

ECYW4004- COUNSELLING AND MINDFULNESS



Students are required to discuss the skills, tools and approaches required for effective practise with young people. Your seminar should focus upon an intervention of your choice, illustrating how this approach can be used to support young people, both in groups and on a one to one basis. Your seminar should support by wider reading and linked to the Youth Work National Occupational Standards.(CLD standards council Scotland, 2019)

Seminar Presentation: 25th February 2021

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INTRODUCTION INTERVENTIONS: OUTDOOR ACTIVITIES

- Today we are going to discuss the benefits of outdoor activities and what it does to us and body.
- The values of participation
- How it can be informal and formal,
- How it supports group work and individual work as well



PHYSICAL BENEFITS

- Natural surroundings
- Breathing fresh air
- Discovering nature's adventures
- With friends/family
- With your local sports centre
- Hiking, canoeing, swimming, racket and ball sports
- So much choice, which will leave you feeling motivated and wanting more!
- The recommend you work out 150 minutes or 75 minutes of intense over the week and not all at



Outdoor activity is great for many reasons
Image Credit: Kerkez/iStock/GettyImages



EMOTIONAL BENEFITS

- Reduce stress
- Prevents depression
- Reduces anxiety
- Better self esteem
- Natural treatment with no side affects
- Helps with PTSD, panic disorders, OCD
- Helps you sleep
- Will help with concentration



SOCIAL BENEFITS

- Meeting new people
- New relationship building
- For all ages
- Team work



PARTICIPATION BENEFITS

- Providing opportunities to develop confidence and responsibility
- Making others aware of any issues
- Influencing ideas and others
- Aware of any needs
- Positive actions
- Socialising
- Working on oneself
- Develop new skill and ideas
- Decision making, individually/team



MAX-NEEF'S (1991) FUNDAMENTAL HUMAN NEEDS



- Relates back to Youth Work Strategy for Wales, 2. Youth work is accessible and inclusive. (WAG, (2017), p15
- “everyone should be able to take part” (WAG, (2017),p15)
- Youth work is not just in one place or in one environment, it can be done anywhere with anyone. As it can be adapted to different situations and can be approached in many ways

