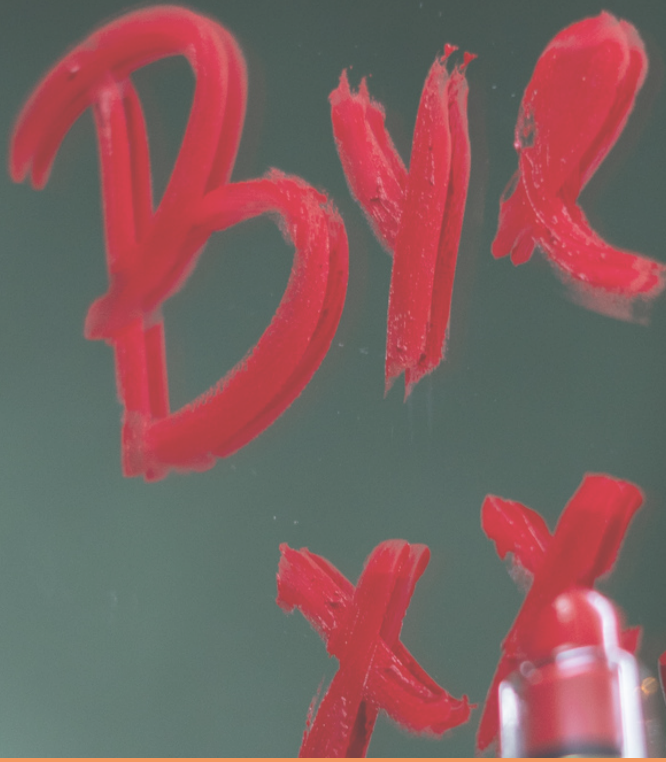
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EDITORIAL


This is the last issue of our informative newsletter. We hope you enjoyed reading about as we enjoyed sharing this beautiful project with you.

We managed to create a useful course specially designed to meet the emotional learning needs of people living with mental health challenges.

We invite you to take a look at the course in our [eLearning platform](#), as well as to visit some of the [videos](#) made by the participants in the first pilot courses in Estonia and Spain.

Thanks for being with us during all these months and keep on giving the emotions the place they deserve.

The Living e-Motions team



Stories matter

SOME OF OUR VISUAL STORIES

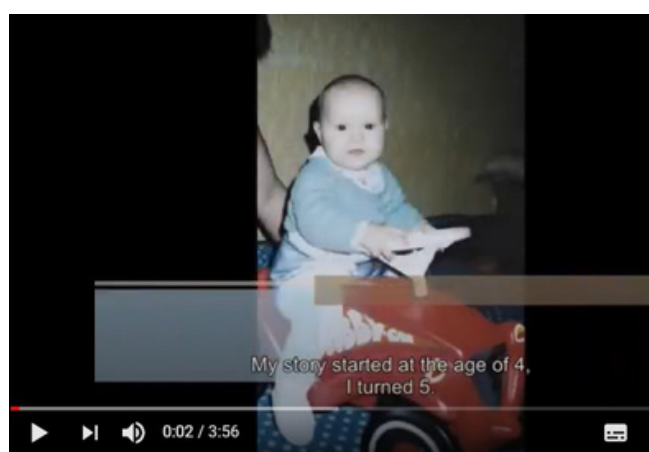
Stand in front of a camera can be difficult for some of us: you are showing yourself as you are, nothing less, nothing more. But if you stand in front of a camera to talk about your emotions, about a complicated life story, it is even more difficult and we have to be aware about the great value that the fact itself has.

By the end of the Living e-Motions pilot course in Estonia and Spain, the participants were filmed explaining their recovery story. Short videos full of moodiness and truth. All of them were very brave to explain their challenges to people that they did not know, to people that they did not even see. Some of them, preferred not to publish those videos for obvious reasons, and they only shared it with the rest of the training group.

In Estonia, we managed to have a great collection of stories. In the own words of one of the facilitators: "The biggest positive surprise for me was the completion of the videos. It was an intimidating and big challenge for the participants at first, but in the end, everyone decided to record their story. I also liked that there were no specific restrictions on telling their story, and each video became really unique. I believe that this was the key to success, everyone was able to share exactly as little or as much as they thought necessary at the moment".

Video recording in Spain has been a little bit more difficult, we realized about the big stigma that still persists when talking about mental health. The participants felt reluctant to explain publicly about the difficulties they suffered due to their illness and were afraid about other people's opinion and judgment. This is why we feel so proud about our participants and the videos that, finally, they managed to create.

You can take a look to the Living e-Motions video stories [HERE](#). Watch, empathise, feel, enjoy!



THE LIVING E-MOTIONS LEARNING PLATFORM: EVERYTHING YOU NEED IS THERE!

Now that the project is ending, we invite you to take a look to the Living e-Motions platform where we have uploaded all the didactic materials and contents related to this initiative. The platform is available in four languages and it is very easy to use. You don't need any username or password, just click in this link [LIVING e-MOTIONS PLATFORM](#) and everything will be available for free.

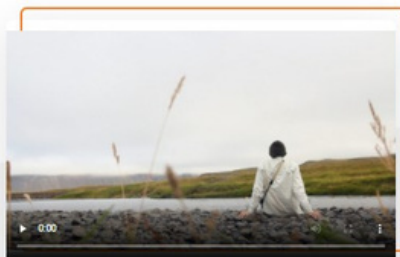
There, you can find some explanations about the importance of emotional education for a positive mental health as well as why we have worked with stories and video. A presentation of each of the four partners that made it possible is also included: Fundación INTRAS, the Scottish Recovery Network, ASTANGU Vocational Rehabilitation Centre and the University of Maribor.

LANGUAGE HOME THE PROJECT WHO WE ARE PORTFOLIO THE COURSE BLOG
NEWSLETTER CONTACT

Emotional education through visual storyliving

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 where learners 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.

TRAINING MATERIALS



40+ e-Motions movies



Recovery stories told in the first person that help us to better understand our feelings and the journeys that people living with mental health challenges undertake to retake control of their lives.

Tell it out! Portfolio



A portfolio of great recovery stories from people completing the Living e-Motions course.

Also a personal portfolio for everyone completing the Living e-Motions training course where they can record

Conveying emotions



This Initiative has been an example for other European organizations. We are giving the emotions the place they deserve!



The curriculum, composed by eight training sessions, is available in the e-learning platform, so any professional can use it with the people she or he works to. As we have proved during the mentoring stage, where the partners mentored several organizations working with different target groups (not necessarily people with mental health issues), this training on emotions is useful for anybody wanting to improve their wellbeing and the way we understand and manage our feelings.



In the TELL IT OUT! portfolio you can find some success stories that we have identified during the pilot courses in Estonia and Spain. Another useful tool for trainers can be the guidelines included in this document to evaluate the improvement of the participant's social skills once they finish the course.

The blog section gathers direct feedback from the participants and the trainers/facilitators in the course, giving a closer picture of the work done at grassroot level.

In addition, the five issues of the Living e-Motions newsletter are available in the platform.

Finally, let us **thank you** for being with us during the last two years, it has been a wonderful trip for us, emotions are, undoubtedly, more than we expected!



www.living-emotions.org

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