



EFPSA Magazine

August 2021 | Issue 5

New Faces

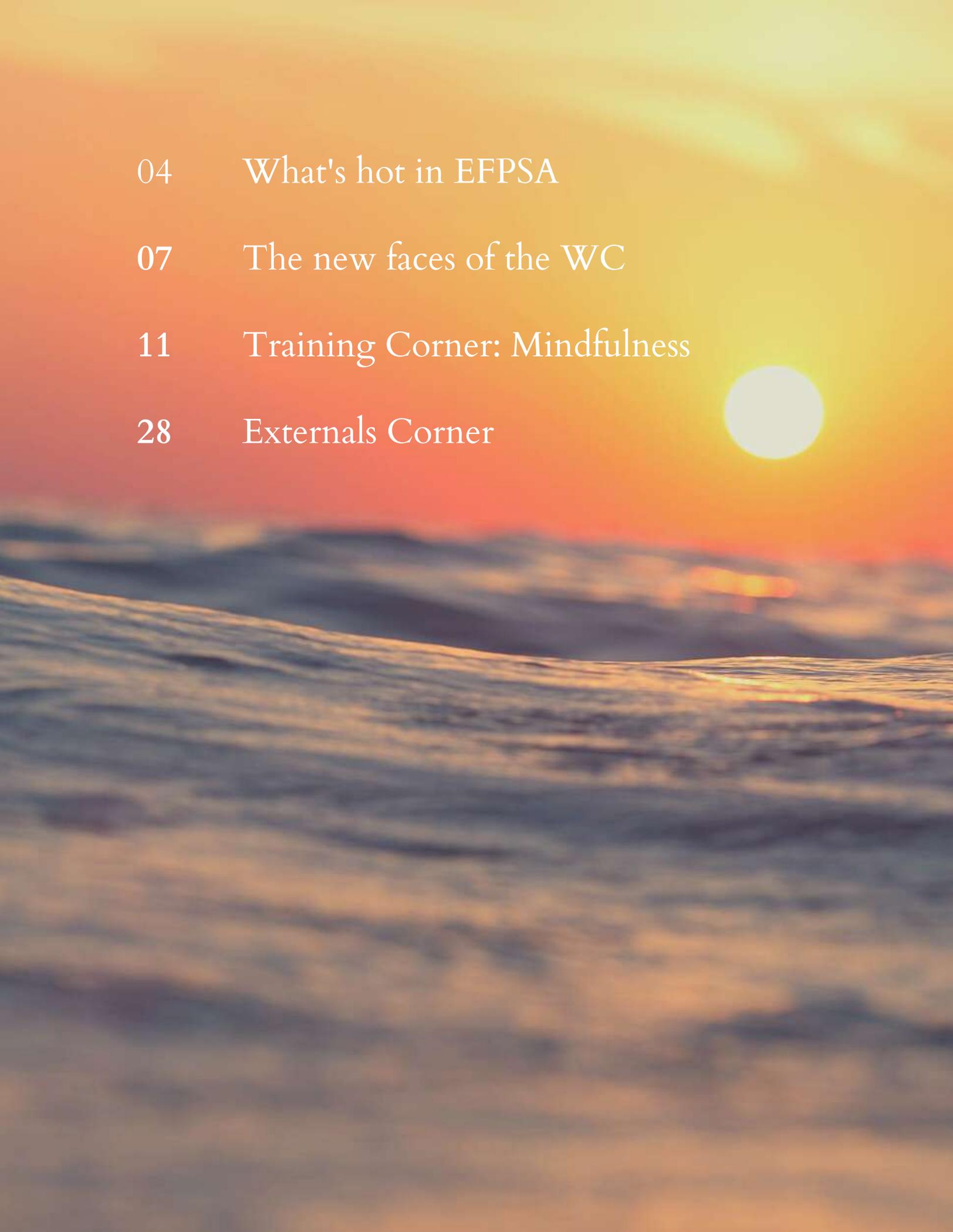
What's hot?

INSIGHT



Mindfulness

PsySSA

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introduction

Dear EFPSA nauts,

As we are almost leaving the summer behind us, trying to catch some last rays of sunshine before we head into the fall, I present to you the first issue of the EFPSA Magazine. My hope is that this issue will serve as a sweet, nostalgic reminder of beautiful summer days and as an introduction to this new mandate. A mandate full of hopes for returning to normality. A bridge back to the offline world and tight EFPSA hugs.

Throughout these pages you will get the chance to explore EFPSA and the people behind everything on a new level. You will read more than their names and positions and I hope that you will try to read between the lines. You will get to experience a training session different from what you are used to that will shed light on mindfulness and how to achieve it. Lastly, you will broaden your horizons by reading about some organisations outside EFPSA.

I dedicate this issue to all of you out there who are making new beginnings of any kind and style. To all of you who are afraid of the unknown but still take a leap of faith. To all of you who are strong enough to experience and be at peace with their bittersweet feelings. To all of you who are absolutely, madly excited about what the future holds for you. May this mandate be the new beginning that opens your eyes and mind to things that make your heart beat faster.

Fasten your seatbelt, remove your face mask and enjoy the ride.

Yours truly,
Eleftheria Foka
Creative Writer and Editor

P.S. EFPSA spirit is required for this ride.



What's hot in EFPSA

There are so many things going on in EFPSA. Are you also curious about all the latest updates from our Offices and Services?



EFPSA is undeniably a big organisation with over 100 hard-working people in the Working Community. As in every other big organisation, there are many things going on at the same time. Here you can see what the incredible EFPSAnauts have been working on and all their achievements so far.

EFPSA Office

Within the EFPSA Office, all the Responsibles work individually towards different goals. The Web Support Coordinator started getting comfortable with his tasks, researched on our web host migration and has set his sails to improve the user's experience of EFPSA's website. This year, EFPSA has two Human Resources Responsibles who have created a dictionary with all the abbreviations in the organisation and are preparing for the start of the mandate evaluations in both the Working and Supporting Community. Alongside, they are working on launching the Band-Aid project for the second time with the goal of helping the Working Community to build resilience in stressful times and find a balance between work and personal life. The Data Analysis Responsible has been collecting and analysing data from former EFPSA Congresses that will help in future grant applications and the 'hot stuff' for the current mandate is that for the first time he will be able to develop learning insights for our projects based on data that we can compare over several mandates. The Content Review Responsible has been working non-stop on reviewing documents (including this one) and the Creative Writer & Editor (aka myself) has been sending out birthday wishes to the lovely EFPSAnauts and working to get this Magazine together.

Finance Office, Grants Office, and Partnerships Office

There are three offices in EFPSA regarding finances: The Finance, Grants, and Partnerships Office.

The Grants Office is currently working on EYF grants - this year they will apply with three grants: Structural (for statutory meetings), international activity (with Congress 2022), and also a Workplan grant. At the same time, their plan for the upcoming year is to apply for the Charlamagne Prize with EFPSA's events, apply for the regular Erasmus Grant, as well as to establish an MR Task Force.

The Partnership Office has already established two partnerships with the International Association of Applied Psychology (IAAP) and the MIND Foundation and is working hard in establishing partnerships with many other organisations and companies like SAGE Publishing, Udemy, Italki, Memrise, Blinkist, Adecco, All4youth, and many more.

External Relations Office

The Policy Team is currently working on developing an Advocacy Guideline and has also started collaborating with EFPSA Social Impact Initiative and with the Organising Committee of EFPSA Conference in drafting common papers. The Policy Coordinator represented EFPSA in the second meeting of the Mental Health Advocacy Platform, a Mental Health Europe initiative, and is looking forward to contributing to the platform's future development.

The External Relations Coordinator was busy organising the lovely meet & greet with PsySSA Student Division, a moment that allowed European students to meet their fellow "psychologists in the making" from South Africa! Their efforts have also been directed towards the creation of a second edition of the Mental Health Project, a joint initiative that aims to celebrate the World's Mental Health Day by having 10 youth organisations from all around the world come together!

The Public Relations Coordinator has started developing this brand new position. She has reached out to fellow student organisations to gather information on how they deal with Public Relations positions and has developed an Action Plan on how to develop this position.

Training Office (TO)

The Training Office is currently preparing the upcoming Train the Trainers Summer School, which will happen at the beginning of September. After successfully organising EFPSA Academy and bringing the importance of finding meaning in work closer to people from all over the world, they are now looking forward to their second and most important event of the mandate.

At the same time they welcomed new trainers in our community and some candidates successfully reached the status of an EFPSA Trainer. They are working on establishing new standards and procedures together with the trainers of our community. There is a lot of potential to be unleashed.

Check out our upcoming posts on Instagram (@efpsatraining) to get all the newest updates and the Training Corner, which was created in collaboration with Creative Writer & Editor.

Study and Travel Abroad (STA)

The Travel Network is expanding by contacting as many hostels as they can and thinking about the best way to realise the Efpsa Travel Week. They have updated the Efpsa Hosting System and 17 new hosts have joined us! They are working on commercial materials for boosting exchanges with the Marketing Office.

They also contacted many organisations and institutions, hoping they will be interested in opening a call for psychology interns. Furthermore, they have been creating lists for individuals who reach out to our Internship Responsible and ask for help in their search for an internship. They have started working on the Internship Guidebook that will be out until the end of this mandate!

They have also been working on the organisation of the STA webinar, which will provide students with detailed information on the whole process of studying abroad. They are working on getting newer information for studying abroad in all of the EFPSA countries for the EFPSA website, as well as motivating students to share their experiences on the STA blog!

To show what they have been up to, STA team member's are promoting everything on their social media accounts! If you want to be updated with their progress, do not forget to follow them on their social media pages (Instagram: @efpsastudytravelabroad Facebook: EFPSA study & travel abroad).

Social Impact Initiative (SII)

The Social Impact Initiative just closed the 7th wave of Mind the Mind campaign and the 4th wave of Better Together campaign. Currently, they are working on opening new waves and will soon start searching for new Local and National Coordinator for both campaigns. They are also reviewing the workshops and started creating online workshops for the next wave. For the new (A)live! campaign, they are currently translating the workshop materials. Besides that, they are promoting their campaigns on social media:

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Journal of European Psychology Students (JEPS)

The Editorial Team of JEPS has mostly worked on getting back on track with managing submissions and coordinating the peer review process. In this regard, they successfully found many new associate editors from different countries with different backgrounds, which will really help them with the papers that are currently in submission and awaiting review. EFPSA-related, they cooperated with the Research Summer School (RSS) and held two presentations there: In the first one, one of them presented the work of JEPS in general and gave a quick intro to the Do's and Don'ts of scientific writing. In the second presentation, one of their Editors talked about Registered Reports, which is the publication format that will be relevant for the RSS participants that want to publish with them. They look forward to receiving their manuscripts and to all further collaborations with other parts of EFPSA.





Members Office

The Members Office is currently working on expanding the EFPSA family, by inviting new MOs to join EFPSA and reaching out to countries like Russia, Latvia, and Bulgaria. Furthermore, they are in contact with Events, Marketing, and Academic Affairs Officers on organising an event which promotes all the Offices and services of EFPSA in an online setting, where psychology students can join and learn more about EPFSA. They have been aiding Member Organisations (MOs) to conduct EFPSA exchanges between two countries with the help of the STA Team and facilitating team building and soft-skills training sessions for both the Member Representatives (MRs) and Vice-MRs. They are also employing Task Forces which MRs and Vice-MRs can join, where they will have the opportunity to help EFPSA offices with projects such as Web Design, EFPSA Office, CRR, Marketing, STA, and External Relations. This will help the MRs develop additional skills which are beneficial to their personal growth and for their MOs. Last but not least, they have achieved a strong working relationship with the representatives in EFPSA and have organised leisure and educational events where the Representatives got to know each other and applied their psychology knowledge through fulfilled discussions.

Sneaking in Research Summer School

*“Insightful,
Effervescent,
Transformative”*

by Dora Ioana Crisan (Student Researcher, Romania)

In the times of the pandemic, EFPSA is not backing off. Taking all the necessary safety measures, the Research Programme team along with the Croatian Organising Committee went above and beyond to successfully organise the Research Summer School 2021, one of the most prestigious events in EFPSA, in Ravna Gora, Croatia. Students from all around Europe were gathered in the beautiful Stara Sušica Castle to set the foundations for five different research projects on the topic of E-Mental Health. The event took place from the 12th to the 19th of July and now the young researchers are off on a 12-month research journey with a lot for them to gain in the process.



The event was attended by our own EFPSA Magazine spy aka. the Secretary General of the Federation, Robert Meyka. He successfully interviewed participants, Supervisors and RP members and gave us a unique insight to the event. Here is what they had to say:

How is Research Summer School as your first EFPSA experience?

