

FINDING THE MINDSET TOOLS TO OVERCOME CHALLENGES

SUMMIT 2022



Global Youth Mental Health Awareness(GYMHA) Incorporated, Australia

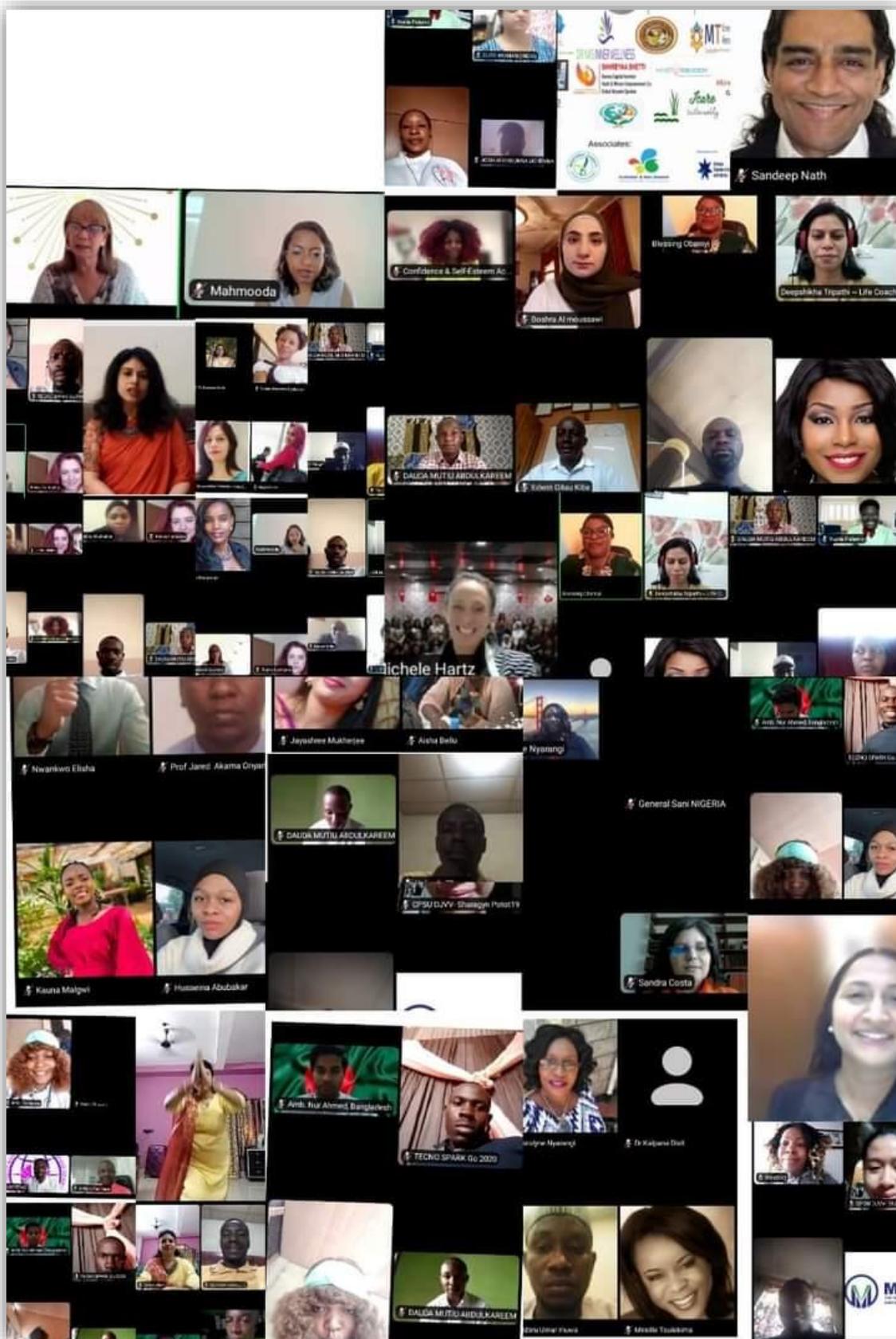
Executive Summary of day Two of Global Youth Mental Health Awareness (GYMHA) Incorporated, Australia annual summit 2022 in Collaboration with Health Wellbeing Retreats, held on the 24th of April 2022 at 08:00 am GMT.



