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FUNDACIJA PRIZMA



Preizkusimo v praksi: Orodja za krepitev duševnega zdravja
Experience the Solutions: Tools to Promote Mental Health



~Michelle Smith

Besede so močne. Lahko gradijo ali pa rušijo.
Words are powerful. They can build up or break down.



Ko mladi verjamejo, da jih ena lastnost ali odziv okolice definira, začnejo nase gledati skozi preozek filter.

When young people believe that a single trait or an environments reaction defines them, they begin to see themselves through an overly narrow filter.



Lastnosti same po sebi niso ne
dobre ne slabe – njihov
pomen je odvisen od okoliščin
in perspektive.

*Traits in themselves are neither good nor
bad—their meaning depends on the
context and perspective.*

A young woman with long brown hair is looking at her reflection in a large, ornate gold mirror. She is wearing a white ribbed sweater. The room is dimly lit, with light coming from a window on the left. The mirror reflects her face and the room behind her, including a window with pink curtains and a wall with several photographs pinned to it.

Katere besede, ki so bolele, so še vedno v nas?

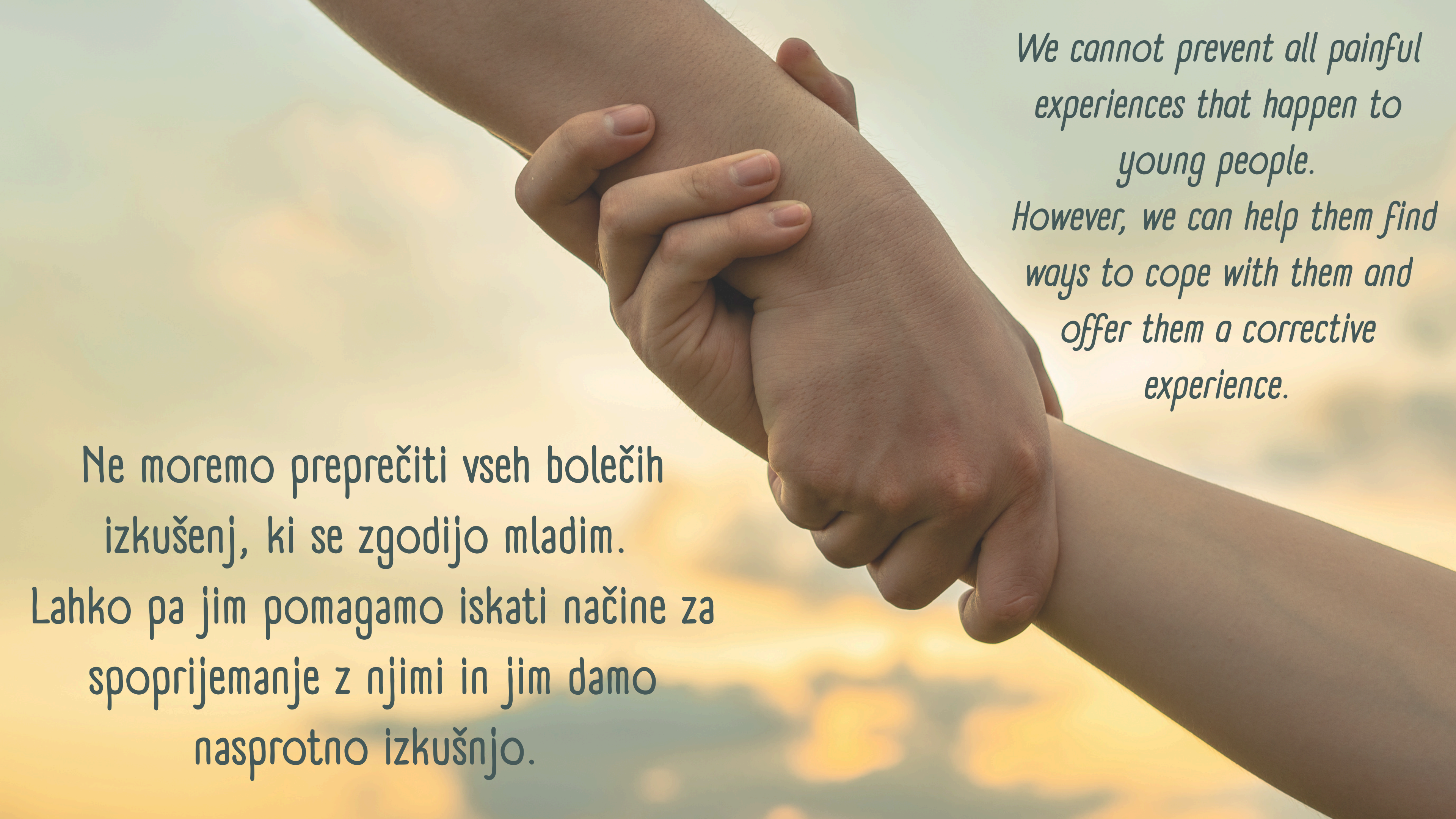
Which words that once hurt are still within us?

