



**Survey & focus group
on well-being of youth**

Content

1.0. About the Survey	3
2.0.	
2.1. Perceptions of mental health & wellbeing	5
2.2. Needs to be mentally healthy	6
2.3. Necessary knowledge and skills to protect mental health	7
2.4. Impact of World Events and Social Changes	9
3.0. Outcomes	10
3.1. Factors Necessary for Maintaining Mental Health	11
3.2. Knowledge and Skills to Protect Mental Health	13
3.3. Negative Influences on Mental Health	14
3.4. Coping Mechanisms for Stress and Anxiety	15
4.0. Conclusions	16
5.0. About the Focus group	17
6.0.	
6.1. Perceptions of Mental Health & Wellbeing	18
6.2. Necessary Knowledge and Skills to Protect Mental Health	19
6.3. Conditions Negatively Affecting Mental Health	20
6.4. Impact of Current World Events and Social Changes on Mental Health	21
6.5. Overcoming High Levels of Stress, Anxiety, Depression, or Other Psychological Problems	22
7.0. Outcomes	24
7.1. Skills Needed to be Learn based on Participants Answers	26

1.0.

About the Survey

Purpose: to discover opinions of youth+ (13-30+ years old) on well-being to identify how to approach the topic with them

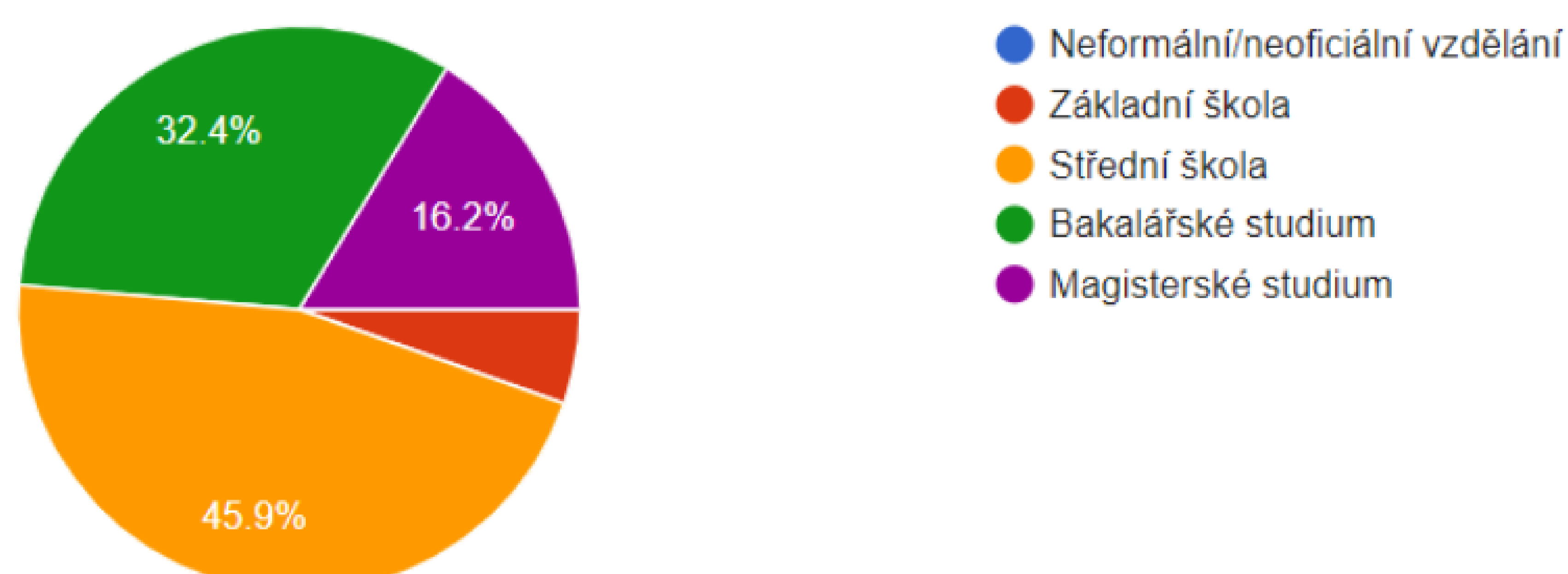
Methods: online survey

Demo-graphics
15 male, 21 female
37 people from Czech Republic, Slovakia, Ukraine
18-46 years old
48,6% of the group has university studies
46% of the group had finished high school.

