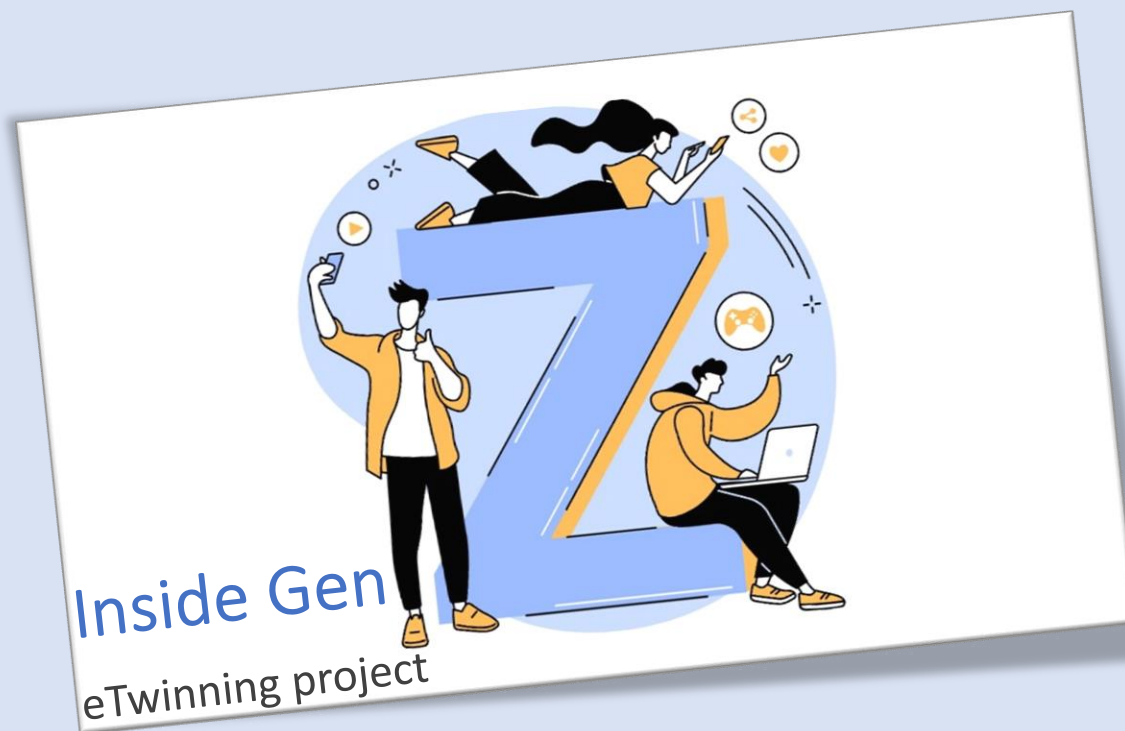


6/13/2025



SERBIA



GERMANY



LATVIA

Stop overthinking!

Teodora, Tereze, Anka

Day-to-day Tips

Try to focus on one thing at a time.

Try to be as optimistic as you can. You are your own person and most of the time you are the person digging the dark hole you fall into.

Try to find your actions' plus and happy sides, even if they are very small. If it is getting very bad - shift your focus.

Try to find things to focus on that don't bring you stress and that you have under control to show to yourself that you can control things and tame your thoughts.

Overthinking can feel like being stuck in mental quicksand — the more you think, the deeper you sink. But the good news is: you can learn to shift your mind out of that loop. Here's how to start:

1. Recognize it when it starts

Awareness is the first step. Ask yourself:

“Am I solving something or just spinning in circles?”

“Will more thinking actually change anything right now?”

If the answer is no, it's time to shift gears.

2. Get out of your head and into your body

Overthinking lives in your head - listen to the physical impulses of your body; understand your habits.

3. Set a timer for your thoughts

Give yourself 10–15 minutes of “worry time” - journal it all out, unfiltered.

When the timer ends, tell yourself: “I gave this time. Now I shift.”

This helps your brain feel heard without letting it take over your whole day.

4. Replace the question

Instead of:

“What if this goes wrong?”

Try:

“What if it goes **right**?”

Long-Term Strategies & Self-Care

Regular mindfulness exercises help you stay in the moment and observe thoughts instead of getting caught up in them.

Just 5-10 minutes of daily meditation can improve your ability to stop the merry-go-round of thoughts.

Tip: Use guided meditations or mindfulness apps.

Set Boundaries & Let Go of Perfectionism

Learn to say "no" to avoid feeling overwhelmed.

Accept that perfection is unattainable. "Good enough" is often sufficient.

Focus on progress, not flawlessness.

Establish Healthy Habits

Sufficient sleep: Lack of sleep can intensify anxiety and overthinking.

Regular exercise: Physical activity reduces stress and promotes mental clarity.

Balanced diet: Pay attention to foods that positively influence your mood and energy.