- So far so good! Personally, I completely clicked with my teammates and Supervisor and am currently considering getting involved in future EFPSA events. I want to extend this experience for as long as possible. Dora Ioana Crisan (Student Researcher, Romania)
- I am very happy about having participated in the RSS 2021. Even though I participated fully online, I felt like I was a full part of the event at all times. While I am sad that I did not get to meet everyone in person and I missed the social events at the RSS, even at home I could feel the energy that was present in the teams and it was contagious. Everyone went out of their way for me to be able to be a part of the event digitally and I am very thankful for that. Anne Etzelmüller (Supervisor, Germany)



What did you gain through this event?

- I met many great people and most of all I became part of a brilliant team of smart women. From day one I was impressed by their energy, positivity, skills and motivation. They are asking the smartest questions and really get me thinking about my field of research. They are creative and kind and I could not ask for a better group to work with during the following twelve months. Anne Etzelmüller (Supervisor, Germany)
- I gained a lot through this event. Firstly, I gained new friendships which I am so grateful for. Secondly, I gained more experience in research, which is one of my fields of interest within psychology. Finally, I gained more collaboration and communication skills by working in a team with people who I had not met before coming here, but who I really care about now. Everything I gained is positive. Sofia Sousa (Student Researcher, Portugal)

Share your personal highlight of RSS, or your favourite memory!

- There are so many! I loved our Cultural Night because I got introduced to many new drinks and food from different cultures that I would not usually have a chance to try. I also had so much fun during our karaoke night where we sang all kinds of songs and made each other laugh. Ivana Cilevska (RP Research Responsible, North Macedonia)
- After each working session, my team and I played one game that we would choose by turn. That was a great way to relax and get some off-screen time while simultaneously bonding as a team. Dora Ioana Crisan (Student Researcher, Romania)
- I think my favorite memory was the excursion day, for several reasons. This was my first time in Croatia, so I am very happy that I got the chance to go to the sea and visit a bit more of the country. I also loved hanging out with everyone from RSS without having to rush to get to working sessions. It was a day of pure fun where everyone could relax and enjoy their free time in a beautiful place. Sofia Sousa (Student Researcher, Portugal)

What do you appreciate most in this event?

- I appreciate many things from this event, but I especially appreciate the organisers of this program. They took such good care of us and this week would not have been nearly as amazing if these people did not work this hard, just to allow us to have a good time. Everything is well organised and all the activities are so much fun, so thank you Org Com!! Sofia Sousa (Student Researcher, Portugal)
- As this is my first contact with EFPSA, to say I am impressed would be an understatement. People's openness and dedication to the programme are truly inspiring. Dora Ioana Crisan (Student Researcher, Romania)
- I truly appreciate the closeness that it brought between everyone. This was such an important event not just for the participants and Supervisors, but also us from the Research Programme as well. Ivana Cilevska (RP Research Responsible, North Macedonia)
- I appreciate how much everyone is looking out for each other. While I was sitting at home I always felt very much involved in what was going on in "The Castle". I could also trust in the team, that they would not leave anyone behind - neither when it comes to the education and content of the project nor during the social events. When we worked on our group values and needs during the team training session, I was impressed by how much we were aligned. We all come from different backgrounds and countries, we only knew each other for a couple of days, and quickly put together a clear way we want to work together in a positive way. Anne Etzelmüller (Supervisor, Germany)



What are your summer plans after RSS – or is RSS your summer getaway?

- No definite summer plans for now – but I am excited to see where the road takes me while I go with the flow! Ivana Cilevska (RP Research Responsible, North Macedonia)
- I am planning on visiting friends and family this summer, which I am very excited about, and I am also planning on working on our research project whenever there is something to be done. RSS was definitely the perfect start of my summer, and I'll miss everything and everyone so much afterward. Sofia Sousa (Student Researcher, Portugal)

A closing note on the Research Summer School

Give me a big warm HELLO to my new amazing friends across Europe and my beloved Turkey :). I still remember when I first heard of the European Federation of Psychology Students Associations (EFPSA) and became fascinated by the associations' dynamics. It has been almost 2 years since I started following EFPSA and aiming to become part of its outstanding community. EFPSA is one of the main reasons I wanted to study in the heart of Europe to maximise my options of accessing its events and opportunities. Today, I am a Student Researcher at EFPSA and part of its great Supportive Community. This step means a lot to me. It means long-term goals that can be achieved by determination and patience, which drives me closer to my dreams every day. It means growing a better version of myself and striving to succeed. It also gives meaning to the small steps that did not seem to make a significant change in my life at some point, but I can now tell how thankful I am for everything I have been through. By Rawan Hamed (Student Researcher, Hungary)





INSIGHT 2021

The MIND foundation

A new EFPSA Partner

The MIND Foundation is a European non-profit science and education organisation that promotes psychedelic research and therapy. MIND offers an educational platform that provides high-quality training for professionals, education for the general public, and self-development for individuals from all walks of life. MIND also organises the biennial INSIGHT conference, which brings together leading experts, professionals, students, and the general public to discuss psychedelic states in basic research, therapy, and human development. From uniMIND academic journal clubs to MIND memberships, there are numerous ways to get involved in the community.

Our friends at the MIND Foundation in Berlin are hosting their second bi-annual INSIGHT conference on September 9-12! INSIGHT 2021 will focus on integrating psychedelic states into basic research, therapies, and human development. Attendees come from all over the world to engage with leading experts from a variety of disciplines and discuss the current state of psychedelic research and its emerging future.

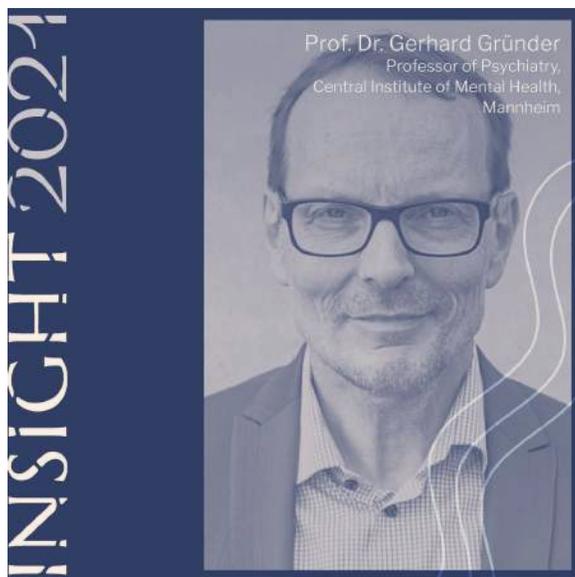
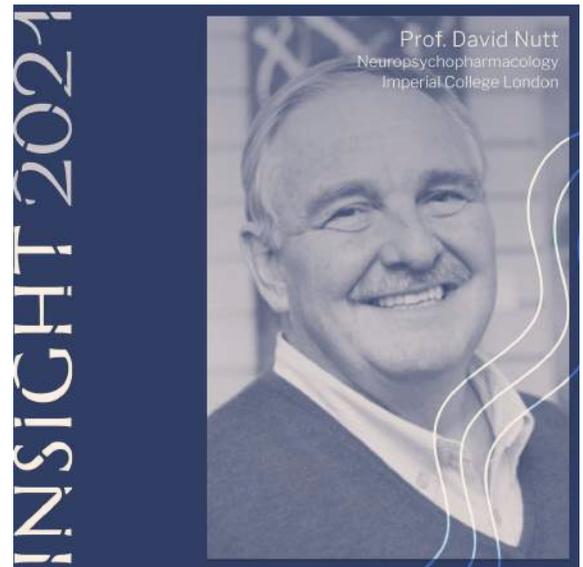
Even before the conference starts, you can experience interactive and hands-on workshops that will allow you to connect with yourself as well as others. During the conference, you can also expect a variety of insightful presentations, and a fun social and art program. If you cannot make it in person, they also have live streaming options available so you can take part in INSIGHT from anywhere in the world. Members of EFPSA's Working Community will have a discount code. Make sure to check out your emails.



We are excited to hear Prof. Dr. Gerhard Gründer, the principal investigator of the EPIsoDE study looking into psilocybin for treatment-resistant depression. He is also a professor at the Medical Faculty Mannheim of the University of Heidelberg, Germany and is directing the new Department of Molecular Neuroimaging at the Central Institute of Mental Health in Mannheim.

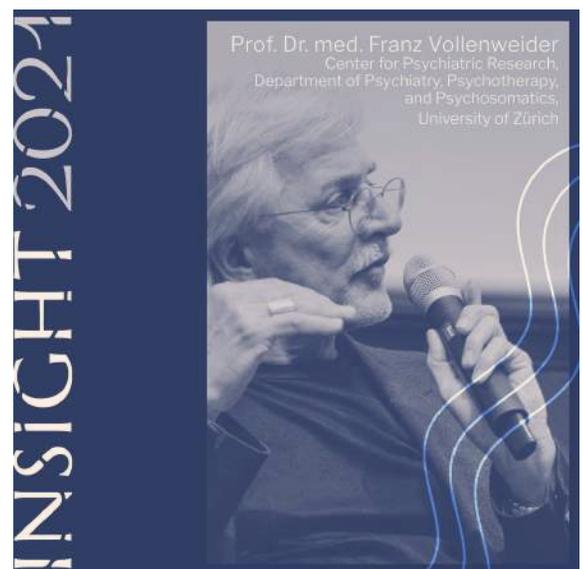
Prof. Dr. Franz X. Vollenweider will speak about the treatment of depression with psychedelics! With over 100 peer-reviewed papers published, he is an expert in his field and has so much to share that we can learn from. These talks, along with many others, will be available to attendees both online and on-site in Berlin.

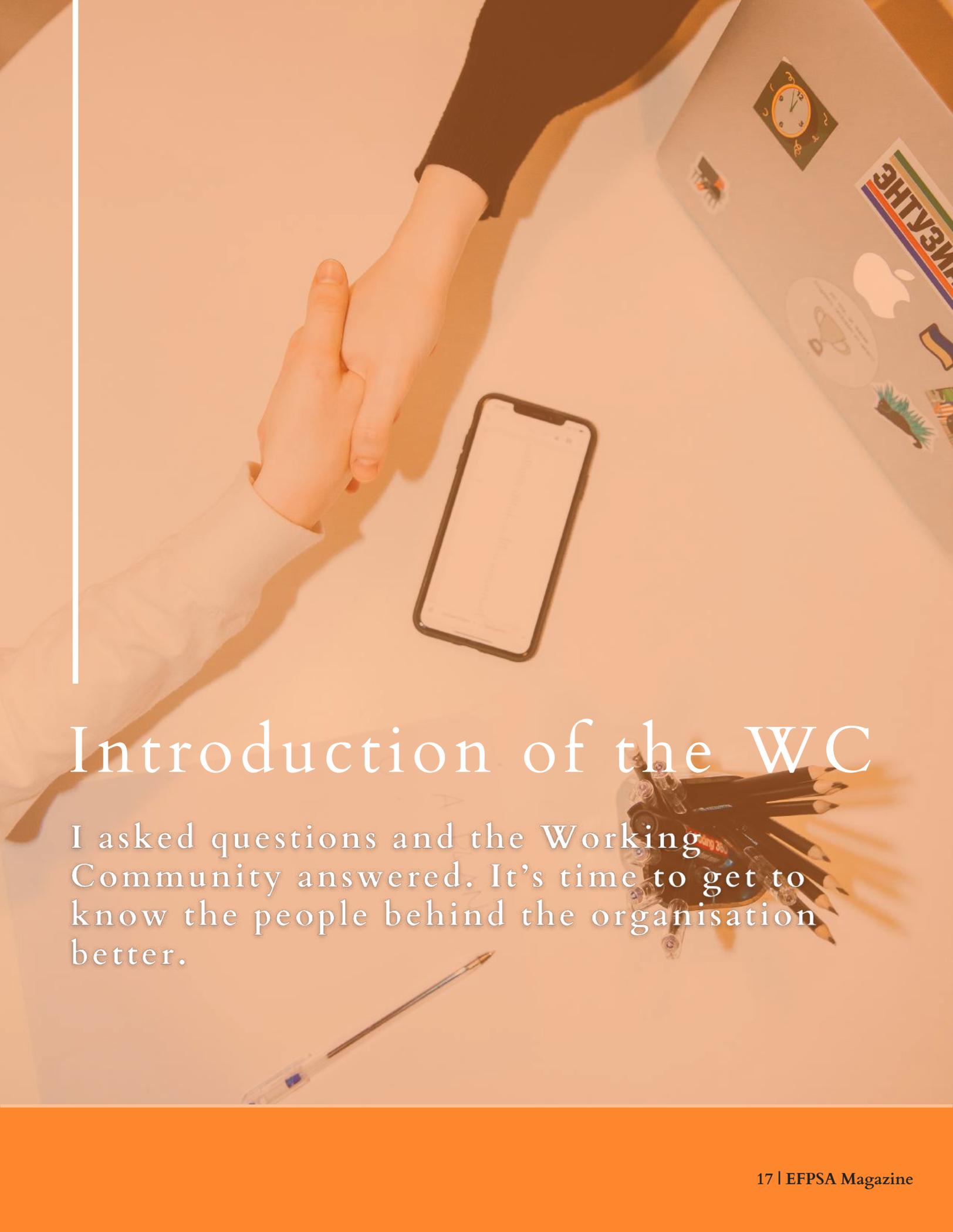
Another notable guest will be David Nutt, Professor of Neuropsychopharmacology at Imperial College London and author of “Drugs Without the Hot Air: Making Sense of Legal and Illegal Drugs”. He is currently the Founding Chair of Drug Science in the UK and the Deputy Head of the Centre for Psychedelic Research at Imperial College London.



