

## Aim

- The aim of the project is to raise awareness on youth burnout danger among the target groups and stakeholders as highly important and stringent issue related to children mental health and to provide a widely usable training solutions and burnout prevention and coping skills through partner cooperation and exchange of expertise, methodologies and good practices in order to reduce the effects and consequences in EU.

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## The JOY project

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Innovative, Recreational, Stress Relief  
Youth Empowerment Strategies

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## Rationale

Stress in young people is increasing at an alarming rate. All those in contact with teenagers have witnessed the increasing pressures placed on this age group, often without an increase in the support available to them. High and continuous stress is overwhelming, and it often has negative effects on their physical, emotional and mental health. According to World Health Organization, 10-20% of children and adolescents experience a diagnosable mental illness.

Causes of this phenomenon are: fears and dilemmas coming up in their trek to adulthood, peer pressure, adults pressure, stress induced by the educational system, competitive society and the need to succeed pressure. Long term stress not attended turns into burnout which can manifest in a variety of signs and symptoms such as poor energy, negative changes in behavior, acting irritable or moody, withdrawing from activities that used to give them pleasure, routinely expressing worries, complaining more than usual about school, crying, displaying surprising fearful reactions, clinging to a parent or teacher, sleeping too much or too little, or eating too much or too little, significantly avoiding parents, abandoning long-time friendships for a new set of peers or expressing excessive hostility toward family members. Burnout effects may lead to serious consequences: health problems, lack of motivation and involvement, school dropout, conflicts, juvenile crime. Youth stress and burnout are not enough taken seriously by youth themselves, by parents, educators or health professionals even if relief measures can bring important positive consequences on youth wellbeing, school performances, relationships, family life, future.

## Project products



- Curriculum for the youth burnout preventing and coping skills
- Youth burnout preventing and coping skills training materials



- Youth burnout awareness and therapy workshops toolkit
- Youth best practice burnout recovery



- Youth guidelines for effective learning and career planning