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GALLERY



KEYNOTE SPEAKER

- Mr. Alan Woodward, Commissioner at the Australia Mental Health Commission and Former Director at Australia Suicide Prevention

MODERATORS

- Entry and welcoming: Katinda Ndola
- 3rd Panel Session - Inner Strength: Dr. Alka Mahajan
- 4th Panel Session - We're stronger together: Amb. Nur Ahmed
- Quiz Competition & Awards: Husseina Ojochenemi Abubakar

SUMMIT OBJECTIVES

- Understanding the nature and different levels of challenge
- Highlight Major challenges affecting young people and their significant causes
- Youthful way to find inner strength
- Mind your thoughts they might come true
- What to do when things go on unpredicted way
- Finding your path even when everything seems dark and gloomy
- How to develop a positive mindset
- Youthful ways to find Responsibility
- Youthful ways to find unconditional Love
- You are not alone

EVENT SUMMARY

Day 2 of the summit was ushered in by the moderator, Katinda Ndola. She began by acknowledging the traditional owners of the land and paid her respects to the elders past and present. She gave an outline of the agenda, which consisted of keynote speeches, panel sessions, quiz competition and awards, poem and music performances and question and answer sessions. She also indicated that GYMHA would be launching an 'Emotional Intelligence' online course. She reminded people of the fortnightly Facebook live shows on which she is one of the hosts and also about certificates of participation which would be given to participants upon request. She mentioned and gave thanks to the various partnered organizations. She later gave a quick recap of the day 1 of the summit which she said was filled with life inspiring stories on how to overcome difficult challenges using the resource of positive mental attitude. She further highlighted the valuable lessons that were learnt such as the aspect of rest which stands for relax, eat, sleep and time-up and also about failure not being a setback but actually something that propels one to go forward. She then quickly got back on the track of the current day's session which was opened with music and she gave the floor to Ngosa Bwalya to entertain the participants with the musical performance.

Ngosa Bwalya:

Ngosa began by introducing himself, mentioned the passion he has for music and also gave out the name of his YouTube channel "Ngosa Music". He performed a song titled Kumbaya by H Wylie. He shared a brief story behind the song and from the story we learnt that this song was a song that was sung as a hymn to cry out for help during the turbulent time of slavery and massive oppression. The words of the chorus are actually "come by here" but because of H Wylie's Creole accent the words sounded like and eventually summed up to one word "kumbaya". Ngosa then urged the audience that as he sings the song, they should reflect on the things that are oppressive to them and that they should not hesitate to call out for help as there are always people to come by and give a helping hand.

Alan Woodward:

He presented the topic, 'Kindness, Befriending and Hope'. He gave out some statistics on mental health and well-being and from these statistics it was stated that in the year 2020-2021, 15% of Australians aged 16-85 years experienced high or very high levels of psychological distress and this as Mr. Woodward said was as a result of people struggling to cope up with the Covid-19 pandemic and some natural disasters such as floods. He then shared the definition of Mental Health according to the World Health Organization, that is, 'A state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community'. As a way to educate people on looking out for their mental health, Mr Woodward then shared another interesting survey carried out in Australia in the year 2020-2021. The survey showed the following as the things that can be done for our mental health:

- Visiting a doctor for mental health and seeing a psychologist.
- Increasing the level of exercise or physical activity.
- Practising positive thinking.
- Doing more of the things one enjoys

He also highlighted loneliness as an important problem for those with mental ill-health and he stated loneliness as a precursor to poorer health outcomes including increased suicidality. He subsequently talked about befriending-values, that are:

- Empathy; Sharing others' experience from their perspective and understanding it through their frame of reference; recognizing what the caller is attempting to communicate or struggling with at a deeper level.
- Respect; Communicating emotional warmth to others' needs/issues/statements/problems and notion of self or selves while not providing recommendations, opinions, advice or solutions.
- Genuineness; demonstrating through (congruent) verbal and non-verbal gestures a deep level of understanding and ability to be honest and genuine.

The last important aspect Mr Woodward talked about was hope, he said it simply means that things could get better, not those problems would be solved overnight but rather hope is that feeling of knowing that things could change for the better. The other thing associated with hope that he mentioned is that you are not alone, there are others that are willing to go on the journey with you and support you all the way. He concluded by sharing an image showing a cloudy sky and some green fields and from the picture he reminded people that it is not always clear blue skies, there are clouds and rain that may be uncomfortable but sometimes through the clouds there are patches of white, it is not completely gray and this is the hope that keeps us going through the difficult times.