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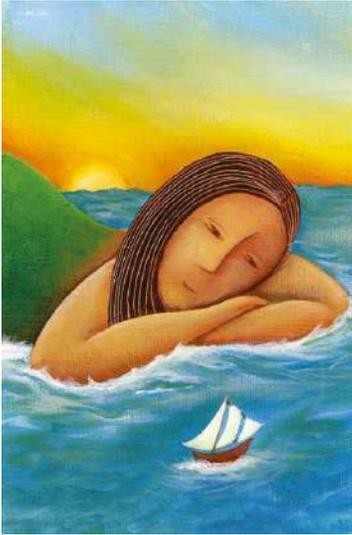
Introduction of the WC

I asked questions and the Working Community answered. It's time to get to know the people behind the organisation better.

DIXIT meets WC

A new beginning and a lot of new people. Different countries, positions, views, opinions, and personalities. Let's dive deep into our fellow EFPSAnauts minds and get to know them.

The Board

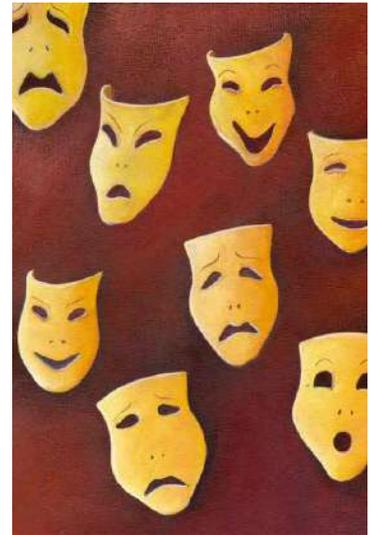


Deianara Couwet - President (Belgium)

I do not really know why this card resonates with me so much. I think it has to do with how relaxed she looks and how she is enjoying the small and simple things in life.

Johann Börner - Vice President (Austria)

“Pineapple.”
It's always this one.



Robert Meyka - Secretary General (Austria)

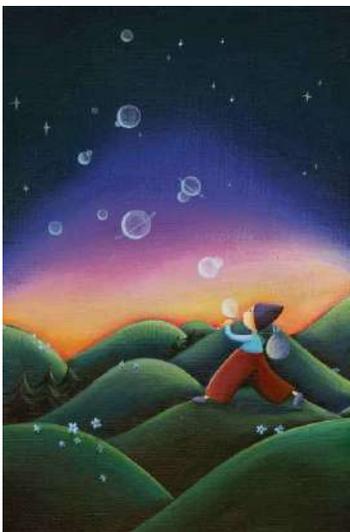
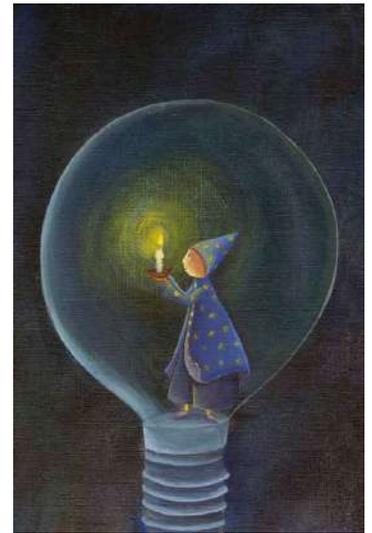
“A surfer, guided by the wind, driven by the soul.”

In my current position as the Secretary General, I get to read a bunch of emails and updates from teams and their projects, which all represent the stars for me in this picture, as so many people are taking such great efforts. During this mandate, I am rather working in the background trying to make the structures of EFPSA work for these projects to be realised, and I love to see what amazing things the EFPSAnauts are producing.

Marie-Claire - Finance Officer (Spain - Ireland)

“Like the waves of the oceans.”

My favourite story as a child was The Little Match Girl by Hans Christian Andersen. Even at the "coldest" of times in life, the mind's eye is incredibly gifted at being able to bring comfort and hope, much in the way a flame does. In this picture, our little match wizard is not confined by the physics of the material world. Although the vacuum of a light bulb's interior would normally put a flame out, here it serves to protect it, almost increasing the illumination of the bystander. I think inside of each of us rests the ability to light a match or not, no matter what the circumstances, similar to the way in which the father figure in the 1997 Italian movie La Vita é Bella protects his son from the full horrors of the Concentration Camp, although this is obviously an extreme scenario and would possibly reflect parental love and sacrifice. Perhaps a more fitting example would be simply how the sunflower looks to the sun. Sadness, suffering and death are all part of life, but in the midst of everything lies the beauty and strength of simple acceptance.



Martina Marie "Martie" Aquilina - Marketing Officer (Malta)

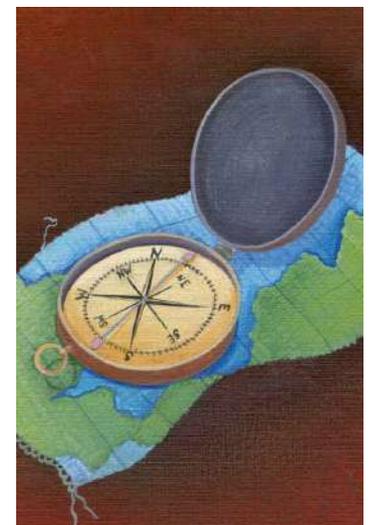
“She is curious and learning about the world that keeps on turning.”

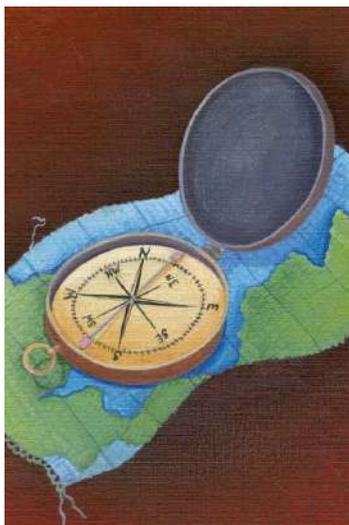
It contains many things that I enjoy; bubbles, space, mountains, and sunset (not necessarily in that order).

Ana Lubej - Academic Affairs Officer (Slovenia)

“I am an art-loving beekeeper and I might love coffee a little too much.”

I chose this card because I love to experience the world and travel.





**Veronika Kocmanová - Member Representatives Officer
(Czech Republic)**

“I am an optimistic and open minded person to all new experiences and people who inspire me.”

I resonate with this card the most. My life is like one long and never ending journey with many diverse directions and places to go, stay or visit.

External Relations Office

Carolina Picciochi - Public Relations Coordinator (Portugal)

“I am happy.”

To me it screams positivity and creativity, and even if that’s not what life is all about, it sure is what EFPSA is all about



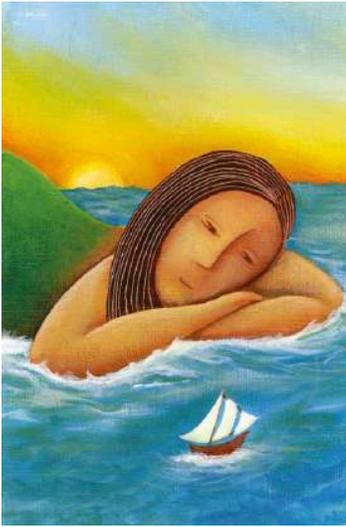
EFPSA Office



Gligoriје Jevtić - Web Support Coordinator (Serbia)

“A dormant division endeavouring a blossoming unity.”

This card has left the biggest impression on me due to its' surrealness - I feel that gazing at this card and/or contemplating it would do wonders to the mind - going against hard-ingrained beliefs and questioning reality, shining light on the dreamlike quality of it all.



Fruzsina Szécsényi - Human Resources Responsible (Hungary)

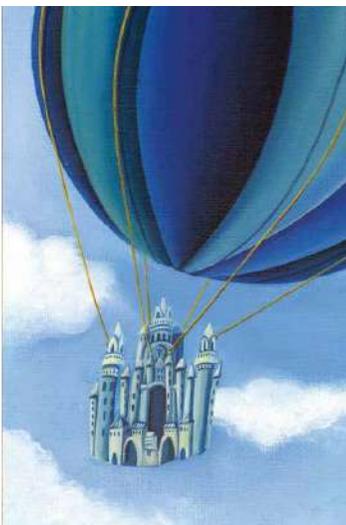
This card represents my connection to and constant amazement by nature.

**Eleftheria Foka - Creative Writer & Editor
(The Netherlands)**

“I am a ‘free elf’. Reflection and craziness define me.”
I feel like there are so many doors and experiences for me to explore in
life.



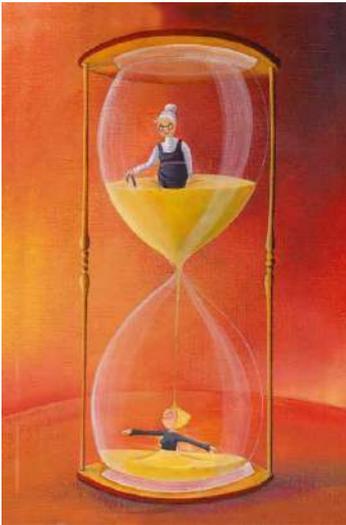
Marketing Office



Ece Koçum - Videographer (Turkey)

“Creative, smart, and mystic.”
It reminded me of alchemy which I love to read about.

Members Office

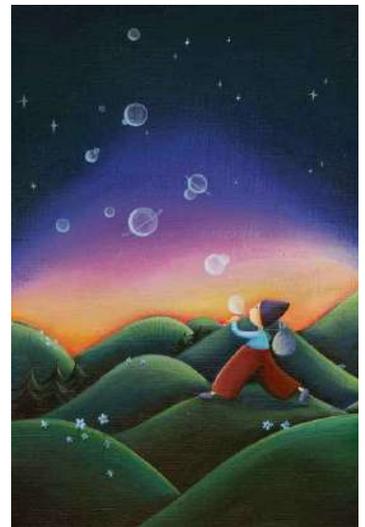


Heidi Iik - Members Office Team Member (Finland)

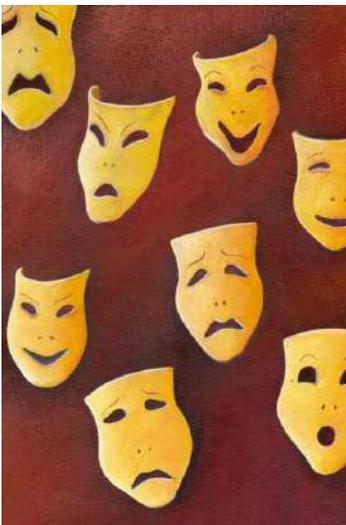
Summer is running away too fast.

Events Office

Francesca Camilleri - Coordinator of Joint EB&MR Meeting Org Com (Malta)



Journal of European Psychology Students (JEPS)



Ana Julia Ferreira - JEPS Editor (UK)



Ivana Cilevska - EFPSA RP Research Responsible (North Macedonia)

“I love to spread joy and love. Hugs are one of my favourite things because kind people are my kind of people.”

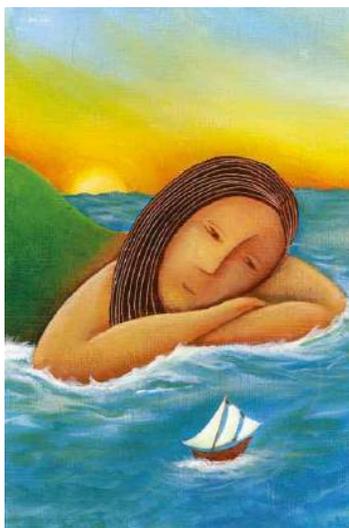
I chose this card because I always feel like I am moving forward no matter what I do. The door for me represents the beautiful unknown.

