

FINDING THE MINDSET TOOLS TO OVERCOME CHALLENGES

SUMMIT 2022



Global Youth Mental Health Awareness(GYMHA) Incorporated, Australia

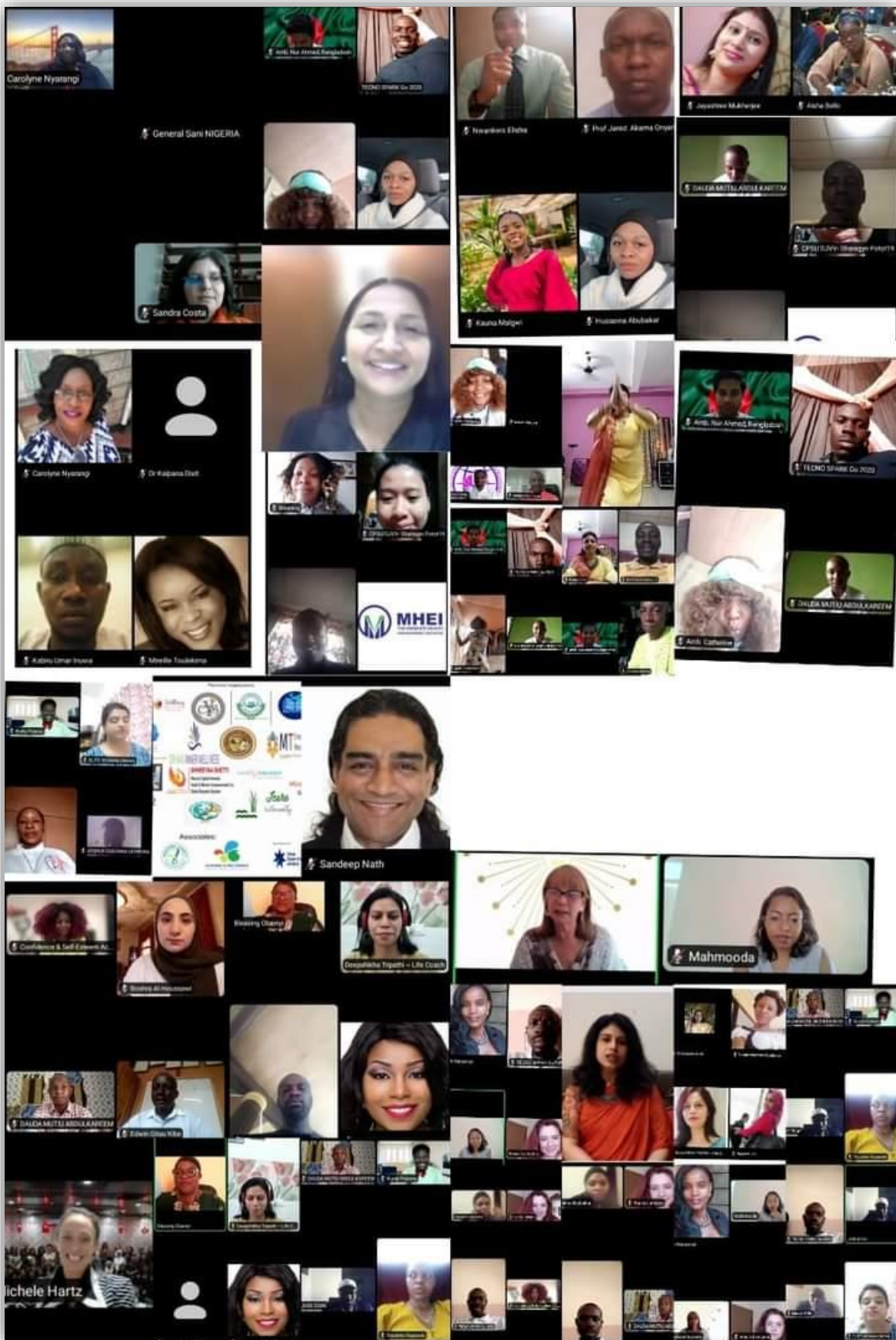
Executive Summary of day one of Global Youth Mental Health Awareness (GYMHA) Incorporated, Australia annual summit 2022 in Collaboration with Health Wellbeing Retreats, held on the 23rd of April 2022 at 08:00 am GMT.



