



# GUIDE TO HEALTH

Project with multiple beneficiaries under the ERASMUS+ Programme

## **Guide to health**

Integrative tools to manage children's anxiety (in school): guiding light to better mental health

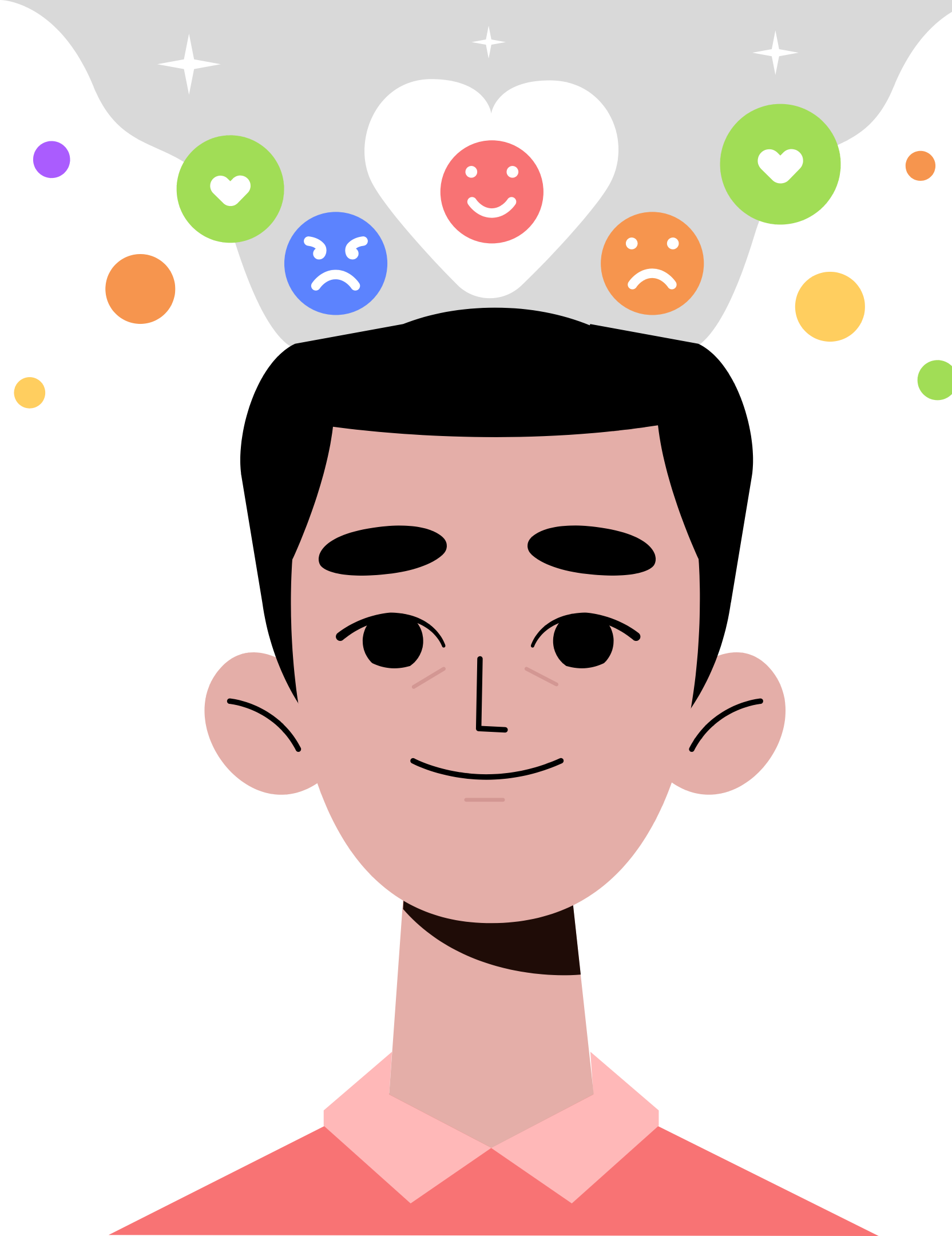
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# This is how we are

Italian partners by "Ugo Foscolo"  
Perugia





## What is burnout?

Burnout syndrome indicates the feeling of mental and physical exhaustion due to prolonged stress