Social Impact Initiative

Jona Lara Šrajc Štravs - SII Team Member (Slovenia)

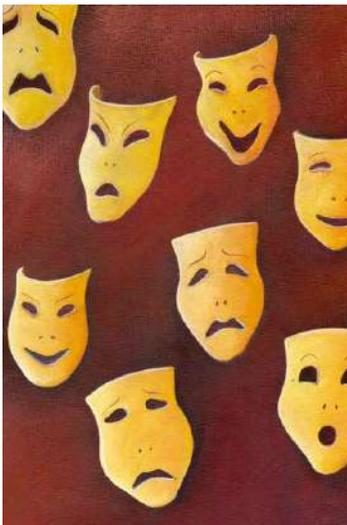
“A bit all over the place, I always want to do everything at once.”

This card seems the most fun :)).



Tjaša Hauptman - SII Team Member (Slovenia)

The girl in the picture looks so peaceful, relaxed, and like she is enjoying her time near the sea. I resonated with it because I also feel most relaxed when I am at sea. I am always dreaming about it when going through hard times. I love peaceful evenings and the beautiful sunsets that come with them.



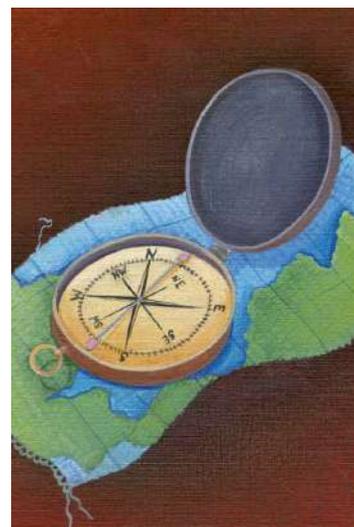
Jelena Spasić - Project Responsible BT (Serbia)

“I am an extroverted, empathetic, and easy-going (...and all the other adjectives that start with the letter 'e') person, with a burning passion for making the world a better place while touching as many lives as possible.”

I resonate with this card most, not only because I love the Jungian explanation of Persona, but because I affiliate this DIXIT card with acting. I have been in acting schools since I was 7 years old, and I am infatuated with the feeling that I can be whoever I want, whenever I want to, and see the world from multiple perspectives.

Marta Barros - Project Responsible MtM (Portugal)

“Determined to make the world a better place but do not know how yet!”
I love travelling and going camping, so maps and compass are a must! It also speaks to the fact I am still looking for my path and role in the world.



Study and Travel Abroad



Pia Neza Šorli - STA Coordinator (Slovenia)

This card resonates with me because I am always with my head in the clouds, making some insane plans.

**Emre Birced -
Training Image Responsible
(Turkey)**

“A human being who is creative and musical.”

The reason why I chose this card is that I am curious about our species. Therefore, I would love to discover what we really are and why we act in certain ways.



**Lara Dolenc -
Trainers' Community Responsible
(Slovenia)**

“A girl that follows her path and appreciates every step on the way.”

The picture reminds me of my feelings when I stop, breathe and give myself space to realise and remind myself about the purpose of why am I doing this. It fills me up with energy and motivation to continue my work even when it gets hard.



Sara Lončar - Internal Training Responsible (Croatia)

"Somehow I manage." (MGS)

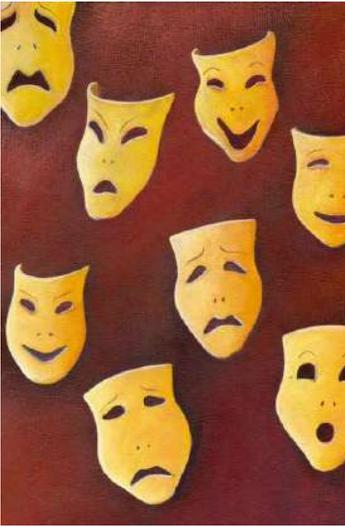
Currently, I resonate the most with this card. Why? Because this person seems like they are on some kind of an adventure. There are a lot of hills around, which means a lot of ups and downs. At the moment, that is what my life looks like. The important thing in this picture are the bubbles - for me, they represent the meaning of the journey, a reminder that we should carry around with us. If we ever get lost in the ups and downs, we can always look up and find our bubbles, our moments of beauty, optimism and fun. :)

Member Representatives

Urška Filipič - Slovenia

“A simple girl, from a small village that likes to take upon new challenges.” I am not really sure why, it just resonates hope and ambition, which are two qualities I like to think I have as well.





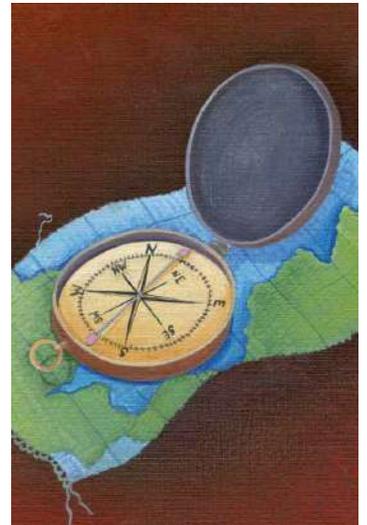
Zuzana Písečná - Slovakia

I always try to find the light in the dark in every situation.

Elettra Bernardi - Italy

“Oh no! It is the most difficult question ever! I would better ask my friends
and then tell you LOL.”

I truly love this image, it is so coloured, and colours have always fascinated me so much! When I was a kid, I used to spend hours a day colouring (Rorschach would have been inspired). On the other hand, I like the idea that the entropy of these dreamy planets is balanced by the order given by the abacus. I feel like it represents my personality, as I can be both a creative and a methodical person.



Jaime Martín Fernández - Spain

“I see myself as a hardworking person, always eager to help others.”



Adéla Vyhňáková - Czech Republic

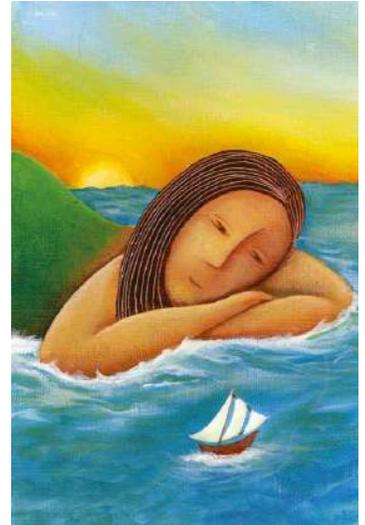
“Future psychologist with a passion for cars and books.”

I chose this card because “Books are a uniquely portable magic.” - Stephen King

Frida Røvik - Norway

“I love people and organising!”

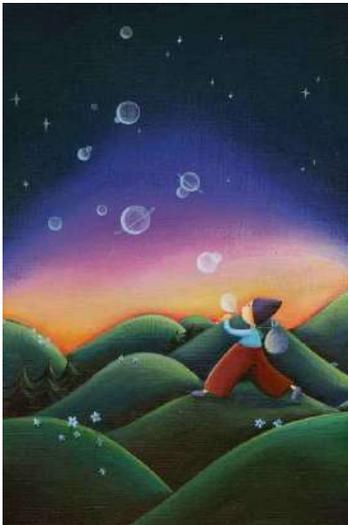
Right now, I am on a holiday and I resonate the most with this one; relaxing in the water, daydreaming about the future.



Jesse Rijdsijk - The Netherlands

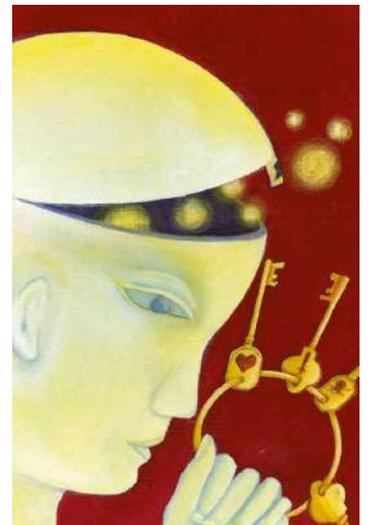
“An optimistic man that loves life and is on a mission to aid humanity in its collective awakening.”

I love the scenery, love the landscape, and the bubbles slowly rising in the wind feels like a representation of the multiverse.



Jana Pavlovic - Serbia

“I cannot decide.”
Everything is in our heads!



Summer Holiday

What would the best summer holiday look like? If you are looking for travel buddies, check who you should make plans with!

Mountain Vacation

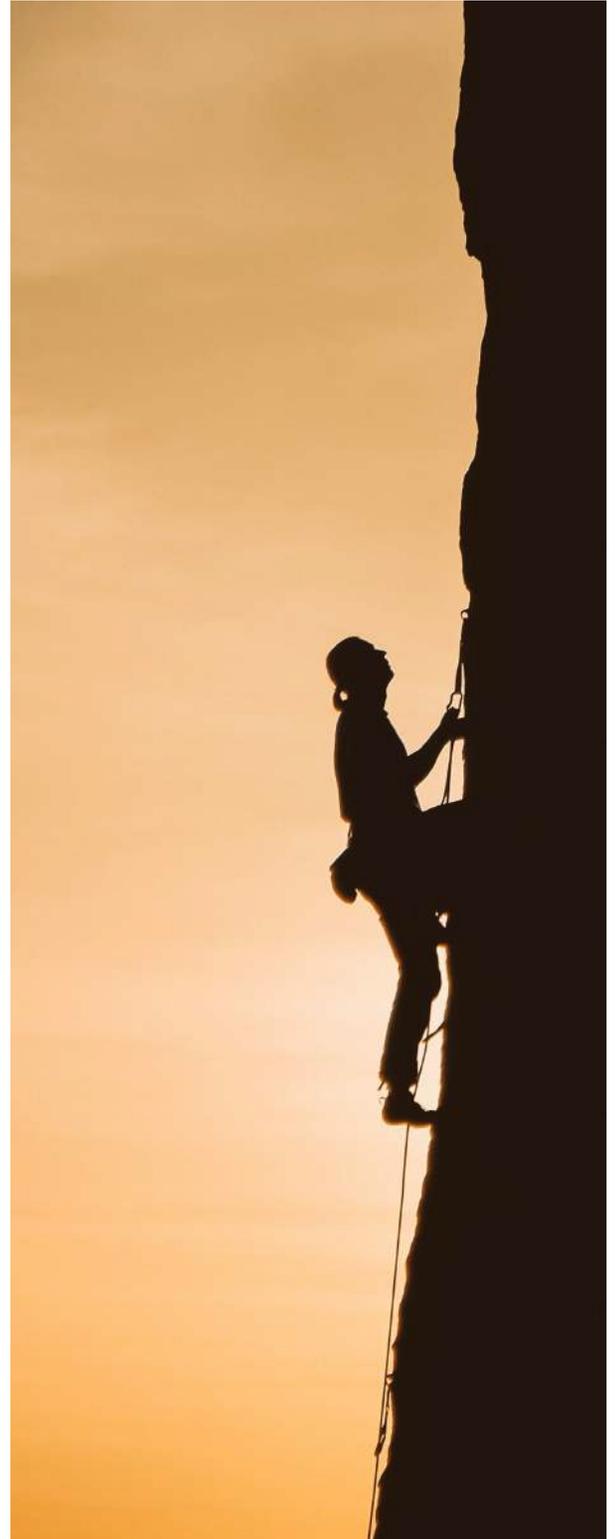
Martina Marie "Martie" Aquilina: I find myself going for mountainous destinations as there are none for me to visit in Malta. The clean air and the views are in the definition of the Sublime.

Urška Filipič: In a world where many of us are mainly tired from mental work, mountains offer a perfect relaxation where you are tired physically, but your mind is clear. It gives you time to think, be in nature, and most importantly, the signal is often bad, so you can truly take a break from your tasks.

Jona Lara Šrajter Štravs: I do not really like heat because it makes me slow and tired, which is why I prefer places with higher altitudes. Also, although I love a good city vacation, I would rather (at least now as a student) go on an outdoorsy vacation where I can spend a month instead of a week on the same budget.

Jaime Martín Fernández: I choose holidays in the mountains since it is in nature where I unwind best. Moreover, my family comes from a village near a rural Spanish city called Ávila.

Francesca Camilleri: Since Malta is an island I get enough beaches, islands, and cities alike LOL. However, we do not have mountains, so a week in a snowy cabin sounds amazing (especially with the heatwave we are having this summer).





City Vacation

Zuzana Písečná

Frida Røvik: I do love hiking and camping, I am from Norway so that is mandatory. But after 1,5 years of COVID-19, I am craving that city vacation to a foreign country!

Ana Lubej: Because in the cities you can experience different cultures.

Road Trip

Heidi Iik: I think I could use any type of holiday at the moment, but I chose a road trip because I feel like I have been stuck at home too much and aimlessly driving around sounds like a good change.