Seetha Sagar:

She focused on the topic 'Acquisition of Inner Strength to Well-being', as she talked about inner strength, she used a basis of a traumatic situation she once experienced and she gave a few points on how to manage such an experience. The first step of the process, as she put it, is to recognize yourself as your own confidant and be able to provide yourself with your own advice that would help in propelling you forward and become a better person. The second thing is to ask yourself the question, "Why do I wish to get that inner strength?", finding the reason is a very crucial step of the process. Ms Seetha then elaborated, "As far as I was concerned, the reason was very simple, either I would start worsening my health which was affecting or I could start shifting my focus into something else more productive, more progressive and more positive and create a better life for myself and in the process for others as well". The third one is, to embrace what we fear. She mentioned that she once was at a stage in her life where she had several responsibilities and at the same time she was going for a shift in behavior, outlook and approach to life for which she was definitely not feeling very comfortable but she realized at that point in time that unless she decided to face that fear and make a change she wouldn't be able to gain the inner strength that she required to move forward. She therefore encouraged people to face their fears as this is very essential in finding inner strength. The next thing she mentioned is discipline, discipline in terms of training our physical body as well as our mental state of mind. One should be well disciplined to train the mind to overcome negative and toxic thoughts and replace them with more productive and progressive thoughts. We should also ask ourselves if we are following a healthy lifestyle including following a healthy eating pattern. The other thing she mentioned is, not to allow our decision making process to be influenced by fear and also that one should follow up their decisions with the right actions. Lastly, she emphasized the point of putting ourselves first, not necessarily being selfish but working on our flaws and becoming a better person and in turn being able to help others who would require our assistance.

Prof Raj Kumar Singh:

He talked about the diversity Quotient, he commenced by pointing out how people are full of adversity and the problem being of people only taught of how to attain success but never about how to face failure. He defined adversity quotient as the score that measures the ability of a person to deal with adversities in their life. Combating adverse situations, as he said, is the

indicator of all sovereignty and is useful in dealing with mental stress, in longevity, in learning and in response to change. Prof Singh raised a point on how young people are dying every year around the world due to the inability to cope with adversity. He then educated people to be emotionally balanced, when an adverse situation comes a person should calm down, acknowledge the change and what is needed and take ownership or responsibility of the situation and then execute a plan and solve the problem. He also reminded people that success is 99% failure, success has to be measured not by the position one has reached in life but by the obstacles that one has overcome. He said facing adversity is the best education one could ever get because you can't change the situation, you can't change the direction of the wheel but you can always adjust yourself and reach your destination. He concluded by motivating people to embrace adversity as a chance for opportunity, make peace with the situation and refuse to give up.

Dr Sathiya Ramakrishnan:

He presented a topic he titled "Being Comfortable With Getting Out Of Our Own Comfort Zone". He started by stating two reasons that contribute to people getting out of their comfort zone. The first reason being that people have aspirations to achieve something bigger and the other one was, people are forced either by others or by life itself. He proceeded by analyzing these two reasons. On the first one which he described as intrinsic, as it is triggered within oneself, he said, when people are driven by aspirations, they are quite motivated and they have the patience and persistence to keep going, they are focused and committed thus having tolerance when adversity arises and they are not worried about challenges and new things that happen to them. On the second reason, which is forced, he said; as one is being forced by external factors, they tend to feel unpleasant and uneasy about getting out of their comfort zone and this consequently results in emotional and mental challenges. The ego that people possess can be bruised when there's a forced growth towards getting to the uncomfortable zone. Dr Sathiya then ended on the analysis of the second reason by pointing out that it's better to take our own action to change than to allow life or others to force us to, which would be quite unpleasant. He then shared some tips on how to become comfortable being uncomfortable. The first point shared was about having purpose, purpose gives one reason to function and keep going. Secondly, the power of Why; constantly reminding yourself why you're doing the things you're doing and also focusing on the bigger picture. Thirdly, celebrating moments, this motivates us to keep moving. Finally, Dr Sathiya mentioned the point of exercising the habit of building love towards doing uncomfortable tasks and he emphasized that like any other exercise it may not be easy at first but if gradually practised it will become easier.

Mireille Toulekima:

She talked about the subject, 'Understanding The Nature And Different Levels of Challenges'. She started by acknowledging the challenges and crises that have been experienced all over the world, the major one being the pandemic of Covid-19 and she said people tend to look at the negative side but it's important to be aware of the different levels of challenges. She then shared some important factors to consider when facing challenges. We should understand our environment and have self-awareness of how we relate to the challenges surrounding us and also not to look only at the bad side but identify the positive side therefore strengthening our mindset. We should examine the challenge to see if it's only affecting the proximal environment or if it's being experienced by everyone all around. If it's happening only in one's environment, it's important to connect with people who are going through the same challenge and see how the challenge can be tackled as a team. The other important thing is finding the opportunity that lies in the challenge; what the challenge is bringing in one's life and the lesson to be learnt from it.