Jaké je vaše nejvyšší dosažené vzdělání?

37 responses

 Copy

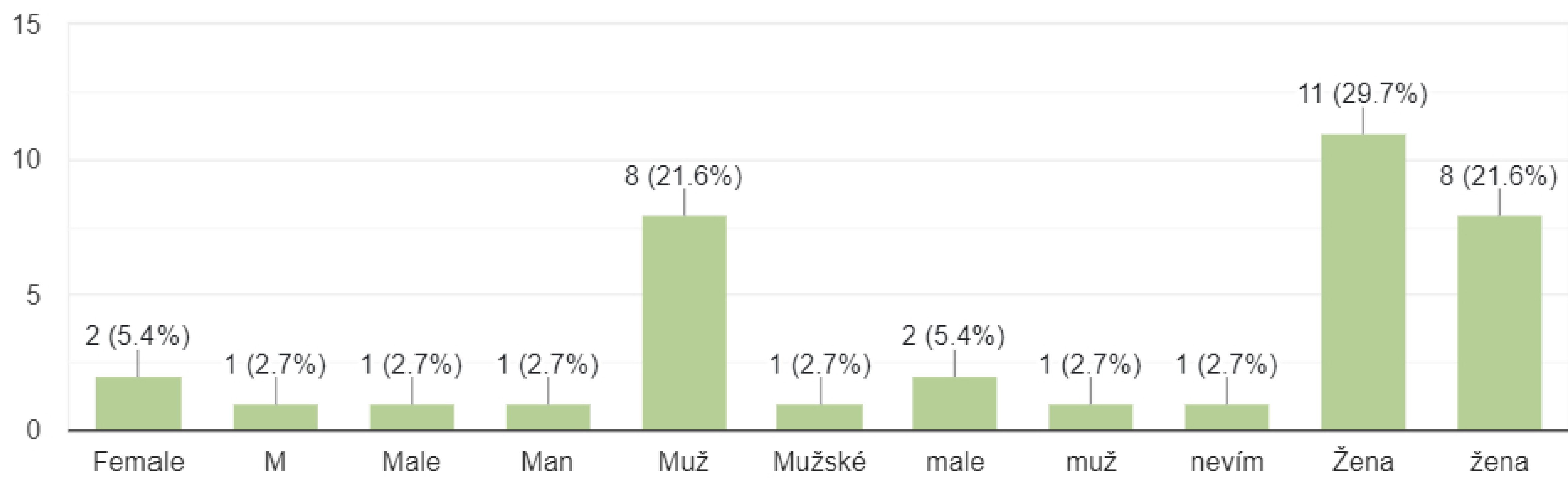


Demografické otázky

Gender

 Copy

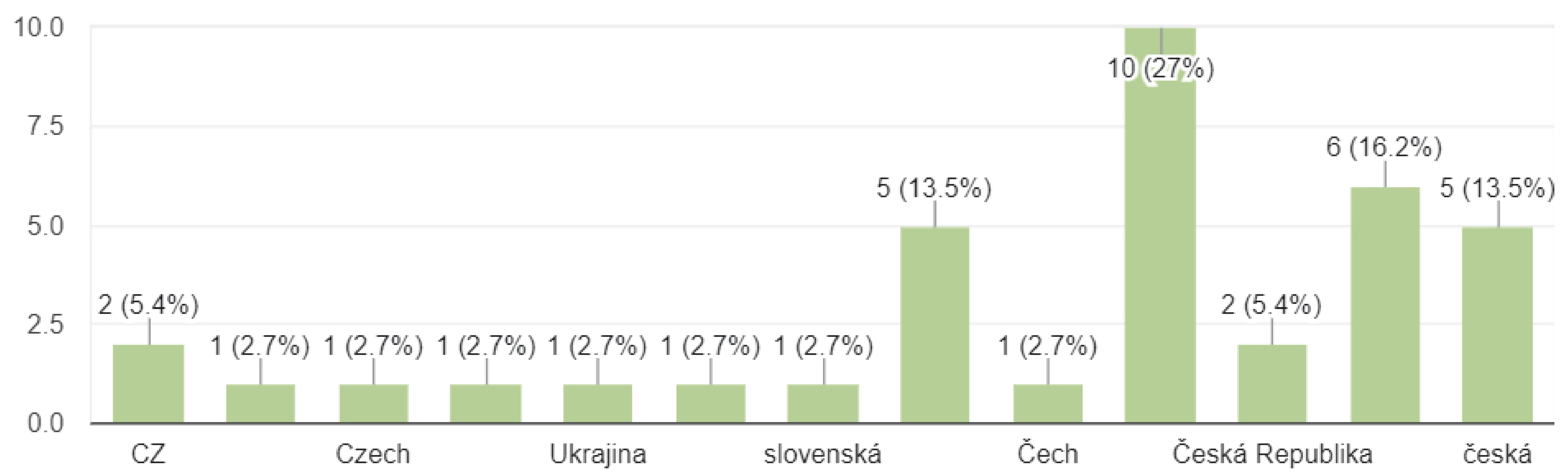
37 responses



Státní příslušnost

 Copy

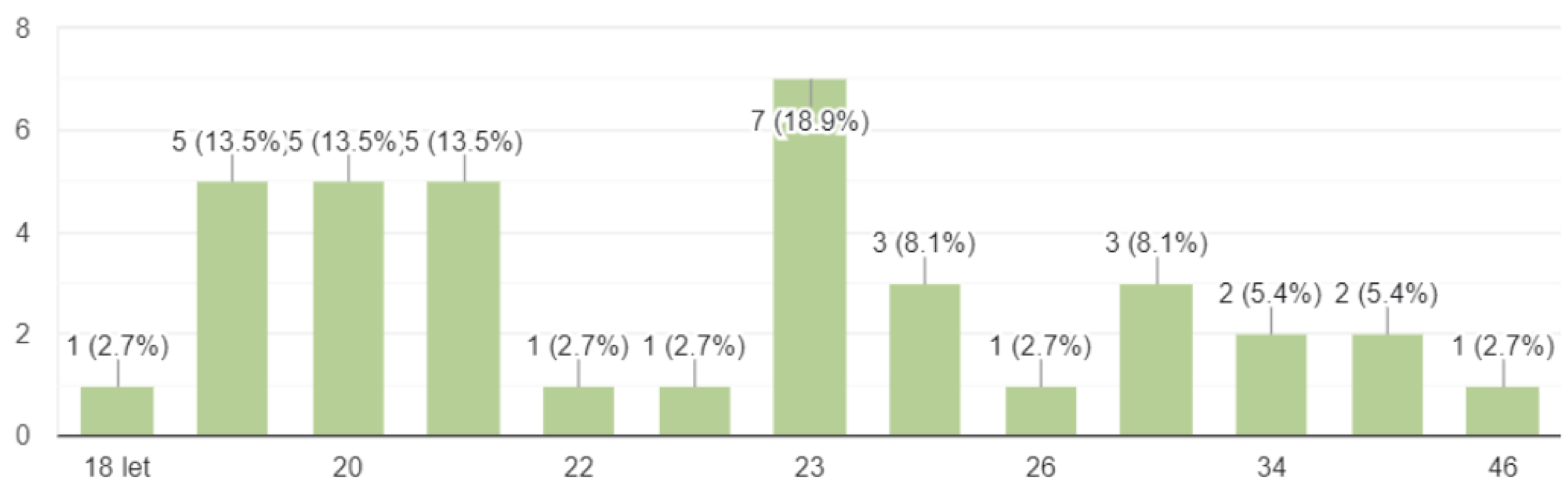
37 responses



Věk

 Copy

37 responses



2.1. Perceptions of mental health & wellbeing

- Viewed as a state of wellness coming from feeling good both in my head and my mind.
- Prerequisite for normal life, some kind of a baseline. Just one part of the whole.
- Key Terms: ease, balance, important
- Possible definitions: The ability to handle everyday life situations, a state of mental and psychological well-being, the way I process events around me.