Deianara Couwet: In my opinion, a road trip can have a bit of everything! You could go to the beach for a day, visit a city, go to an island, go to the mountains, go camping for a few days, etc. It is an all-in-one package, and there are no limits as to what you can do! I like road trips because you can be spontaneous while just following your heart and do whatever you want to do.

Elettra Bernardi

Robert Meyka: In my vacation, I would like to see many places while also doing this in my very own time. During a road trip, you get the freedom of choice where and when you want to go. I prefer taking a long train ride where I stare outside the window with some good music over a car trip, even though both are fun in their own way!

Marie-Claire Enright: I like to feel free on vacation, not stagnant, and take in as much as the world has to offer with as few constraints as possible, including time. Preferably I think a camper van would be fabulous.

Jelena Spasić: Road trips mean that you are never attached to one place, you are always on the go, and always ready for something new and exciting. I have always had the most fun on road trips, surrounded by spontaneous people, good conversations, and even better, music.



Ivana Cilevska: Road Trips are so fun because you get to visit many different locations while having fun and adventures on the road. But I also love city and island vacations. It is the people who make the vacation special, not so much the place.

Adéla Vyhňáková: Because I love driving.

Jesse Rijdsdijk: Because I love travelling and seeing new places. The idea of a road trip represents freedom for me.

Carolina Picciochi: I feel like a road trip is an awesome way to get to know people (and even yourself). That is a passion of mine!

Pia Neza Šorli: Because I think you have a lot of freedom; you make your own schedule and it is so easy to explore.

Gligoriije Jevtić: I would have chosen every style, to be honest, and a road trip could actually include all the others as well ;)

Jana Pavlovic: I can always turn left.

Island Vacation

Lara Dolenc: I think that every island has their own secret spots with stories that I love to explore.

Ana Julia Ferreira

Ece Koçum: Islands are quieter, so it is better for chilling.

Tjaša Hauptman: It could be the perfect balance between hanging around, relaxing on different beaches and walking around exploring the island's foreign culture.

Emre Birced

Sara Lončar: I love islands, especially the less crowded ones. I love the clear sea, the chill mindset you slip in so easily, and the quiet peace that surrounds you every step of the way.

Fruzi Szécsényi



Beach Vacation

Johann Börner: The beach has everything. You can go for a swim if you want to. If you spill a drink, it is probably not that bad because it either goes into the sand or your swimwear since they are the only clothes that you are wearing. You can get a tan, which is particularly important when you have no sun for the winter months. Also, I have never lived near a beach.

Camping vacation

Veronika Kocmanová: I love camping for its freedom and connection with nature.

Marta Barros: I love camping, and most holidays I go camping! I love being surrounded by nature.

Eleftheria Foka: I really feel free and can empty my mind during a camping vacation. Nothing can get to me when I lie under the stars.



Interested in more about the WC?

Are you curious to find out more about your fellow EFPSAnauts? I thought you were! That is why I already asked them about their connection to EFPSA, about themselves and their views on holidays. Go ahead and check what they had to say.

How does your personality fit in EFPSA? / How do you resonate with EFPSA?

I believe EFPSA is full of energy and a positive atmosphere – sometimes I lack enthusiasm, so I enjoy working in an environment that encourages that.

(Urška Filipič)

So far, the dynamic suits my working style very well, since there are many things to do, but (at least within the SII team) there is also a good measure of flexibility in when and how exactly one can do them. I feel like everyone is always open to various suggestions, which helps to keep the motivation high.

(Jona Lara Šrajter Štravs)

The end does not justify the means. I believe that most people in EFPSA prefer to use ethical means regardless of the personal outcome.

(Marie-Claire Enright)

I believe in EFPSA, share a lot of common values, and I truly enjoy interacting with EFPSA people. I love the spirit of diversity, acceptance, the openness, and the growth mindset that I somehow always encounter within EFPSA.

(Sara Lončar)

I am an open person. Open to new experiences, to new people, and new challenges. I do need a push now and then, but EFPSA is the perfect place for this. In EFPSA, wherever you look there is a chance to experience something new while also learning something about yourself.

(Johann Börner)

In my opinion, my personality fits the concept of mutual help within EFPSA. For an activity to take place in a creative manner, I reckon it is necessary to collaborate with others. EFPSA's philosophy and structure allow this cooperation to take place. Also, I am a very curious person and from my point of view, the constant feedback from EFPSA (with all the events and projects that take place) allows me to use my skills to their fullest.

(Jaime Martín Fernández)

I am very extroverted, so I love to get to know people and connect with them on so many levels.

(Ivana Cilevska)

I see a huge value in voluntary work in general because I believe I can learn a lot from it. Related to EFPSA, self-motivation, dedication, and personal growth are very important traits to me, and I see other EFPSAnauts who have similar values that keep us interested and motivated to all the activities.

(Veronika Kocmanová)

I am an obvious extrovert, so I gain a lot of energy from meeting new people with good ideas which we can develop together. Also, I am an idealist and believe that we can find great solutions working together towards a better and more connected world.

(Frida Røvik)

The core values of EFPSA resonate with me. My initial motivation to study psychology was to help people and EFPSA facilitates its processes by helping, supporting, and guiding psychology students. EFPSA has the potential to create more capable psychologists in the future, which might result in more healing in society.

(Jesse Rijdsdijk)

EFPSA is a place where people can feel safe being who they are and living as they do, where everyone is valued as an individual. This makes it an unbelievably supportive and productive environment to grow professionally and as a person. I like to believe that I also offer the same "safe space" for the people around me :).

(Carolina Picciochi)

1. People describe me as open-minded and approachable, which seems like good traits to have as an EFPSA member 2. I enjoy my work in EFPSA, I appreciate being a part of a students' organisation which is also a psychology student organisation LOL.

(Gligoriije Jevtić)

I think I fit in EFPSA because I love new experiences and meeting new people.

(Ana Lubej)

One word: Openness.

(Eleftheria Foka)

Why did you decide to join EFPSA?

As already mentioned, I love new challenges, and from working as a volunteer for the campaign Mind the Mind, I wanted to see the organisation is behind it.

(Urška Filipič)

Because of new experiences, new friendships that are connected through an interest in psychology.

(Zuzana Písečná)

I decided to join the Working Community of EFPSA to give back the knowledge and skills I gained throughout various projects like Train the Trainers Summer School and the Scientific Programme of EFPSA Congresses, while also trying out new things and learning in a way that would not be possible in an internship or a job. Through volunteering, you receive more freedom to explore your working and leading styles in various projects, while also receiving a whole bunch of responsibilities (which can be intimidating at times, but also intriguing as people put their trust in you). Also, working in EFPSA can be very meaningful, as you see your projects having an impact on individuals and society. Even more important than that, in EFPSA, you can work together with people from all over Europe that share the motivation of shaping psychology. They all want to explore this path together with you. With these amazing, and dedicated people (or friends), you can collaborate on an international level, dive deep into a team of critical thinkers, gain insights from many diverse perspectives, and get the support to dare to think outside of the box. During a challenging and yet successful mandate of 2020–2021, the Training Office made incredible things happen despite the pandemic, which made me realise how willing my teammates can be to offer training services. As a part of the Training Office, I had the pleasure to meet different teams of the Working Community, deliver training sessions for them, and learn how they work within the structures of EFPSA. I gained many friends along the way and gained ideas to develop EFPSA even more. With the advice from the previous Board, I came to the conclusion that I wanted to join the Board myself. Now, I am admittedly a bit intimidated by the responsibilities that come with my position, yet even fascinated by this huge organisation and by the awesome people that I work with!

(Robert Meyka)

I wanted to help and be helped.

(Marie-Claire Enright)

I was a Better Together Local Coordinator for two years, and I absolutely fell head over heels for the campaign. Knowing I had more to offer, I decided to apply for the position of Better Together Project Responsible. I was lucky enough to be selected and given a chance to do what I love most.

(Jelena Spasić)

EFPSA, from my point of view, is a beautiful community that stimulates growth in so many ways, professionally and personally. I have always felt good around EFPSA people and in EFPSA events. I see many challenges and opportunities that being a part of this organisation brings. For me, this is the environment I thrive in.

(Sara Lončar)

I wanted to become a part of this organisation to challenge myself and take that step to get out of my comfort zone. I have never been a part of such a big and multicultural organisation, but I am glad that I decided to join because it has been an amazing experience so far.

(Ivana Cilevska)

I decided to become an MR after many months of working in CEP-PIE's (Spanish MO) department of international relationships. Not only Daniel Martín (our former MR), but also the rest of the department gave me the will and the strength to bear this responsibility. Thus, I wanted to help the department and my MO in any way I could.

(Jaime Martín Fernández)

At the beginning of my studies, I knew that I wanted to make the most out of my student life and learn as much as I could in the meanwhile. I believe EFPSA provides many amazing opportunities for both professional and personal growth. I am certain that I would have never been where I am now without joining EFPSA and meeting many lovely people from all around Europe.

(Veronika Kocmanová)

I thought that being part of EFPSA is an amazing opportunity to learn something new and get to know people from different countries.

(Adéla Vyhňáková)

I heard that the EFPSA gatherings were epic! But I have yet to attend a physical one myself. Hopefully in Portugal in November!

(Frida Røvik)



I was looking for a challenge, something new, something where I can broaden my horizon by connecting to different kinds of people.

(Jesse Rijdsdijk)

I love advocating for mental health and what better way than to join EFPSA? I am able to advocate in an amazing organisation with great standards and with European recognition!

(Marta Barros)

I decided to join since EFPSA revolves mostly around travelling and meeting new peers!

(Francesca Camilleri)

I decided to join EFPSA because it made a difference in my life, and I felt I had to embrace both the need to give back and the opportunity to do so!!

(Carolina Picciochi)

I had a gut feeling that it was the next step on my life path, and it would lead me to where I want/need to be.

(Gligorije Jevtić)

I decided to join EFPSA to work in an international environment as well as develop personally and professionally. Also, to meet new friends!

(Ana Lubej)

I wanted to join EFPSA because I felt the need to do something meaningful.

(Fruzi Szécsényi)

What do you think about EFPSA so far?

EFPSA is a group of enthusiastic, ambitious, energetic, and extremely capable young people that work towards improving our world through various projects and working groups.

(Urška Filipič)

When I first got into EFPSA I was amazed by the proactivity of all the Working Community despite the COVID-19. I can not wait to meet all these people in person and I am excited about all the projects EFPSA is carrying on.

(Elettra Bernardi)

I love it! It has been a great pleasure to be working with motivated and committed people so far. I think I will learn a lot in the rest of the mandate. More importantly, though, everyone I have met so far is just amazing, and I am really glad to have the opportunity to meet like-minded people from all over Europe.

(Jona Lara Šrajcer Štravs)

Nothing in life is perfect, but EFPSA tries to come pretty close.

(Marie-Claire Enright)

I have loved being a part of EFPSA so far, and a huge part of that is my amazing, creative team. Even though we are only three months in, I consider each and every SII member family. All in all, EFPSA gives me security, acceptance, freedom, and appreciation.

(Jelena Spasić)

I love it :) I love that it has so much to offer, and still, so much space for improvement with the help of new ideas!

(Sara Lončar)

I love it! The energy, the people, the lovely emails, and the meetings. It is really inspiring and motivating.

(Ivana Cilevska)

EFPSA is an incredible opportunity to connect with others and develop personally and professionally.

(Jaime Martín Fernández)

It might be hard to explain/understand what EFPSA means and does unless you join the Federation. Once you do so, EFPSA becomes an addiction, part of your lifestyle. It is hard to leave.

(Veronika Kocmanová)

I could tell already from the first couple of meetings that this is a community with such unique qualities in terms of engagement, competence, and warmth. I feel lucky to be part of the Working Community.

(Frida Røvik)

I really like it. The level of optimism and positivity that radiates from its members is exactly what I was hoping to find when joining. I feel that our love for psychology connects us in terms of mutual willingness to help others. It creates a beautiful space. I feel that this also contributes to the amount of creativity and efficiency!

(Jesse Rijdsdijk)

I love it!!!!

(Marta Barros)

EFPSA is, without a doubt, one of the biggest challenges I have ever taken. It also is one of the most wonderful organizations I have ever been a part of.

(Carolina Picciochi)

I think EFPSA is like a big family where everyone supports each other, and everyone needs to invest in it in order to make it better.

(Pia neza Sorli)

All the best (so far, LOL).

(Gligoriije Jevtić)

I really like it! I met so many welcoming amazing people!

(Ana Lubej)

If the whole Working Community of EFPSA would go on summer holiday, where should we go?

We should go camping – no matter where. I just know we would enjoy it.