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GALLERY



GUEST SPEAKERS

- Welcoming address: Cr. Joseph Haweil, Counsellor, Aitken Ward and Former Mayor, Hume City Council, Victoria Australia
- Keynote: Prof. Carol Hullin, Digital Health and Advisor at World Bank and UN

MODERATORS

- Entry and welcoming: Mahmooda Khan
- 1st Panel Session - Effective Tools to overcome challenges: Mahmooda Khan
- 2nd Panel Session - Mindset: Amb. Shhreyaa Shetti
- 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

The moderator, Mahmooda Khan commenced the first day of the summit with some welcoming remarks. She briefly gave a rundown of the programme which included a quiz competition, live performances, an awards ceremony, and a question-and-answer session. She also notified the audience about the launching of the GYMHA Emotional and Intelligence online course, available volunteers' opportunities, and the bookings for psychological first aid training. She presented the summit objectives, some of them including:

- Understanding the nature and different levels of challenge
- Highlight major challenges affecting young people and their significant causes
- Youthful way to find inner strength
- How to develop a positive mindset

Deepshikha Tripathi:

She reminded people that everything happens twice, first in the mind and then in reality so she thus encouraged people to keep check on whatever is going on in the mind because it in turn shapes the reality. She then mentioned the importance of the summit whose ultimate aim was, to educate, empower and equip people with the tools to keep check on whatever is going on in the mind and how to keep track of the reality. In short, the summit was all about the art of managing one's mind and emotions. She ended by urging the audience to absorb everything they were going to learn from the sessions and put it into application.

Cr. Joseph Haweil:

He introduced himself and shared about his work as a councilor who represents a community of at least a quarter million people. He talked about his former work as a mayor when he was thirty-one years old and as he put it, it's an age that is regarded in that sector of work as being too young to be involved at a leadership level, this consequently brings about some mental challenges. He then mentioned some of the challenges he encounters within his area of work, that is, balancing various expectations of community members and balancing a city that has a large annual budget and numerous projects. Mr Haweil pointed out that being in a leadership role comes with challenges, be it a leadership role in communities or families and these challenges need to be dealt with by being conscious and mindful of one's mental health and circumstances. He therefore emphasized the importance of the summit which is to bring people together to look at ways to understand their mental health requirements and work out strategies to stay mentally healthy.

Prof. Carol Hullin:

She shared a story worth learning from, based on her experiences and mental health and it was mainly centered on understanding the acronym 'challenges'. She was born in South America and migrated to Australia in search of a better future. "If life gives you lemons, make lemonade", she used this popular phrase as she talked of her adverse circumstances growing up and she emphasized that whatever comes our way, with love we can convert it. As she was born in extreme poverty and being a girl child, she said according to social studies, it would take her a very long time to come out of poverty, but she thrived and worked hard to avoid that fate. She worked for many years as a cleaner, went into nursing and finally she got into university through a scholarship and within ten years she had become a PhD holder. She pointed out the importance of self-care, those who take diligent care of themselves also prioritize their mental health. In her opinion she said, "I believe when we have great people with good mental health we provide healthy advice, healthy services and healthy artificial intelligence systems". Ms Carol

encouraged people to take courage and face their challenges and take these challenges as an opportunity to make the best version of themselves.

Jude Ediae:

He gave a detailed elaboration on the launching of the GYMHA Emotional and Intelligence course. The objective of the course is to help individuals identify, understand, and manage emotions of self and others; build resilience and drive productivity at work and in their personal lives. He gave a brief explanation of what emotional intelligence is and he said it to be, identification of emotions of self, management of emotions of self, understanding emotions of self, ability to create and sustain relationships for business growth and it also entails building empathy skills. Emotional intelligence is also equivalent to anger management. He mentioned some solid reasons for taking this course, that are, to manage conflicts effectively in the workplace, to build resilience and respond positively to stress, to learn and apply good anger management skills and to learn emotional communication for sustained relationships. To join the course people interested have to meet these requirements: they must be open-minded, must be willing to build resilience, must be willing to apply all that they will learn, must be passionate about attaining success and maintaining it and must be either an aspiring leader or a leader currently leading team. Jude shared the website, www.gymha.org for all those who would want to access the course. The course costs fifty Australian dollars and the first 100 subscribers will get a 50% discount at twenty-five Australian dollars.