The conditions that negatively affect the mental health:



- | | |
|--------------------------------------|---------------------------|
| ■ Stress | ■ Stressful relationships |
| ■ Studies/Work | ■ Family |
| ■ Lack of satisfactory relationships | ■ Finances |
| ■ Being online | ■ State of the world |
| ■ My inner world | ■ Boredom |
| ■ Saying no | ■ Life changes |

2.2.

Needs to be mentally healthy

- People: friends, support, therapist
- Space and time
- Physical health: exercises, movement (yoga, dance)
- Skills: meditation, knowing yourself, your needs, self-care, self-reflection
- Meaning in life, managing and overcoming stress
- Concrete response: Functioning relationships, community, society, supportive services.
- Women outlined the need for supportive safe space and more time for themselves compared to men. Men on the other hand mention regularity and a healthy daily routine more often.

2.3.

Necessary knowledge and skills to protect mental health

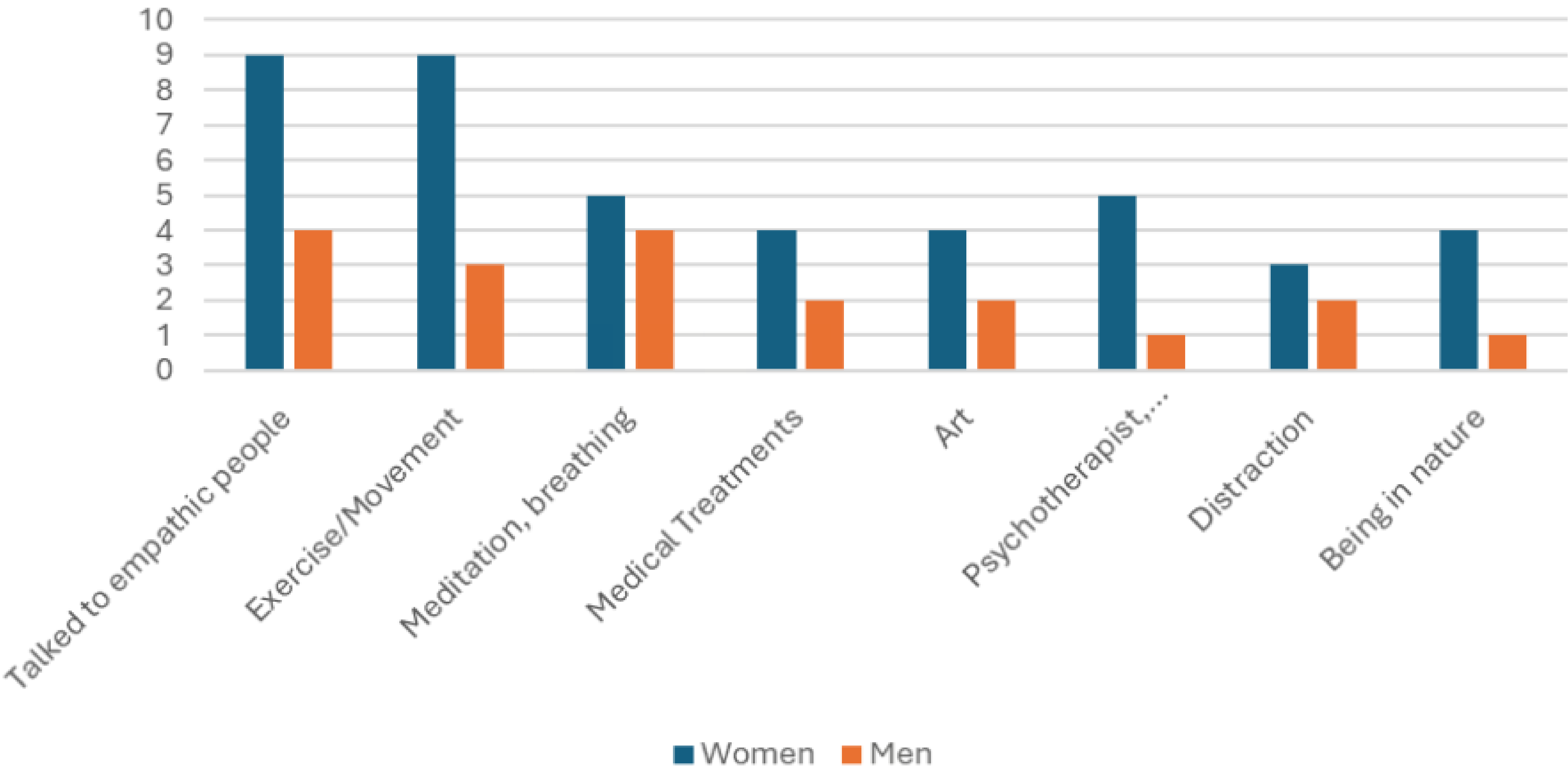
- Knowledge of self-care, brain functions, my boundaries, psycho-higiene, basis of psychology
- Skill of self-reflection, self-awareness, discipline, stress management
- Managing my locus of control - what can I control and what I cannot
- Growth: active interest and learning