She finally mentioned a point of reaching out to people who have gone through the same challenges and let them help us with the experience they got from the challenges, moreover we should reach out to professionals who know how to deal with the challenges.

Amb. Nur Ahmed:

He kick-started the 4th Panel Session titled, 'We're Stronger Together'. He gave an opening to his speech with a famous quote by Mother Theresa, "None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful". Mr Ahmed proceeded by mentioning an interesting point that no matter how brilliant one's mind or strategy, if one is playing a solo game, they will always end up losing the battle. He reminded the audience of the definition of teamwork, that is, the ability to work together towards a common vision. Finally, he said another interesting phrase, "Coming together is a beginning, staying together is progress and working together is a success".

Amb. Adigun Temitayo:

He made his contribution by presenting a topic titled, 'Put On Your Superhero Costume'. He began by acknowledging the fact that challenges are everywhere and everyone faces challenges and these challenges often come with people not anticipating them, for instance the Covid-19 pandemic. We therefore need to put on our superhero costumes, this he said as an analogy to mean that we need to have a zealous spirit within us to keep moving forward and achieve our goals. As a basis of his topic, he shared an image of the superhero character, the 'black panther' and he said as the movie was being created the actor was going through an ordeal process of battling cancer but despite the challenge he managed to play the main role in one of the greatest movies ever produced. He pointed out that everyone can be a superhero and superheroes possess three superpowers, that is, the power to adapt, the power to thrive and the power to brace; that is, being prepared to navigate through the tough times of life. Mr Adigun mentioned another interesting point, that is, "Your superpower is also the role that you're put on this Earth to fill, it's what you do better than anyone else and tapping into it won't only help your team but you will find your work more satisfying too". He finally reiterated the point that superheroes are not just the characters we see on TV wearing capes and flying through the air but they are in each and every one of us, we just need to start activating these three superpowers within us and once activated we'll be better prepared to deal with all the challenges of life.

Carolyn Nyarangi:

She presented a topic titled "Power Of Togetherness". She first expounded each word in the topic. Power as she explained, was derived from the Latin word "potere" which means "to be able" and she defined it as 'the ability, capacity, potential, authority or supply demonstrated by the holder in a field they're masters of'. Togetherness she defined as, 'the state of being close to another person or other people'. She proceeded by focusing on the power of togetherness in relation to mental health. Mental health represents our emotional, psychological and social well-being; and any disruption to either one of these three components will not trouble only the affected person but anyone close to them and could lead to societal distress. She briefly mentioned the increase of mental health issues due to the Covid-19 pandemic that resulted in businesses being shut down and loss of precious lives. This has resulted in people facing challenges in making adjustments and have been left with a feeling of powerlessness and therefore the increase in the mental health issues. Ms Nyarangi then mentioned the importance of family and friends, without their supportive and social role one can easily drown into mental health issues. In conclusion, Ms Nyarangi used an analogy of water to describe the way in which nature shows us the strength in togetherness. As a drop, water is negligible and dries up when exposed to heat but once these drops come together in a cup, it can quench thirst and also a

collection of water in the form of rain and rivers can support animal and plant life. She therefore left the audience with a notable point, "A mental health patient left alone will be a great loss for society as a whole, one mental health patient helped to overcome the condition turns out to save the whole society but when it's more than one, they become pillars to the world's mental stability".

Dr Nyarai Paweni:

'The Power Of Words And Writings', She began by mentioning the power that lies in words, they enable us to communicate, to express our feelings, they can hurt or heal us and they can humiliate or humble us. With regards to mental health, words help us to process loss and they can also inspire us to do great things. She proceeded to share some of the ways in which the power of words and writing can be utilized to support mental health. The first one being journaling. Journaling helps to clear the mind, it aids in focusing, it helps in understanding what we are going through emotionally, etc. It can be done through writing in notebooks, diaries or applications. There are several forms of journals, gratitude journal: writing a few things that you're grateful for, daily journal: writing things that you're learning, looking at mistakes from a positive view and writing down things learnt from them and the other form of journaling being, 'morning pages', which is the artists' way of journaling where one can write several pages of any thoughts that come to mind and thus clearing the mind. Journaling is not only limited to writing but also drawing and painting can be some forms of journaling. The second one, blogging, a way in which one can share their story and educate or support other people. It might be a blog about experiences in school, new enterprise one's started or the experiences someone has had in the past years. Sharing this gives a form of self-expression and helps to champion other people to live their best lives. Dr Nyarai also pointed out poetry as another way in which words can be used. She ended her presentation by encouraging people to use their words for inspiration and also to share their stories as there's always someone that can learn from them.

