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PROJECT VITAE Beata Mintus



"The daily practice of mindfulness can help us to reduce stress and anxiety, and to find greater mental and emotional clarity in our lives"



scan me!



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Sun in the Age

www.sunintheage.eu

What is Sun in the Age?

Sun in the Age is an Erasmus+ KA2 project, addressing the problem of loneliness and social isolation of older people.

During the pandemic, the problem of loneliness and social isolation in older adults became more visible, with many experiencing a lack of basic human contact for months, and at the same time, a sense of fear of death as a major issue.

The main purpose of the project is to apply **REMIND** (Relaxation, Meditation, Mindfulness) practices to develop the competencies and skills of adult educators and social workers working with adults, especially older adults, aiming to significantly improve the psychosomatic wellbeing and quality of life for them.

Why?

- To provide social educational and health staff who work with the elderly, with new important tools for the stress management, related with holistic approaches, including REMIND techniques.
- To teach adult trainers how to apply the REMIND practices to themselves as tools for improving their psycho-physical wellbeing.
- To improve adult trainers' knowledge in how to empower older adults, through REMIND practices.
- To enable older people to learn the life skills, strengthen and build resilience, improve their ability to manage emotions and control reactive response, reduce stress and anxiety, maintain an active brain, and transform LONELINESS in a GOLD OPPORTUNITY.

How?

Project Results

- Online Good Practices Collection.
- Blended Training Course for Educators.
- Implementation of workshops for older learners.

For Whom?

Sun in the Age project is targeting to:

- social workers,
- health care personnel in residential homes for elders,
- adult trainers,
- community centers and adult education centers,
- private homes for elders, etc.,
- adults aged between 40 and 65 and older adults,
- public and private entities (at local, national and international level),
- public and private health care facilities.