Overcoming high level of stress, anyiety,..



- Talk to empathic people, friends
- Meditation, breathing
- Art
- Distraction
- Exercise/Movement
- Medical Treatments
- Psychotherapist, psychologist
- Being in nature

Overcoming high levels of stress, anxiety,...

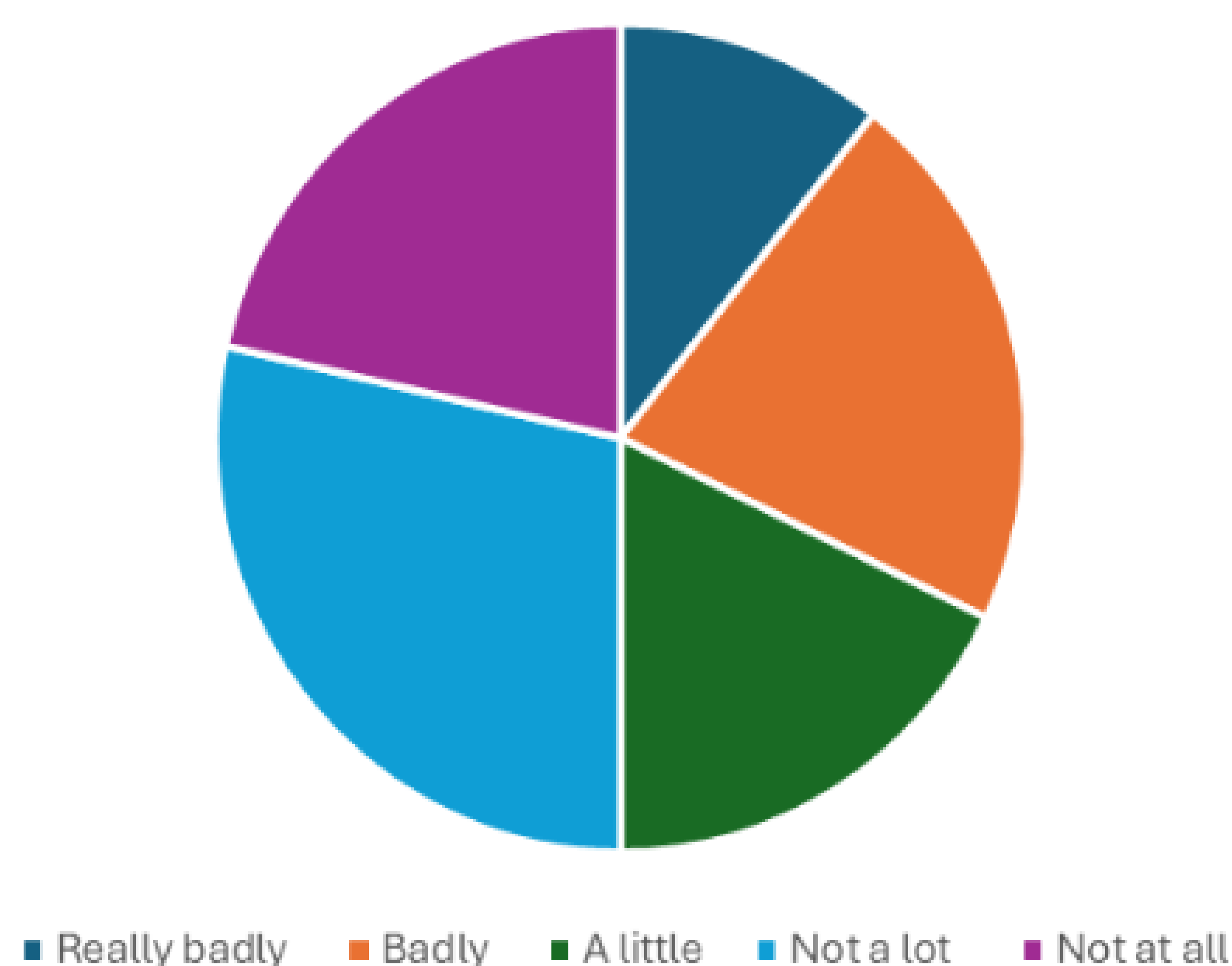


2.4. Impact of World Events and Social Changes

Respondents expressed varied reactions to current world events and social changes. While some felt these changes impacted their mental health significantly (“really badly” or “badly”), others reported little to no impact.

Concrete responses illustrate a coping mechanism where individuals choose to disengage from world events to protect their mental health. This highlights the varying levels of sensitivity and resilience among individuals when faced with external stressors.

How the current world events or social changes affect mental health:



3.0. Outcomes

- The collected data reveals that mental health and wellbeing are perceived as a holistic state of wellness, encompassing both mental and emotional stability.
- Respondents conceptualize mental health as a state of ease and balance, vital for everyday functioning and considered a prerequisite for normal life. It is not seen as the entirety of one's existence but as an essential part of a broader wellness framework.
- Key terms associated with mental health include "ease," "balance," and "important," suggesting that individuals view mental health as a foundational element for living a fulfilling life.
- Possible definitions provided by participants include the ability to handle everyday life situations, achieving a state of mental and psychological well-being, and the way one processes events around them.

Conclusion This indicates that mental health is both a personal and subjective experience, influenced by one's interactions with their environment and their internal coping mechanisms.

3.1.

Factors Necessary for Maintaining Mental Health

The responses highlight several critical elements required for maintaining mental health:

1. **People and Social Support**