Edith Wanyonyi:

She was the first speaker on the first panel session titled, 'Effective Tools To Overcome Challenges'. She presented the topic, 'Staying confident amidst uncertainty'. She defined uncertainty as, "that state of wanting to know the unknown". Uncertainty also causes fear and anxiety. Uncertainty is being highly experienced in the time we are living in now, where there are many problems such as diseases and economic struggles. She pointed out that, uncertainty is a part of our lives so we should remain confident and stop living in worry as it does not solve any problem but can only accumulate to other problems such as depression and many mental challenges. She shared some tips that can be of help to remain confident in times of uncertainty. Firstly, one should not spend any time worrying about the things they can't have control over but should focus on acting over things they can control. Secondly, a challenging need for certainty; as we have no control over what the future holds, we should just accept uncertainty as part of life and learn to live with it. Thirdly, recognizing our fears during times of uncertainty; those things that trigger us to feel uncertain, and then shift our attention to the present moment. She finally encouraged people to spend some time exercising so as to relieve stress and also to eat healthy.

Amb. Kibe Edwin Gitau:

He talked about failure, he defined it as the inability to meet an expectation or being unable to find success in the goals set. He mentioned some common areas of failure, failure in exams, failure in relationships and failure at work and he said that we need to take these failures positively and try to learn from them. He pointed out a fact that people try to escape from their failures by using substances like drugs and alcohol instead of facing their failures head on. He then mentioned an important point that failure is inevitable, many who have succeeded once experienced failure so it should always be expected. When failure comes, we should accept it and face it, we should sit down to reflect and see what could have gone wrong, learn from the mistakes made and then exploit the lessons learnt from the failure.

Dr. Rania Lampou:

She focused on the life changing ways to be unstoppable. She mentioned a very interesting point,

"To be the best, whether in business or any aspect of life, it's never enough to just get to the top, you have to stay there and then you have to climb higher." She talked of being relentless, not stopping until you get what you want and even go for more. Everything we need to be great is already inside us; all the ambitions, it's only waiting for us to make the move. Dr Rania raised the fact that some people are limited by other people by being told of what they can't do and they then sit idle unable to decide and act, she then emphasized that if one doesn't make a choice, the choice will be made for them and also that people should not give attention to what others say about them. She also talked of the mindset in relation to goals and said that we need to have the right state of mind, there are no limits to what we can accomplish except the limits we create from our own thinking.

Amb. Shhreyaa Shetti:

She moderated the second panel session which focused on the mindset. She mentioned some various causes of mental health issues such as, stress, unhealthy relationships, loss of productivity and disappointment. She talked briefly about the mindset tools to overcome these challenges. Growth mindset: identifying the challenges and having resilience and courage to stand up for oneself and also having strong faith in oneself. Mental resilience; turning obstacles into opportunities and amplifying weaknesses rather than denying them.

Dr Madelaine Gomes:

She shared a valuable lesson centered on positive mindset and challenges. She likened the mindset to a garden; whatever planted in it grows, there is therefore a choice one should make, whether to plant seeds that will grow into flowers or seeds that will grow into weeds. She talked of challenges being inevitable as they are a part of life so it's very important how we manage them. She shared a brief story of her life and drew out a lesson that what we see as challenges are actually tools preparing us for what lies ahead. Challenges are therefore necessary to help us grow and find ourselves, that is, to know our strengths and all that we are capable of.

Dr Igweshi Augustine:

He gave a brief presentation centered on the growth mindset and the steps one can take to attain the growth mindset. He mentioned a point of overcoming challenges, seeing failure not as a way to describe oneself but as an opportunity for growth and developing one's abilities. Developing a growth mindset means having a strong will and being resilient, believing in oneself and seeing nothing but success in every goal set. Dr Igweshi's emphasis was mainly that, no matter how many times one falls the important thing is getting up and continuing to work towards the goal knowing that eventually success will be met, the most important thing is believing in ourselves and having the conviction that we were only born for success.

Kunle Pelemo:

He presented a topic titled '*Harnessing the mind-reset button called rest*'. He first raised a point that, sometimes we confuse movement with achievement; doing a lot of things and consuming a lot of time but with no productivity achieved and in all that process deprive ourselves of rest. There is an intimate connection between rest, mood and mental health. Rest is very essential in recharging and re-energizing the body and most importantly in refocusing the mind. He mentioned an interesting point, "The first four letters of the word stress is rest in disarray" which means that when we neglect rest, we invite stress upon ourselves. He lastly gave an expression of the acronym, 'REST', that is, Relax, Eat/Exercise, Sleep and Take time-off.

Husseina Ojochenemi Abubakar:

She coordinated the quiz competition. She posed two questions, the first question from a

presentation on the first panel session by Edith Wanyonyi and the second one was from the second panel session based on a presentation done by Michele Hartz. The winners were the first two people who gave the correct answers to the two questions and they were awarded with a couple of prizes including, free GYMHA membership certificates, ambassadorship, mentoring and a scholarship for the Emotional and Intelligence online course.

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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