

On November 4th, 2021, the **Alliance for Health Promotion**, in partnership with Health Nexus and the Education and Solidarity Network, launched a unique bottom-up approach webinar entitled “**Health Promotion in Pandemics – Webinar for Youth**”. The project, a bilingual initiative (Fr/Eng), aimed to demonstrate that raising awareness to health promotion is a sustainable and cost-effective solution for a healthier future. The platform gave participants a safe space where they could interact with panelists (youth and experts) and give testimonies about the experiences they faced during the pandemic by taking the floor and through interactive tools.

Choice of breakout rooms:

Breakout room 1:

The Youth: actors of their own health

Breakout room 2:

In Our Heads: Mental Health in times of COVID-19

Breakout room 3:

“I feel good”: exchange of good practices on wellbeing



109 participants came for the global youth & intergenerational webinar



45 countries represented at registration

Key Messages from the Youth Webinar

The youth agreed that adapting to the pandemic would not be possible without lifestyle changes and challenges such as:

The need for more connection with family, coworkers, and friends

Reorienting job functions

The necessity to figure out what to do with our day at home

The challenge of adapting to online classes

The lack of physical activity

Inability to physically meet with people



Recurrent 5 fields

impacting Youth’s well-being and mental health during the pandemic:

- 1 Social connectedness** – having several social relationships and connections with different groups
- 2 Stability** – routine and absence of predictability for the future
- 3 Mastery** – the degree we feel we have control over our fate and the decisions we are making
- 4 Safety** – a degree a person can feel safe
- 5 Meaningful Access to relevant resources** – degree to which we can meet our needs

Solutions shared by Youth to improve their personal well-being:

Importance of creating self-care routines



Learning about new things



Spending more time bonding or doing activities with loved ones

Volunteering, sharing with their community



Taking care of plant



Experts have recommended 5 ways to improve well-being:

- 1 Connecting with others**
Volunteering, using technology to connect with others.
- 2 Being active**
moving your body releases tension and toxins that build up during the day. It boosts your mental energy.
- 3 Keep learning**
Our brain needs some distance from what we do repetitively.
- 4 Taking notice**
Being present, noticing things around you.
- 5 Be giving**
Give your time and talent to the community. The act of giving produces similar endorphins as exercising.



Main challenges encountered during the pandemic for Youth:



Testimonies from Youth on “Adjusting to the new normal”

It’s always difficult to start, but once we are involved in an activity it helps and we are feeling that things are getting better.

We are still learning, being young doesn’t require being perfect.

Volunteering, giving back to the community is helpful, it helps with reconnecting back with society at a more regulated pace.

Exercising by yourself or accompanied by family members may help.

Being able to build trust in order to share with adults/peers

Doing things that excite you.

Being able to have an impact on society, trying to advocate with the government and other instances of power at local/national level.

Do something, even the smallest thing.

Actions shared by Youth that would allow them to get better information about the pandemic:

- Advocate for more support from their university and schools, and other institutions
- Engage with your community



Recommended sources from Experts and Youth:

- World Health Organization website
- Government website
- Well-being and mental health Apps
- Scientific articles