(Urška Filipič)

Anywhere at all where the temperatures are below 30 °C.

(Jona Lara Šrajter Štravs)

Turkey :).

(Ece Koçum)

To the Austrian Alps, but possibly on a cruise ship around Europe so that people can hop on and off with less personal expense.

(Marie-Claire)

I do not think the place itself would matter. Any place where we could finally meet in person, get to know each other and have fun. Socialising events would be an absolute delight.

(Jelena Spasić)

Croatian islands <3.

(Sara Lončar)

Malta! I had my first congress there, plus EB&MR Meeting will happen in Malta. So we could just go there a bit earlier and enjoy the island.

(Johann Börner)

To the coast of Spain. We can all explore the cities around us as well as enjoy the sea.

(Ivana Cilevska)

I would like to go anywhere without any WiFi, mobile data, and network connection. :D

(Veronika Kocmanová)

To visit our partners/friends in the PsySSA Student Division from South Africa, which is an amazing country where I have studied myself.

(Frida Røvik)

Costa Rica.

(Jesse Rijdsijk)

Maybe an island or a place where it is possible to do camping, relaxing on the beach, and sightseeing so that everyone could do what suits them better.

(Marta Barros)

Somewhere colourful - like Cuba!

(Francesca Camilleri)

WE SHOULD ALL DO AN INTERRAIL!!!! We could couch surf and show off our different and fascinating cultures!!

(Carolina Picciochi)

Ahhhhhh hard one - somewhere in Italy (as a welcome to EFPSA-kind of a thing)?

(Gligoriye Jevtić)

To Japan!

(Ana Lubej)

We should definitely go to Kefalonia (a Greek island where I'm from) so that I can show everyone around and make everyone feel the hospitality.

(Eleftheria Foka)





Given the choice of anyone in the world, whom would you want to go on a summer holiday with, and why?

Cheesy, but true: with my friends because I feel comfortable with them, but at the same time, we are different enough, so that I can always learn something from them as well.

(Urška Filipič)

I would like to go with Socrates since we can walk and talk about life, what we do not know, and so on.

(Emre Birced)

With my boyfriend because we have the same idea of a holiday. Also, we would both enjoy the chill mindset that we share during our holiday.

(Sara Lončar)

My best friend because it would be such a great experience and we would have lots of fun.

(Ivana Cilevska)

If I was given the choice, I would go on a holiday with three of my friends on a tour around Europe. I have never been able to travel with them, and sharing that experience would fill me with glee.

(Jaime Martín Fernández)

I love every moment with friends of mine from the Water Rescue. We spend lots of time together, but mostly when we are volunteers at children camps. Therefore, I would love to go on a proper summer holiday with them where we could just enjoy the time together.

(Veronika Kocmanová)

Friends who live in other countries who I have not seen in a long time!

(Frida Røvik)

John Mayer to make songs and chill.

(Jesse Rijdsdijk)

I would probably want to go solo. I have never been on holiday alone, and I feel like I might get to find out some things about myself that otherwise, I might never get to do so.

(Carolina Picciochi)

Ken Wilber - he is one of my favourite people. I would like to see what he is like in person and have a lengthy talk with him ;) check out his work.

(Gligoriije Jevtić)

My friends abroad, who I have not seen in close to a year.

(Ana Lubej)



What would constitute the "perfect" summer holiday for you?

Good company and good food. Anything else is just a bonus but not a necessity.

(Urška Filipič)

Spending a month or two on the Lofoten islands with my partner and perhaps a couple of friends. I would wake up late every day, have breakfast with the most amazing view, go climbing until midnight and never be in any rush to get back since the sun would always be up. Then I would fall asleep to low-quality amateur music played by some Eastern European climbers camping in the same car park and do it all over again the next day.

(Jona Lara Šrajcer Štravs)

History, fun, and comfort.

(Ece Koçum)

Windsurfing, meditation sessions, a pack of good friends, cold drinks, and no internet ;).

(Robert Meyka)

Not having to worry about anything and being able to change like the tide. An ideal holiday would be a long holiday covering various cultures and cuisines in as natural settings as possible.

(Marie-Claire Enright)

Just an island in all its beauty, with beloved people, a nice kitchen, wonderful views, loads of chill, and a good atmosphere. :)

(Sara Lončar)

One week, in a city near the sea. EFPSA people with me or maybe a few of my closest friends. We would watch the sunrise over the sea in the morning, enjoy the water, explore the cities and go sightseeing. At night, we could have campfires on the beach, go clubbing or just walk around. We would have many opportunities to have an amazing holiday.

(Ivana Cilevska)

From my point of view, the "perfect" summer vacation is a quiet one. I would spend time relaxing with my family in their home village or take a trip with friends so, we can discover new things together. But, no matter the type of vacation, my top priority is being able to relax and unwind.

(Jaime Martín Fernández)

I do not have high demands for a summer holiday. I would be very happy in nature and in the mountains, but most importantly I would be with the people who I would love to spend my holiday.<3

(Veronika Kocmanová)

A busy summer with a lot of plans, with family and friends. Maybe a visit to the countryside, hiking, or travelling to new countries and places? Preferably by train! #travelgreen.

(Frida Røvik)

Being present and amused with beautiful scenery.

(Jesse Rijdsdijk)

Museums, musicals, good weather, good food, good company :).

(Carolina Picciochi)

Travelling in a way that you spend most of the time with locals; getting to know their culture, trying to be part of it for the time you are visiting.

(Pia Neza Šorli)

Good health, a relaxing natural ambience, perfect music, dance, and engaging in making music and dancing with other lovely people.

(Gligoriije Jevtić)

Going somewhere completely new, where I have never been, with my friends.

(Ana Lubej)

Nice company, lots of laughter, cosy and crazy moments, and good food. The location does not matter.

(Eleftheria Foka)



Training Corner

If you would like to develop your skills, then this section is for you. On this issue you can read about mindfulness and explore the topic as if you were in a training room.

Mindfulness

Think!

What do I know about mindfulness?

What does it mean to be fully present at the moment?

What is the value of being fully connected with my mind and body?

What is the importance of mindfulness during holidays?

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally,” says Kabat-Zinn. Further on that, mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. This further means that mindfulness involves acceptance, we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment.

Mindfulness is something we all naturally possess, but to make it available we should practise it daily.

Important to note that there is growing research showing that when you train your brain to be mindful, you are modelling the physical structure of your brain.

The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes.



Why practise mindfulness

Mindfulness helps your body to thrive: Athletes around the world use mindfulness to foster peak performance— university basketball players practising the acceptance of negative thoughts before games.

Mindfulness boosts creativity: Through writing, drawing, or colouring the person activates the paths in the brain that lead to creative thinking.

Mindfulness strengthens neural connections: New neural pathways and networks in the brain are being built, boosting concentration, flexibility, and awareness.

Do you now see the useful part of Mindfulness during holidays?

Holidays are the opportunity to fully relax and disconnect from our routine, from the fast rhythm of daily life.

How can we do that if we are connected to our mobile phones, if we still read emails and answer phone calls, if we still discuss job-related topics or stress-related topics with friends and families?

When we do that, we make ourselves repeat what they feel and what they do during working days. Our holidays are just like every other working day and not the break we were hoping for.

Is this healthy? Is this helpful for our comeback?

Think - Pause - Feel and Live the present moment being fully connected with your body and mind!



The Basics of Mindfulness Practice

Here's how to use and apply mindfulness throughout the day:

Set aside some time. No special equipment is needed but you do need to set aside some time and quiet space.

Observe the present moment as it is. The aim is simple: pay attention to the present moment, without judgment.

Let your judgments roll by. When we notice judgments arise during our practise, we can make a mental note of them, and let them pass.

Return to observing the present moment as it is. Our minds often get carried away in thought. That is why mindfulness is the practise of returning, again and again, to the present moment.

Be kind to your wandering mind. Do not judge yourself for whatever thoughts crop up, just practise recognising when your mind has wandered off, and gently bring it back.

That is the practise. It is often said it is very simple, but it is not necessarily easy. The task is to just keep doing it. Results will accrue.

Give it a try now!

Start by Grounding

Before you start your mindfulness practise take a moment to ground yourself.

Every mindfulness practise starts similarly - with a moment to get grounded. This is something you can do in your own way - but one thing that should always be a part of it is a couple of slow deep breaths!

The first step in getting grounded can be just one slow stretch - spreading your arms to both sides, and above your head, and just gently stretching them while taking a nice deep breath. Stretch any parts of your upper body that seem tense. Roll your shoulders backwards, and gently stretch your neck. Then, find a comfortable place to sit. Either sit in a chair, or on the floor with your legs crossed or in the lotus position. Some of the meditations can be done standing or lying down, however in general, the best position for meditation is sitting down with your back erect. If you are new to meditation, you might need to use back support, such as leaning against a wall. It would be helpful, if you're on the floor, to sit on a small cushion or folded pillow. Remember to turn off the phone and prevent any other potential distractions.

Once you feel settled in your position, you might do an optional visualisation to strengthen your grounding: draw your attention to your feet or place where your body is touching the ground and imagine that you are a tree with roots extending from below you down deeply into the ground. Now, direct your attention towards your breathing. Try to breathe from the abdomen, rather than the chest. Feel your belly rising and falling. Breathe normally, at your own pace, without straining. Watch your breath rise and fall, in and out, come and go. Each breath is different. Each is unique. Some will be shallow, others deep. Some will be slow, and others fast. Do not try to change your breathing. Simply watch it as an observer. Notice how when you fill your abdomen, your lungs fill as well. Feel the air rushing in to fill your body from the bottom upward. Feel the air passing through your lungs, over your heart, and into your throat . When your attention is directed toward your heart area, listen for your heartbeat. Feel it in your chest. You are now well-grounded and can move onto the mindfulness practise.

Tip: If you are doing one of the very short meditation practises, it is ok to skip this whole grounding process -instead, take just a couple of seconds to take a couple of long, slow, deep and relaxing breaths.

Mindfulness Exercises to try

The Raisin Exercise

All you need for this exercise is a raisin or similar food that has texture, odour, and taste. Sit comfortably and pick up the raisin. Focus first on how it looks. Look at its veins and its pits. Next, think about how it feels, and think about the texture. How does it feel on your skin as you feel the raisin? Finally, take in its smell and then at the end of the exercise eat the raisin and focus on its taste.

The Body Scan Exercise

For this exercise, you will either lie flat with palms up or sit in a comfortable chair. You will not move during this exercise if at all possible. If you must shift for comfort, do so slowly and mindfully. First, you are going to become aware of your breath. Do not try to change it, just be aware of it.

Next, you will focus on how your body feels part by part. Start with the toes, then move to the feet, the lower legs, knees, thighs, pelvic area, abdomen, chest, back, hands, arms, then the neck and end with the face. Spend at least one minute "scanning" each part of the body before moving on.

Seeing mindfully

You will need to be in a room with a window for this exercise. Sit comfortably in front of the window and look outside. Observe everything about the scene in front of you. Do not try to label things such as stop signs or birds. Instead, focus on colours, shapes, and movement. Take in as much of the scene as you can, keeping your mind focused on the scene in front of you.

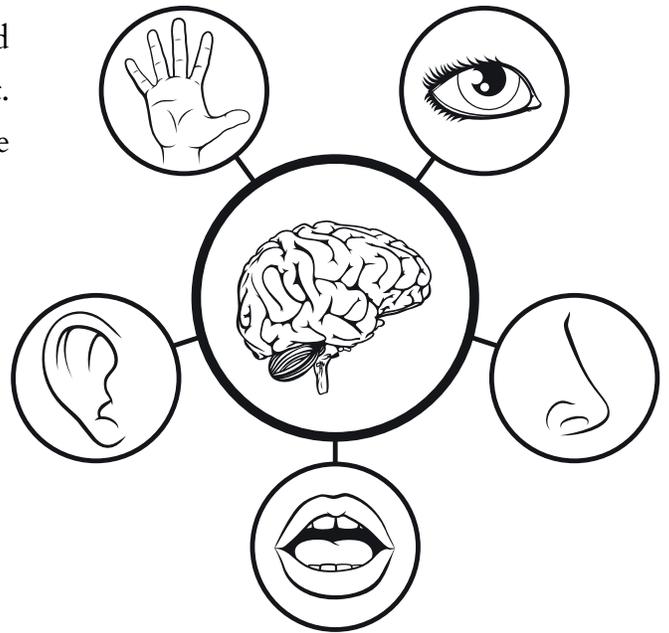


Five Senses Exercise

The five senses exercise is one that is frequently recommended for those with anxiety or big stressors. It is meant to be done in the heat of the moment. You can do this exercise quickly without any tools, any time, to help you ground and center yourself to tackle problems head-on.