It could be due to work, school or other stressed situation

You might feel like your brain is on fire and have trouble focusing on anything

# What are the signals of burnout?

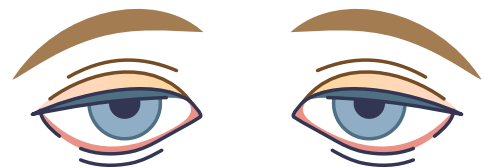


**What I feel**  
I always  
feel tired and have  
troubled sleeping

**What I feel**  
I feel  
anxious

**What I feel**  
I feel easily angry or  
irritated

**What I feel**  
I have trouble  
concentrating and I  
forget things



**What I see**  
Dark circles under my  
eyes

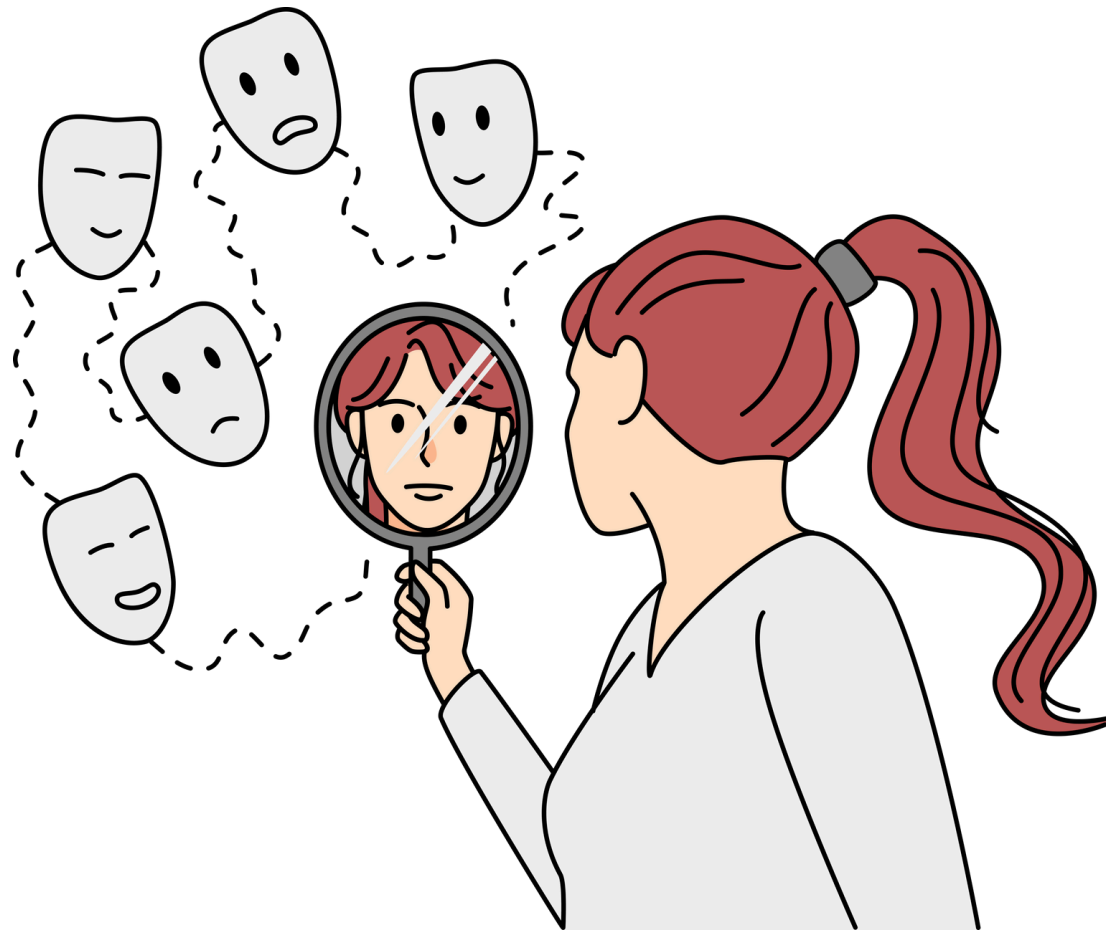
**What I see**  
Tense jaw or  
clenched teeth

**What I see**  
Furrowed brow

**What I see**  
?

# A self-portrait to know ourselves

Through the self-portrait you can make your **emotions** tangible



The artistic process help you focus on your **feelings** and it could be therapeutic for burnout symptoms

**Facial expressions** visually express what you feel

# Let's make our self-portrait!



01

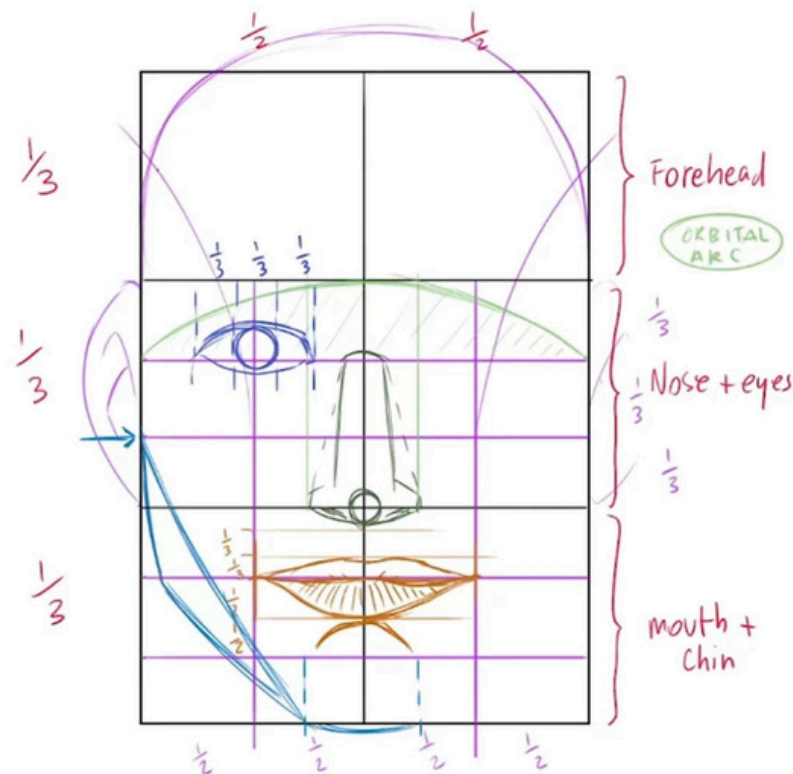
Observe your face carefully

02

Follow the instructions given by the art teacher and make your own self-portrait

03

Look at you! Does your face show any signs of burnout?



# Make burnout colorful

take four photos of yourself, each showing a different emotion:

Fear

Sadness

Anger

Anxiety



Then, paint your face with your favorite color to fight burnout!

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INTEGRATIVE TOOLS TO MANAGE CHILDREN'S ANXIETY (IN SCHOOL):  
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