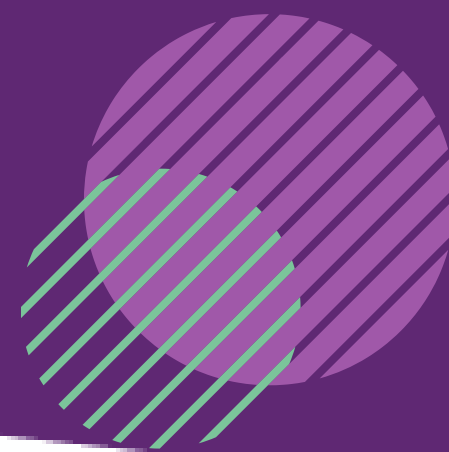


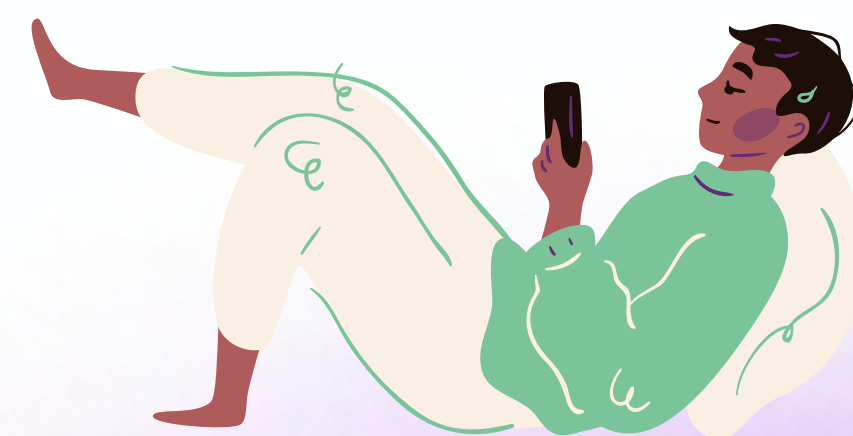
# INFOGRAPHIC 3



## Collection of stress management practices

Why a collection? To **highlight essential resources and strategies** to help young people manage stress and enhance their mental health. We showcase tools like **mental health apps, community programs, and workplace initiatives** to empowers youth to prioritize well-being and lead balanced lives.

The Collection will be available in **5 languages** (English, French, Greek, Czech, and Hungarian.)



You will learn about innovative mental health resources across Europe, such as:

- a multilingual app in the **Czech Republic** for anxiety relief
- engaging mental health podcasts from **Cyprus**
- stress management-focused social media accounts in **France**
- the charity Lust for Life in **Ireland**
- the Thalpos Mental Health Workers' Day Center in **Greece**
- the Mental Focus Self-Awareness Card Game in **Hungary**

*And much more!*



The EMERGE Youth project seeks to tackle stress-related challenges by empowering young Europeans with vital stress management skills to navigate difficulties and thrive in their future careers.

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Unlocking Potential, One Breath at a Time



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