First, stop what you are doing. Just completely stop and decide that you are going to be mindful for a moment. Don't let what is going on prevent you from doing the exercise. Try to stop all activities and all thoughts.

Next, you're going to focus on the five senses. Find five things you can see, four things you can feel, three things you can hear, two things you can smell, and one thing you can taste. This exercise can be done very quickly if you are pressed for time, or you can take the time to observe each thing you come to as you explore your senses.

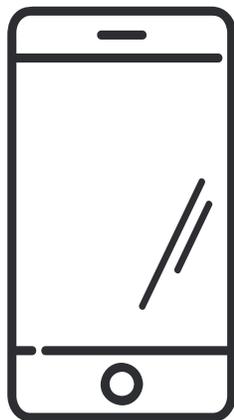


Breathing Space Exercise

The three-minute breathing space is another mindfulness exercise that you can do any time, no matter how busy you are or what you are doing. This exercise is very good for people with busy minds who have trouble focusing on any one subject.

First, stop what you are doing and simply think, "How am I doing?" Allow the thoughts and feelings to flow through your mind and give them labels and words. Do this for one minute. Then you are going to focus on your breathing for one minute, letting those thoughts go. Then for the last minute, you are going to expand your awareness to your body, and how the ins and outs of breath affect it.

Recommended apps & resources to apply mindfulness yourself



Headspace

Healthy Minds

Calm

Insight Timer

Let's Meditate

'Practicing Mindfulness' by Matthew Sockolov

'The miracle of Mindfulness' by Thich Nhat Hanh

'Wherever you go, there you are' by Jon Kabat-Zinn

'Mindfulness made easy - 90 short & simple exercises for a more mindful life' by Mirna Šmidt

Resources

Bayes-Fleming, N., PhD, B. G. B., Boyce, B., Goh, C., Kira M. Newman and Janet Ho, Newman, K. M., Staff, M., & Graham, L. (2021, March 10). *Getting Started with Mindfulness*. Mindful.

Beasley, N. (2018, June 28). *Most Recommended Mindfulness Exercises*. Betterhelp.

Mindfulness Definition: *What Is Mindfulness*. Greater Good. (n.d.).

Learn to Facilitate MBCT. *Centre for Mindfulness Studies*. (2021, February 17).

Šmidt, M. *Mindfulness made easy - 90 short & simple exercises for a more mindful life*. Happiness Academy

How to use Mindfulness in your trainings

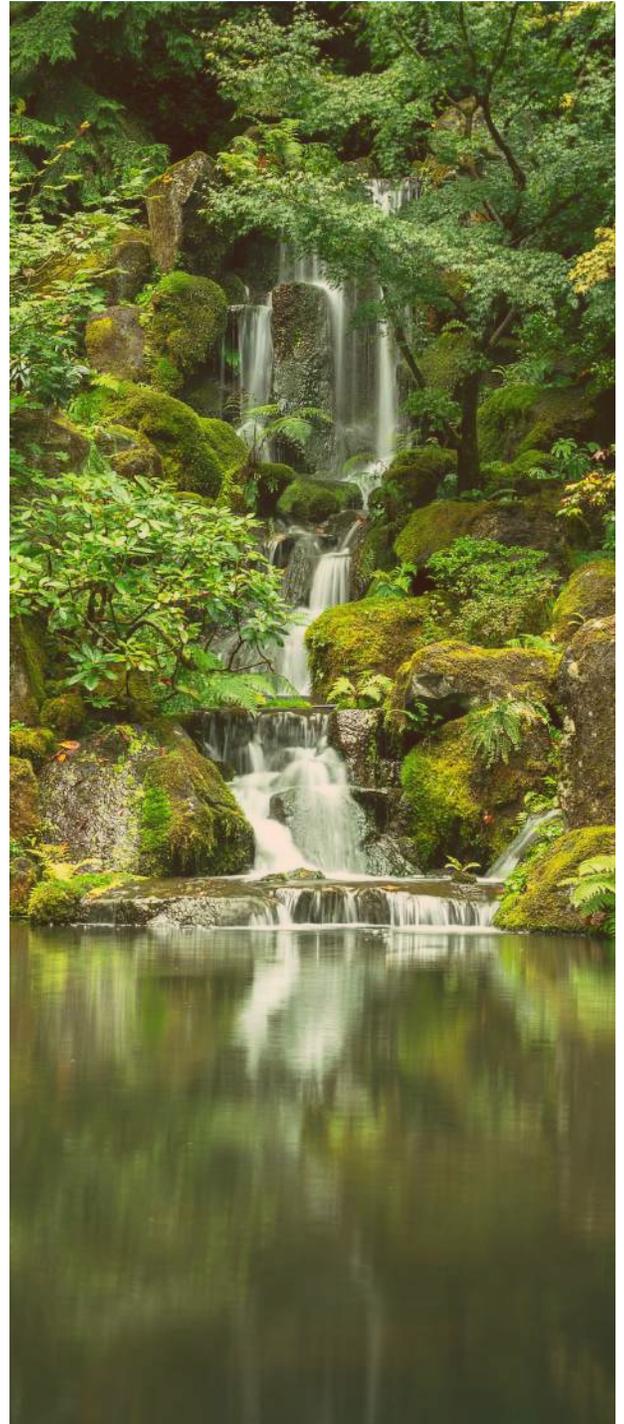
“It’s all about continuously, intentionally directing attention”

How to use MINDFULNESS in workshops and trainings

- by Trainers Toolbox & the Happiness Academy

The value of mindfulness during sessions

Mindfulness is a very useful tool for trainers as it allows them to manage the participants throughout the session. First of all, mindfulness practises help in building the focus and attention of the participants. With their attention agitated, they are in a place where they engage more and this results in deeper learning. Furthermore, it becomes easier to manage their energy and emotions. For example, using a calming/grounding mindfulness exercise after an energetic activity that has resulted in decreased focus, can bring the participants’ energy down and help them be more attentive for the following part. This can also work the other way around; getting their energy up after a very tiring theory part. Mindfulness can also be used as a tool to build connections with others in the group. It is not only about making the participants focus on themselves, but also shift their attention to their fellow participants. Using mindfulness, you can build curiosity for other participants, increase the safety they feel within the group and create a sense of community within the whole group. Last but not least, mindfulness can be in specific training topics (ex. well being, self-compassion, self-regulation, leadership, communication, Train the Trainers, etc.) in two different ways: to either use them for the participants during the session or to teach them how to use them in their everyday lives.



How to use Mindfulness in your trainings

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Three steps of using mindfulness in training effectively

There are 3 simple steps any trainer can apply to use mindfulness effectively during a training session/workshop/etc.:

Choose a clear purpose (what you are trying to achieve)

example: focus/ openness, give them tools for self awareness & self regulation, give them tools for well being, create positive emotions, encourage focus on others, managing energy → making them calmer, yet awake

Choose exercise / tool

_(ex. you can google mindfulness for more focus or check a free ebook)

Adapt it to your participants

take into account:

- time available
- their attitude towards the training & towards mindfulness (not everyone is into mindfulness, we can call the exercise a self regulation exercise if we know they will react negatively to a mindfulness activity)
- how well it fits your topic

Examples of use cases & exercises

1 Getting grounded (more centred, mentally balanced)

- Why? to build calmness, focus, ownership, courage, stability, safety, to slow down
- How? body awareness; especially lower body awareness (ex. body scan) / stretch, shake, tap - feet at floor / become more aware of senses and touch (ex. touching rock, plant, etc) - five senses exercise (five things you can see, four you can touch, three you can hear, two you can smell, one you can taste) / breathing

2 Getting focus (& get them in flow)

- How? box breathing / inhale for four -hold for seven -exhale for eight (putting more time in the exhale brings more relaxation - putting more time in inhale brings more energy) / eyes of a beginner = to spice up their curiosity (beginner's mind in google- ask them to take the mind of a beginner or a baby, someone that has no clue on the topic)

3 Related to the topic

- self-compassion & forgiveness and relating to others: metta; connect with your heart
- stress: breathing, progressive body/ muscle relaxation
- wellbeing: appreciation and gratitude, joy spotting (mindfully put the awareness is spotting joy)
- mindset: thought awareness (observing the thoughts as if they were a river or traffic)

4 Mindfulness for self awareness & self regulation

- self check-in (check-in with body, emotions, energy level)
- body scans
- mindful shower (add mindfulness in everyday things)
- mindfulness of movement
- connecting with own heart (asking: how am I doing?)

5 Setting intentions- usually at the end of the session (WHAT IF) (and managing emotions)

- getting grounded; clear mind & positive emotion
- How? first do something that is grounding; then focus them on gratitude(remember things they appreciate) or savouring (remember thing that bring them joy), good moments/ memories, their positive learnings; or positive connections with others

6 Managing energy

- Most of these can be used to calm down or to energizing depending on your attitude and energy with which YOU do them with
- ex. seaweed, lotus flower, mindful stretch, do something very slow

7 Managing own energy and emotions as a trainer

- doing self-check-ins before and during the session
- practise mindfulness out of training sessions

8 Being mindful of others (building the group)

- Why? for communication, relationships or just to build the dynamics in the group
- use it indirectly: if you use facilitation where they have to be aware of others (ex. they choose who goes next, etc)
- or exercise of mindful listening -> in a group or in pairs

9 Giving them tools by debriefing and meta-empowering to do them on their own

- debrief about why we did these exercises, what was the effect for them and what worked best, how can they use them own their own

*Check out some more tips/tricks on how to include Mindfulness in their training sessions

- You can create 'Mindful Breaks'. You, as a trainer, guide your participants to an activity in which they have the space and the time to practise mindfulness, connect with their senses and observe their thoughts and/or make a body scan
- Include an extra break during which the participants have the opportunity to be with themselves. Let them have a walk outside, observe the nature, listen to the sounds of it, observe themselves and truly be present at the moment (in the case of virtual training, let them do a small walk in their neighbourhood or just get some fresh air in their balcony or out of the house)
- Try always to check if mindfulness activities are appropriate within your training and if you can adjust them to extract the outcomes you wish. This will also help your participants boost their concentration levels and be fully there to participate
- Either at an event or at a training itself you can include a "check - in with your body activity" and a "check - out with your body". What your participants notice in their body and mind before the beginning of the training and after that (if it's applicable)
- There is a short 30-second practise called the "Centering Exercise". Steps here

[Monique Tallon Women's Leadership Speaker - The Centering Exercise](#)

Resources

Monique Tallon. (2020, May 11). [10 Simple Ways to Practice Mindfulness In Our Daily Life.](#)

Šmidt, M. (2021, June 9). How to use MINDFULNESS in workshops and trainings [Webinar]. Trainers Toolbox & Happiness Academy

Šmidt, M. Mindfulness made easy - 90 short & simple exercises for a more mindful life. Happiness Academy

Meet the Author of this corner: Michaela Sklatinioti

2-3 sentences about your path as a trainer. What would you like people to know you for?