A young woman with long brown hair tied back, wearing a white ribbed sweater, is looking at her reflection in a large, ornate gold mirror. The reflection shows her wearing a dark denim jacket over a striped shirt. The room is dimly lit with warm, golden light from a window on the left. The mirror's reflection shows a room with a window with pink curtains and several photographs pinned to the wall.

Dajmo prostor čustvom najstnikov v nas.

Let's give space to the emotions of the teenagers

within us.

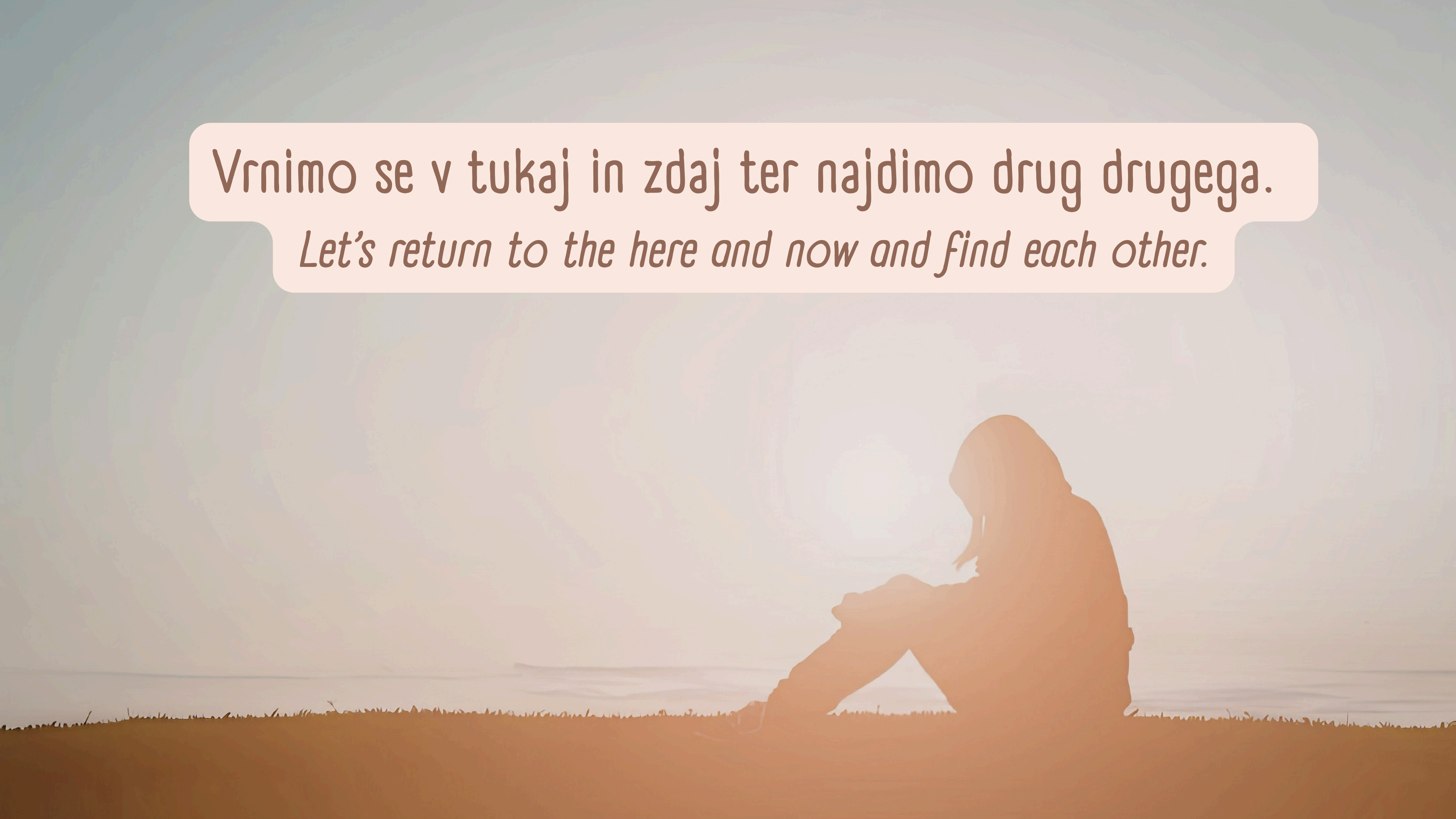
A close-up photograph of two hands, one larger and one smaller, holding each other in a supportive grip. The background is a soft, out-of-focus sunset or sunrise with warm orange and yellow tones. The text is overlaid on the right side of the image.

We cannot prevent all painful experiences that happen to young people. However, we can help them find ways to cope with them and offer them a corrective experience.

Ne moremo preprečiti vseh bolečih izkušenj, ki se zgodijo mladim. Lahko pa jim pomagamo iskati načine za spoprijemanje z njimi in jim damo nasprotno izkušnjo.

Vrnimo se v tukaj in zdaj ter najdimo drug drugega.

Let's return to the here and now and find each other.



Pause

Reflect

Rewind

Zaključna refleksija

Closing reflection

Instructions

Go to

www.menti.com

Enter the code

4808 9244



Or use QR code