The importance of having supportive relationships—whether through friends, family, or therapists—is emphasized. These relationships provide a safety net and emotional support, which are crucial for mental health. A concrete response noted the necessity for “functioning relationships, community, society, supportive services,” underlining the role of social structures in mental well-being.

2. **Space and Time**

Respondents identified the need for personal space and time to focus on self-care and reflection. This need was particularly noted among women, who expressed a greater desire for safe, supportive spaces and more time for themselves compared to men.

3. **Physical Health**

There is a strong link between physical health and mental health. Activities such as exercise, yoga, and dance are seen as integral to maintaining mental well-being, indicating the interconnectedness of mind and body.

4. Skills and Knowledge

Developing skills like meditation, self-awareness, and stress management are viewed as essential. Respondents also mentioned the importance of understanding basic psychological principles, self-care techniques, and having the ability to reflect on one's needs and emotions.

5. Meaning and Purpose

A sense of purpose and the ability to find meaning in life events are necessary for mental health. This aligns with the broader psychological understanding that a sense of purpose contributes to overall well-being and life satisfaction.

3.2.

Knowledge and Skills to Protect Mental Health

- **Self-awareness and Reflection**
Knowing oneself, understanding personal boundaries, and having the ability to reflect on one's feelings and thoughts are critical.
- **Discipline and Stress Management**
Being able to manage stress effectively and maintain discipline in daily routines is crucial for mental stability.
- **Understanding Psychological Concepts**
Basic knowledge of psychology, such as understanding brain functions, psychological diagnoses, and crisis intervention, can empower individuals to manage their mental health proactively.

Concrete responses emphasized the importance of embracing one's

- values and dreams,
- building self-confidence,
- and enhancing psychological hygiene.