Husseina Ojochenemi Abubakar:

She hosted the quiz competition where she asked a question extracted from an earlier presentation by Mr Adegun Temitayo that was titled 'Put On Your Superhero Costume'. She announced that the winner would be the first person to give the correct answer and would be awarded with a free GYMHA membership certificate, ambassadorship, mentoring and a scholarship for an 'Emotional Intelligence' course.

Dolan Khan:

She made a beautiful dance performance, she danced to a bollywood song by the name 'taal se taal mila'. Prior to her performance she mentioned the various benefits of dancing in relation to mental health and brain function. It helps to boost self-confidence and self-esteem and it helps in preventing dementia. Simply put, dancing is a source of happiness, she mentioned that when people are sad, they turn to drugs and alcohol but it is much better to have hobbies to do in such times and dancing is one of these hobbies. She finally encouraged people to always be confident, happy and positive.

Morset Billie:

He recited a powerful poem centered on the power of writing, he titled it, 'I write'.

*I'm an introvert sometimes
I underutilize my skill set at times
And sometimes I try to bury my thoughts in metaphors and rhyme
And that's why, I write*

*To awaken a society whose hope slumbers
To repair dreams of a society that's broken, I write
When the meek are giving up on the fight convincing themselves that they were not meant to
behold light, I write
When the truth is twisted by the mentally gifted, fortunes of the weak diverted to pockets of the
self-centered, I write
When the world is wrong, I write
When all they see is black and white, I write
To tell the world that the blueprint of
humanity is embedded beyond skin tone
and hair texture
When the plight of the powerless is in the hands of the powerful
When substance abuse is ignored because it financed someone's finances
When the little conscience we were holding on to as a people has left, I write
When they are devising ways of making money from the word of God
When the girl is pushed into forced relationships for silver and gold, I write
To give sight to the blind
To incite the hurting to leave the past land, I write
For those struggling for a breakthrough and for the ones in grief seeking relief, I write
When they critic what I write and try to make me feel awkward for being right, I write
When you've come to that point where you can no longer tell wrong from right, day from night,
left from right, I write
For the voiceless, for the powerless, for the hopeless, for the jobless
And if push comes to shove even for the lifeless, I write and I, will always write*

SUMMIT HIGHLIGHTS

- Keynote's speech
- Panel sessions
- Quiz competition and awards
- Poem and music performances
- Q & A session/group interactive session
- Launching of GYMHA Emotional Intelligence online course
- GYMHA membership
- Volunteers' opportunities
- Fortnightly Facebook live shows
- Feedback form
- Group Snapshot
- Certificate of participation (upon request).
- Closing remark: Deepshikha - Summit Chairperson

PARTNERED ORGANISATIONS

- Wellbeing Health Retreats
- Empowering Your Soul (Eys) Magazine Intl
Wired 2 Love And Thrive
- Mycarbuddy
- Dr Nas Inner Wellness
- Books For Peace
- Mt Energy Resources
- Wasema
- Mireille Toulekimo Global Leadership
The Big Comeback
- Global Goodwill Ambassadors Foundation
- Wheel Of Hope Rising Foundation
- Blessing Obaniyi Foundation
- New Hope Foundation
- Prayas Foundation
- Mental Affairs
- Icare Sustainably International
- Unifunvic
- Saint Hermanguild Foundation (SHF) Nigeria/Australia Inc.
- Shreyya Shetti - Elite Woman

Organized by:

Partnered organizations:



Associates:



CONTACT US

Global Youth Mental Health Awareness (GYMHA) Incorporated Not-For-Profit, Australia registered charity was launched in the year 2019 in response to the growing need to communicate and engage with professionals and the youth of the community, to the issues associated with Youth Mental Health and the stigma associated with those individuals who may seek help.

For those of you who would love to connect with us and learn more about our upcoming events, please visit:

www.gymha.org

Facebook: <https://www.facebook.com/gymha4real>

LinkedIn: <https://www.linkedin.com/company/global-youth-mental-health-awareness-gymha/?viewAsMember=true>

Instagram: <https://instagram.com/gymha2020?igshid=24c0tna6rbte>

www.globalyouthmentalhealthawareness.org

Twitter: <https://twitter.com/GGymha?s=08>

GYMHA YouTube channel:

<https://youtube.com/channel/UCQwrExehjRgmYgQcMBkQWUw>

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