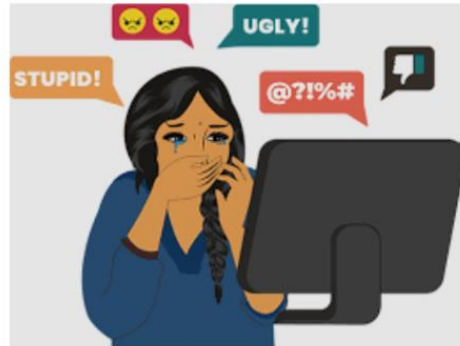
Maintain social contacts: Talk about your thoughts and feelings with trusted people – it can be a relief.



How to prevent Cyber bullying



Andrijana, Eva and Jannik



Parents should not allow young children to have social media because they are mostly victims of violence on the Internet.

As soon as violence is noticed on the Internet, it should be reported!

We need to talk more about how digital violence is not good and give examples of why so that children would know this from a young age and would not commit digital violence one day.

Don't let negative comments bother you, especially those from people who don't even know you!

Effects on Victims:

- Psychological stress (e.g. anxiety, depression, sleep problems)
- Social withdrawal skipping school

In severe cases: self-harm or suicidal thoughts

What Can Be Done?

- Save evidence (screenshots, chat histories)
- Talk to someone you trust (parents, teachers, friends)
- Report cyberbullying (to the platform or police)
- Support the victim, don't ignore the problem

How to deal with depression

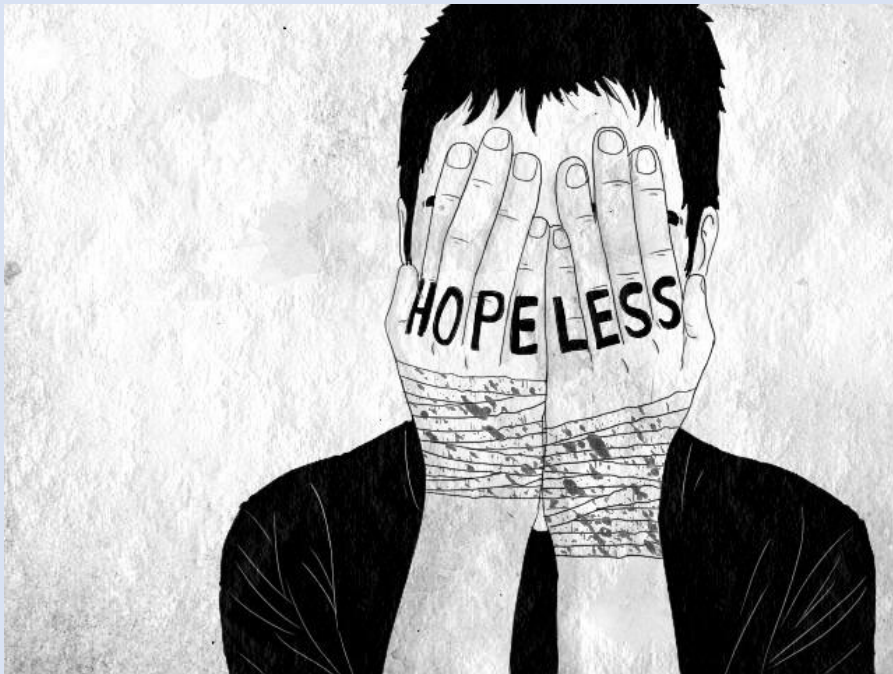
Gabrijela, Ruta and Diana

❤️ Don't be ashamed

❤️ Seek professional help

A psychologist or psychiatrist can help you understand the cause of depression and find the best way to manage your mood.

❤️ Do things you enjoyed - even if you don't feel like it. Whether it's drawing, music, writing, sports, or video games - try to reconnect with something that used to make you happy.



What is important when someone has depression?

Accept that you or someone you know has depression.

Ask for help. Search for help with the person.

Let the person know that he/she is not alone.

YOU ARE NOT ALONE!

How to balance time spent online and time for yourself in real life

Sanja, Jasmina and Haroon

Have you ever felt some of these consequences when using the phone?



🔄 How to Balance Time Online and Offline

1. **Start your day without your phone**
Don't check your phone right after waking up. Stretch, eat, or just relax first.
2. **Make online time a rule**
Pick times in the day to go online (like 10am–11am, 4pm–5pm). Stay offline the rest of the time.
3. **Turn off distractions**
Use “Do Not Disturb” or set app time limits, so your phone doesn't pull you in all day.
4. **Be with people, not screens**
When you're with friends or family, keep your phone away. Look and talk to them.
5. **Plan offline fun**
Do something without screens every day—like walking, reading, or cooking.
6. **Check yourself once a week**
Ask: *Did I spend too much time online?* Then fix it for next week.