This suggests that mental health is not just about avoiding negative states but actively cultivating positive psychological traits and knowledge.

3.3.

Negative Influences on Mental Health

- **Stress and Stressful Relationships**
The most frequently mentioned negative influences were stress (9 mentions) and stressful relationships (8 mentions), highlighting the significant impact of interpersonal dynamics and external pressures on mental health.
- **Work/Studies and Family**
These areas of life can be sources of stress and anxiety, contributing to mental health challenges.
- **Social and Economic Factors**
Issues such as finances, the state of the world, and being online also emerged as significant stressors, pointing to the impact of broader societal and economic conditions on individual mental health.

3.4.

Coping Mechanisms for Stress and Anxiety

1. **Social Support**

Talking to empathic people, including friends, family and partners, was the most commonly mentioned strategy (13 mentions), reinforcing the importance of supportive social connections.

2. **Exercise and Movement**

Physical activities, mentioned 12 times, are a popular way to manage stress, aligning with the understanding that physical exercise can improve mood and reduce anxiety.

3. **Mindfulness Practices**

Meditation and breathing exercises were also frequently mentioned (9 mentions), highlighting the value of mindfulness in managing stress.

4. **Professional Help**

Seeking help from psychotherapists or psychologists was cited, showing that professional mental health services are an important resource for some individuals.

4.0. Conclusions

The collected data provides a comprehensive understanding of how individuals perceive mental health and what they believe is necessary for maintaining it.

It highlights the importance of **a balanced, holistic approach** that includes social support, personal space, physical health, skills development, and a sense of purpose.

The **negative influences** identified, such as stress and societal changes, emphasize the need for effective coping strategies, ranging from social support to mindfulness practices.

This information underlines the **complexity of mental health** and the varied approaches individuals take to protect and nurture it.

5.0.

About the Focus group

Purpose: to get in-depth knowledge on opinions of youth+ (13-30+ years old) on well-being to identify how to approach the topic with them

Methods: focus group

Demo-graphics 6 participants: 4 female, 2 male
23 y.o.
Czechs
finished the bachelor's degree

6.1.

Perceptions of Mental Health & Wellbeing

- Participants expressed varying perceptions of mental health, often viewing it as a **fluid, dynamic aspect of life**.
- **Stress management** was highlighted as a critical component, with some viewing mental health as a constant battle or a companion.
- The participants acknowledged the importance of **being able to function and cope** using effective strategies.
- There was also an understanding that mental health **could shift from being a supportive aspect of life to a challenging one**, depending on circumstances and personal awareness.
- This fluidity reflects the complex and individual nature of mental health experiences.

6.2. Necessary Knowledge and Skills to Protect Mental Health

- Participants emphasized the **importance of self-knowledge**, including understanding one's behavior in different situations and towards others.
- They advocated for **learning through experience and reflection** to discover what supports their mental health.
- Skills such as self-acceptance, honesty, courage, and consistency were identified as crucial.
- **Acknowledging weaknesses** and practicing self-love, which involves being kind to oneself and recognizing areas for improvement, were also highlighted.
- A **supportive routine** that incorporates activities benefiting mental health was deemed necessary, along with practical aspects like sufficient sleep and financial stability.

6.3.

Conditions Negatively Affecting Mental Health

Several negative conditions affecting mental health were discussed.

- **Financial difficulties**, poor relationships, and performance pressure were common issues.
- The **stigma around not being okay** was noted as still prevalent, despite growing awareness.
- The **negative impact of social media** on attention and mental wellbeing was mentioned, as was the insecurity created by having too many options and uncertainties.
- A **lack of physical closeness** and genuine connection was also identified as a detriment to mental health.

6.4.

Impact of Current World Events and Social Changes on Mental Health

- Participants discussed the impact of current world events, such as political polarization and the prevalence of propaganda. The necessity to pay for quality news and the challenge of discerning reliable information were highlighted. These factors led to feelings of confusion and **avoidance of news**.
- The group also noted the **societal imbalance in the attention** given to different topics, with some issues being overly focused on while others are neglected.
- Participants expressed feelings of **anger, frustration**, and a sense of **helplessness** in response to these issues.

6.5.