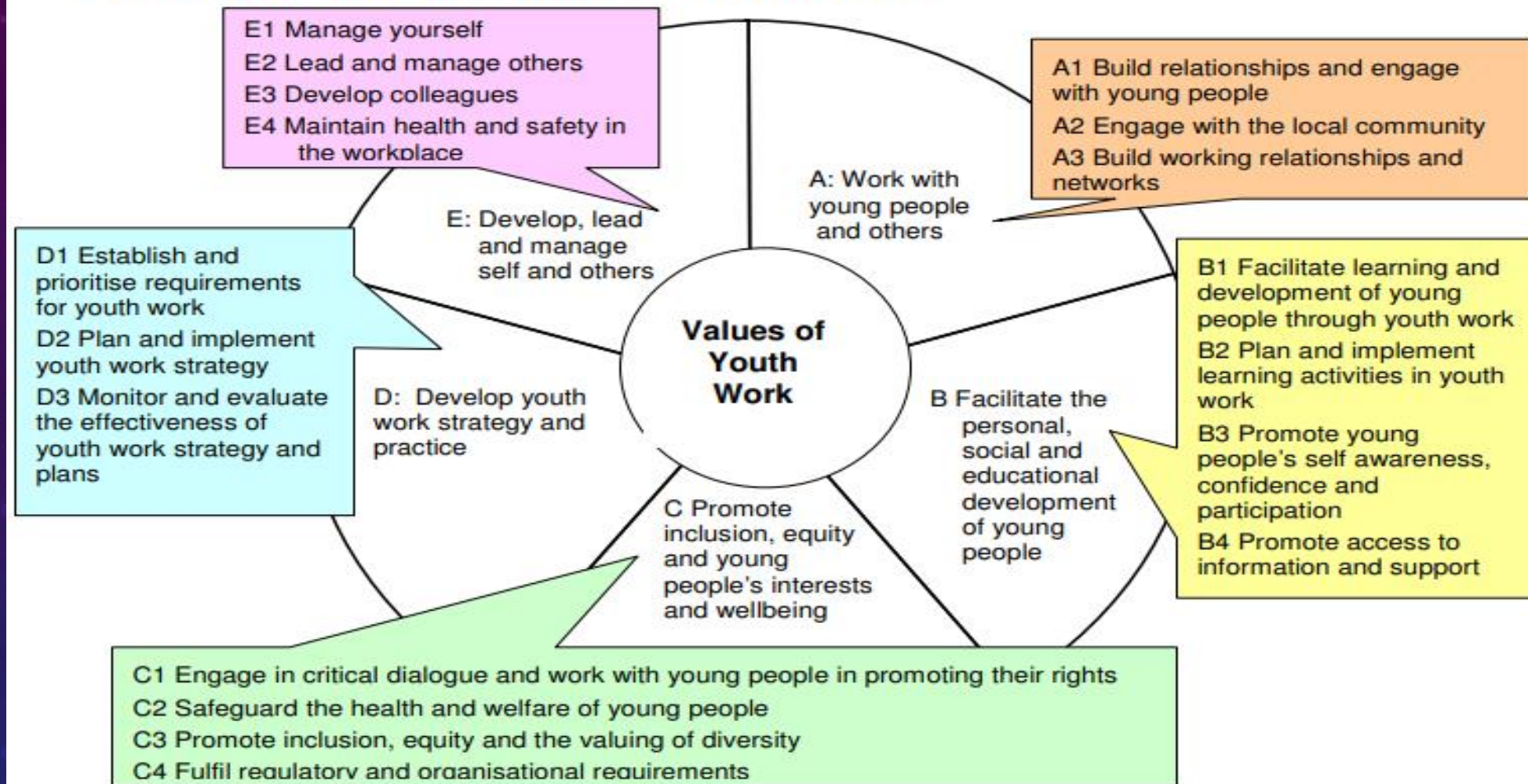


KAYAKING

- Informal
- Formal
- Group work
- One to one
- Relates to our values as Youth workers, Equity, diversity and inclusion. NOS (2019), p5.

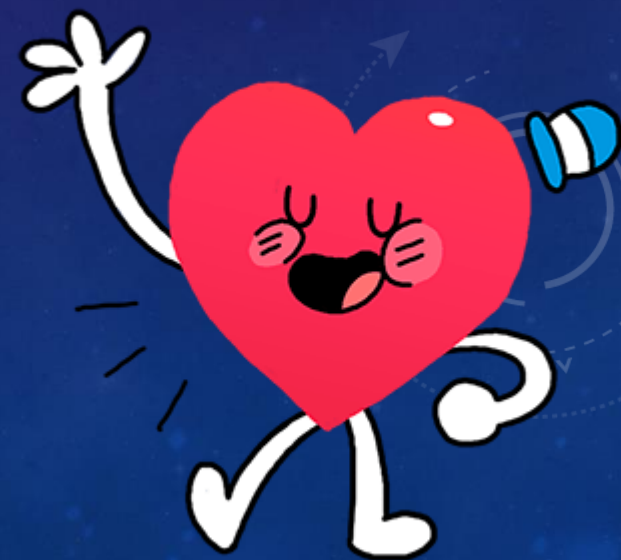


SUMMARY FUNCTIONAL MAP FOR YOUTH WORK





Game Time!



YOU WILL NEED:

SKIPPING ROPE

STEP (could use the bottom step of your stairs or portable one, must be safe to step onto)

WATER

ENERGY

SMILES

How you feeling?



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• “Outdoor exercise has stronger effect on blood pressure and mood than indoor exercise. Stress is relieved within minutes of exposure to nature as measured by tension, blood pressure and brain activity. To put simply, time spent outside is good for you!”

• Tina Pashley (2019)



CONCLUSION

- If you look at the games we played, it allowed you to feel happy, you laughed, it also improved your energy levels, which improved your self-esteem. So if all this took place, imagine how you would feel doing it in nature. Where it naturally allows you to destress.
- We have covered how out door play helps you in so many ways, with so many different things.
- How it jumps from formal and informal depending on how your doing your activities especially kayaking. How it can go from group work to one to one's.



Questions ?



REFERENCE LIST:

- [American Journal of Lifestyle Medicine: "The Bidirectional Relationship Between Exercise and Sleep: Implications for Exercise Adherence and Sleep Improvement"](#)
- [Centers for Disease Control and Prevention: "Physical Activity for Everyone: How Much Physical Activity Do Adults Need?"](#)
- CLD Standards Council Scotland, (2019) Youth Work National Occupational Standards, Glasgow: CLD Standards Council Scotland.
- [Cognitive Behavioral Therapy: "Exercise for Mood and Anxiety Disorders: The State-of-the Science"](#)
- [Eastern Kentucky University: "Self-Esteem, Empowerment and Recreation: A Meta-Analysis of Outdoor Recreation on Adolescent Females"](#)
- [Harvard Health Publishing: "Exercising to Relax"](#)
- Pashley T, (2019), physical, Social, Emotional and Intellectual Benefits of Outdoor Recreation, [livestrong.com/article/493323-physical-social-emotional-intellectual-benefits-of-outdoor-recreation](https://www.livestrong.com/article/493323-physical-social-emotional-intellectual-benefits-of-outdoor-recreation)
- Sapin K, (2013), second edition, Essential skills for Youth work practice, London: Sage Publications.
- Welsh Assembly Government, Young People, (2007) Youth Work, Youth Service: National Youth Service Strategy for Wales, Cardiff: Welsh Assembly Government
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