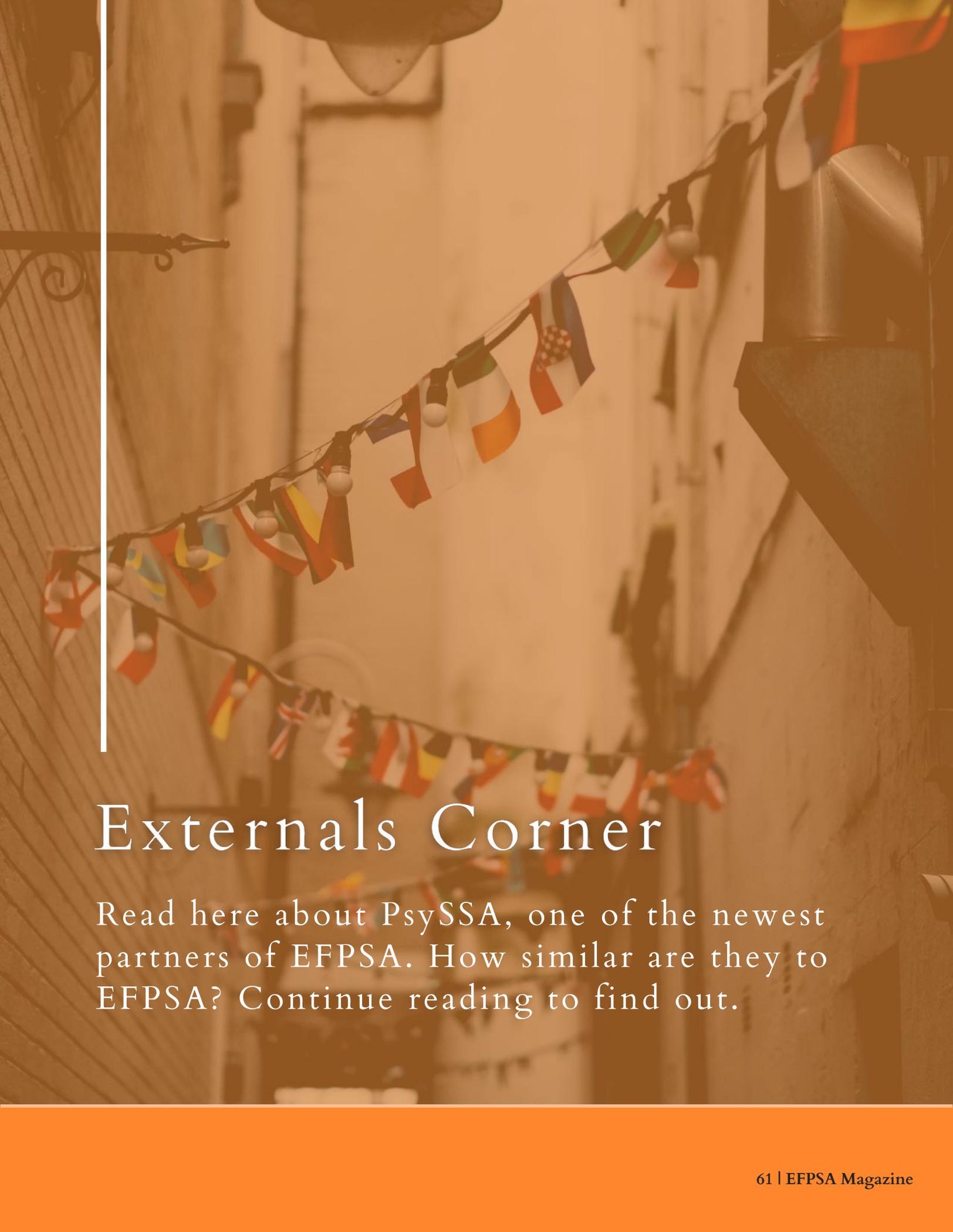
My journey started in September 2017. I graduated from the JUMBAJTRA generation of the eighth Train the Trainers Summer School. Since then, I never stopped searching for or creating my own opportunities. Unfortunately, the opportunities in Greece are not many, so you really need to create your own path. No matter the difficulties and boundaries, I made it to become an EFPSA Trainer in less than a year from the time of my graduation. Still, I constantly deliver training sessions either to international groups or within the community of my country. Lastly, I am proud that after 4 years of volunteerism, I can continue doing this professionally within a company in Greece and have the opportunity to combine my two passions, psychology & training sessions. If you never leave something behind you, it will never escape from you.

If you were to describe yourself in one sentence, what would you say?

I am an open-hearted person, with my biggest value being kindness in any human being, passionate for challenges and adventures, life-learner, book-lover, citizen of the world, traveller, and willing to seize any opportunity.

What would constitute the “perfect” summer holiday for you?

My “perfect” summer would constitute no schedule or plans, just me with my beloved people being all day at the beach, many laughs, books, deep discussions, good jazz music, delightful and frozen cocktails, and good food with a sunset view.



Externals Corner

Read here about PsySSA, one of the newest partners of EFPSA. How similar are they to EFPSA? Continue reading to find out.

Try to think of EFPSA as a human who is constantly growing and changing. Since birth, we're wired to connect to others and over the years, EFPSA has found many fellow travellers from all around the world. Like friends from school, EFPSA and other fellow organisations support and influence each other and grow together trying to achieve mutual goals.

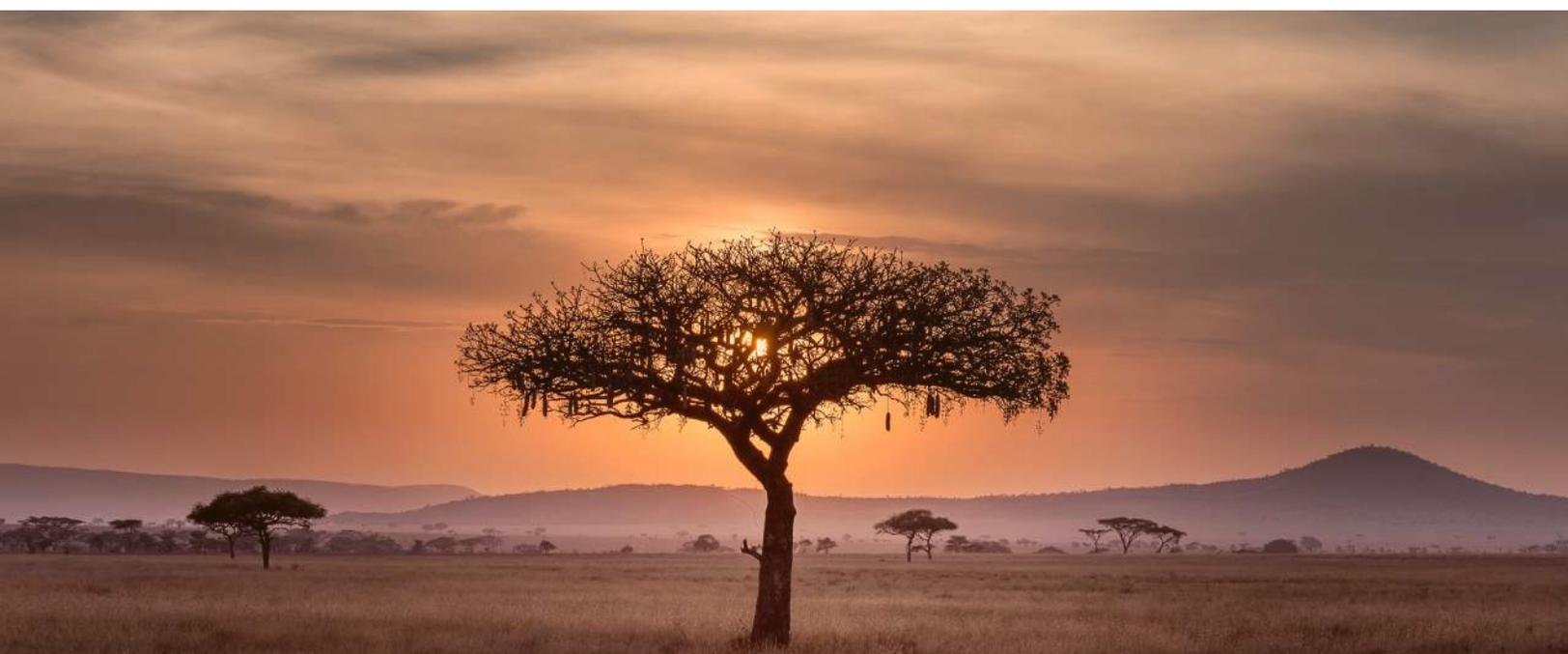
During the past and this mandate, EFPSA made quite a lot of new friends and here is a sneak peek into one of them: the PsySSA (The Psychological Society of South Africa) Student Division.

What is PsySSA Student Division?

The Student Division is centred on the core values of the ethical development of psychology students and aims to create a space to gain insight into the discipline, academically, and practically. By providing mentorship opportunities, they believe that knowledge can be organically transferred between students who would not have the access to the relevant resources and inspire collaboration among students, and professionals.

They recognise that transformation of the discipline is imperative to realise a truly inclusive approach to psychological services in South Africa.

By facilitating community engagement, they aim to inspire students to one day become professionals that give back to the community.



They endeavour to always listen to their fellow students and acknowledge that the student journey is not always a clear path, thus they strive to be a comprehensive repository of psychology student guidance. By enabling knowledge dissemination, they also focus strongly on developing and connecting Psychology Societies, unified in the spirit of serving, to promote mental health services for all in South Africa.

Through our various subcommittees listed below, they aim to achieve the above-mentioned ideals:

- Community Development
- Frequently Asked Questions
- Media & Marketing
- Multidisciplinary
- National Mentorship Programme
- Public Relations
- Psychology Student Societies on Campus
- Research into Student Empowerment
- Student Representatives Council
- Transformation

The Executive Committee of the organisation answered a few questions for us and here is what they have to say about PsySSA SD:



Executive Committee of PsySSA SD during their Council Meeting

If you could, through your organisation, change one thing in the world, what would it be and why?

As an organisation, we would address two vital issues that South African students face:

- Given the consequences of our historical background, we would redistribute the access to academic support and educational resources.
- Furthermore, we would allocate more resources to the qualification of psychology graduates at a Masters level and ensure successful registration with the national board.

Which pictures represent your organisation's spirit?



Logo of the Psychological Society of South Africa's Student Division

This was a Social Media Campaign that was started by the PsySSA Student Division Executive Committee on International Mental Health Awareness Day 2020. See [more](#)



Do you have a special dance or slogan?

As the SD, we have a Division Theme, which is our slogan for this tenure: "Underneath the African Sky; Lessons of the past for tomorrow's future." This Divisional Theme also has an accompanying song, namely, Scatterlings Of Africa by Johnny Clegg And Savuka. Watch the music [video](#).

- Do give it a listen!

Imagine your whole organisation is going on a holiday together, what is your ideal destination and why?

As the chairperson, I would take the team to Mauritius or Maldives. Where my team can just relax and not stress about what tomorrow may bring, bonding over a fire and eating some Biltong (jerky equivalent)!



PsySSA SD Council Meeting - This represents our Executive Committee

Past Chairperson Mr H Nel and Chairperson Mr MY Cassim - This is a picture from our last Annual General Meeting held in September of 2019. Past Chairperson, Mr Hennie Nel, was honoured with a 5 year Divisional Service Award from myself, Chairperson of the PsySSA SD.





Ms Rivendri Govender - PsySSA Congress 2019 - Ms Rivendri Govender, PsySSA Student Division Secretary, receiving the Outstanding Executive Portfolio Award at our Annual General Meeting in 2019

Ms Lynne Richards - PsySSA Congress 2019 - Ms Lynne Richards, PsySSA Student Division Executive Member, receiving an award at our Annual General Meeting in 2019



Ms Matshepo Setlaleleng - PsySSA Congress 2018 - Ms Matshepo Setlaleleng, PsySSA Student Division Executive Member, volunteering at the 2018 Annual Congress.

Ms Bridgette Mogoje - PsySSA Congress
2019 - Ms Bridgette Mogoje at the 25th year
PsySSA Anniversary Congress held in
September of 2019.



Events - PsySSA Congress 2019 -
Students Volunteering at the 25th
year PsySSA Anniversary Congress.

Events - Students Volunteering - Ms
Marguerite Bergman, PsySSA SD Executive
Member, led a team of volunteers at an
international psychological assessments
workshop in early 2020.





Community Development Initiatives 1 -
The HOPE Campaign poster that was
an initiative that was carried out by our
Community Development
Subcommittee in 2020.

Community Development Initiatives 2 -
An image from our latest Stationery Drive
carried out by our Community
Development Subcommittee in 2021.



Ahmed Kathrada Foundation Youth:
In Conversation with Young Health Professionals
FACEBOOK LIVE TALK SERIES

Join us on Wednesday, 22nd April @ 3pm as Dr Shakira Choonara moderates our third Facebook Live session with the country's top young health professionals. We're set to discuss how COVID-19 affects youth in South Africa, and we'd like you to join in to share your experiences, solutions and burning questions!

Dr Shakira Choonara Woman of the Year in Health AKF Board Member	Andile Mthombeni SA National AIDS Council	Lennon Monyae African Peer Review Mechanism	Muhammed Yaesh Cassim Chairperson PsySSA SD
Yonela Zaneliswe Kentane Medical Student	Dr James van Duuren Mandela Rhodes Scholar	Lorraine Mabotse Molepo Epidemiologist	

PsySSA STUDENT SOCIETY
African Union
Ahmed Kathrada Foundation
YOUTH PROGRAMME

@KathradaYouth | Youth@KathradaFoundation.org | 011 854 0082

Public Relations - AKF Webinar - This was a
webinar that we collaborated with the Ahmed
Kathrada Youth Foundation. Find out more [here!](#)

To find out more about PsySSA SD or get involved with them, check out their [webpage!](#)

Thank you for reading



EFPSA Magazine

Brought to you by:



Eleftheria Foka
Editor / Writer



Maximilian Pultz
Layout / Design

So, you have reached the last page of this Magazine. I really hope you enjoyed going through its pages and that you are already looking forward to the next issue. I would like to thank everyone, inside and outside the Working Community of EFPSA, who took part in creating this issue. Your contribution made the difference. I also want to thank everyone that supported me along the way of making it come to life. Special thanks to Robert, Katja, Seray and Max who got into it before anyone else did.

Feel free to contact me with any feedback, questions, complaints, ideas or proposals for future issues. Your input will be greatly appreciated!

adminsupport@efpsa.org