Overcoming High Levels of Stress, Anxiety, Depression, or Other Psychological Problems

- **Various coping mechanisms** were shared, including seeking social connections, sleeping, and physical activities.
- Some participants preferred to avoid medication, instead **opting for therapy** or finding solace in meaningful activities and relationships.
- Spending time with children, engaging in **comforting activities** reminiscent of childhood, and spiritual practices were mentioned as working coping strategies.
- Some individuals found relief in **emotional eating, crying or using substances** like nicotine, illustrating the range of coping mechanisms people adopt based on their personal preferences and experiences.

7.0.

Outcomes

Mental Health as a Fluid Experience

The perception of mental health as a fluid and changing state emphasizes the need for adaptable strategies and approaches to mental health care.

Recognizing that mental health can fluctuate allows individuals to prepare for and manage these changes more effectively.

Importance of Social Support and Self-Awareness

The dual need for social support and self-awareness was a prominent theme. While having a supportive network is crucial, the ability to understand and manage oneself independently is equally important. This balance is essential for long-term mental health and resilience.

Role of Self-Knowledge and Reflection

Knowledge of oneself and the ability to reflect on experiences were seen as critical for maintaining mental health. Participants valued understanding their reactions and behaviors as a way to identify what helps or hinders their well-being. This insight supports the idea that mental health education should include training in self-reflection and self-awareness.

Together with the ability to direct one's own learning and reflection this theme was mentioned as one of the most missing ones in society.

Negative Impact of Social Media and Societal Expectations

Social media's role in negatively affecting mental health, particularly through its impact on attention and unrealistic comparisons, was a concern.

The pressure to meet societal expectations and the stigma associated with not being okay further worsen mental health challenges.

There is a need for societal shifts to normalize mental health struggles and reduce the negative impact of digital environments where the complexity of one's life with its ups and downs is still not often shown and seen.

Coping with Overwhelming World Events

The influence of global events and the challenge of finding reliable information were significant concerns. The mental strain caused by constant exposure to negative news and the difficulty in processing such information highlight the importance of media literacy and emotional resilience.

Variety of Coping Mechanisms

The range of coping mechanisms, from emotional eating to spiritual practices, illustrates the personal nature of mental health management. This variety underscores the importance of offering diverse strategies and supports so individuals can find what works best for them.

7.1. Skills Needed to be Learn based on Participants Answers

Mental Health Awareness and Management

- Stress management techniques
- Coping strategies and finding out what strategies works particularly for me
- Building resilience and emotional stability
- Recognizing the signs of mental health issues and knowing when to seek help
- Developing a healthy relationship with money, recognizing the impact of financial stress on mental health
- Incorporating physical activity into daily routines for mental health benefits
- Exploring creative outlets like art, music, or writing as therapeutic tools
- Engaging with nature and understanding its positive impact on well-being

Self-Awareness and Personal Growth

- Techniques for self-reflection and mindfulness
- Developing self-awareness and self-acceptance
- Setting personal goals and boundaries
- Enhancing self-discipline and personal responsibility
- Journaling as a tool for self-discovery

Balancing Social Support and Independence

- Building and maintaining healthy and deep relationships
- Effective communication and empathy listening, self-empathy as a tool
- Strategies for maintaining a balance between social life and personal time

Digital Well-being and Media Literacy

- Managing screen time and digital consumption
- Developing critical thinking and media literacy, learning how to find reliable resources and verification of information
- Identifying and avoiding digital stressors
- Building a positive online presence and digital hygiene

Building Resilience in a Changing World

- Coping with uncertainty and change
- Techniques for emotional regulation and stress relief
- Developing a growth mindset and adaptability
- Understanding global issues and their impact on mental health
- Strategies for maintaining optimism and hope in challenging times



Survey & focus group on well-being of youth

Created by:	INspire, z. s.
Copywriting:	Eliška Uhlířová
Graphic design:	Vojta Žák
Creators of survey:	ELLN Consortium
Conducting of survey and focus group:	Eliška Uhlířová

The survey and the focus group had been conducted as a part of an initiative of ELLN (European Lead by Nature Network), using the materials they created, and INspire, z. s. translated to Czech language.