

Stefanija's Challenges

April Challenges

Challenge 1

Interview with 5 close people about active citizenship

1. Do you vote regularly?

- I have not missed a single election since I have the right to vote, and I would not miss it in the future. I see it as an obligation.
- I usually vote and I think that everyone who doesn't know or is not sure who to vote for, shouldn't vote by making random choices.
- I don't vote because I'm still underage.
- Yes, I do vote regularly
- Yes, I vote regularly.

2. Do you regularly complain about the government?

- Criticism of people in power is necessity, and it's a task of the opposition and other parties. I criticize, I hope without exaggerating.
- Not really, but I am not a huge fan of how the Government works.
- I do, sometimes.
- Yes, I do complain about the government.
- Not all the time but I complain about the government especially about the education system.

3. Do you pay taxes?

- Maybe a day or two later, but regularly. I like my internet fast and my account clean.
- Yes, always regularly and on time.
- I don't, it's still not my responsibility, but I would love in future to be on time with it.
- Yes, we do pay taxes.
- Yes also we pay the taxes regularly.

4. Do you recycle?

- My family puts the plastic in a special trash can, and of course I did that too, even though the truck collects the rubbish and throws it in one place, but since I've been living in a building, all the waste goes to one place, I would prefer to sort the waste but recycling is not just in our hands.
- Not really, but if I had the chance I would.
- I do.
- I don't recycle, because there are no recycling facilities nearby.
- I'm trying to put the trash in specific bins but not always.

5. Do you donate blood?

- I will donate blood when I will stabilize my hemoglobin level. I should eat my spinach.
- I haven't had the chance yet, but I will for sure.
- I don't, but I would like to donate blood and save someone's life.
- I donate blood from time to time.
- Yes, I do.

6. Have you ever volunteered in the community or for a cause?

- I have volunteered many times in different communities and organizations. Although I consider volunteering as an important thing for the community and the individual as a volunteer please distinguish wasting time and achieving a goal.
- Yes, I have.
- Yes, I am a volunteer in Red Cross.
- I have volunteered in different activities.
- Yes, I'm volunteering whenever I have chance.

7. Have you participated in demonstration?

- I have participated in a demonstration. I don't mean on kind of a demonstration how to turn on the laptop and use the internet (and I have demonstrated that one at home too).
- I had participated once, but I fully encourage any type of demonstration as long as I think that the citizens are demonstrating for something that feels right for everyone that's included in it.
- I haven't.
- I have not participated in a demonstration.
- No, I haven't participated in a demonstration.

8. Do you consider yourself an active citizen?

- Maybe the answers above can give you the answer to this question. If we follow the same definition of an active citizen, we may agree, but fundamentally I do not like definitions.
- I wouldn't exactly describe myself as an active citizen.
- No, I'm not an active citizen.
- I do consider myself an active citizen.
- Yes, I consider myself as an active citizen.

Challenge 2

Find yourself in the TED videos

<https://www.youtube.com/watch?v=xbagFzcyNiM&feature=youtu.be&fbclid=IwAR1EOwIFldLS33mKizZwobDb8r5MsLY9icY6Y6P5c8QwDAILODWNkZQSc8>

Honestly, I find inspiration for certain activities all the time. While I'm in city transportation or listening to my favorite podcast. I can't single out one or two videos that are my leading inspiration for starting something new. I am often inspired by personal stories such as the

one of Helen Keller. I believe that we are not just genes and we are not just a product of the society. probably a combination of both. I believe that there is more good in people than bad. I love people. I believe in people, it is my eternal motivation to work in the field of mental health and for all the activities I undertake.

Challenge 3

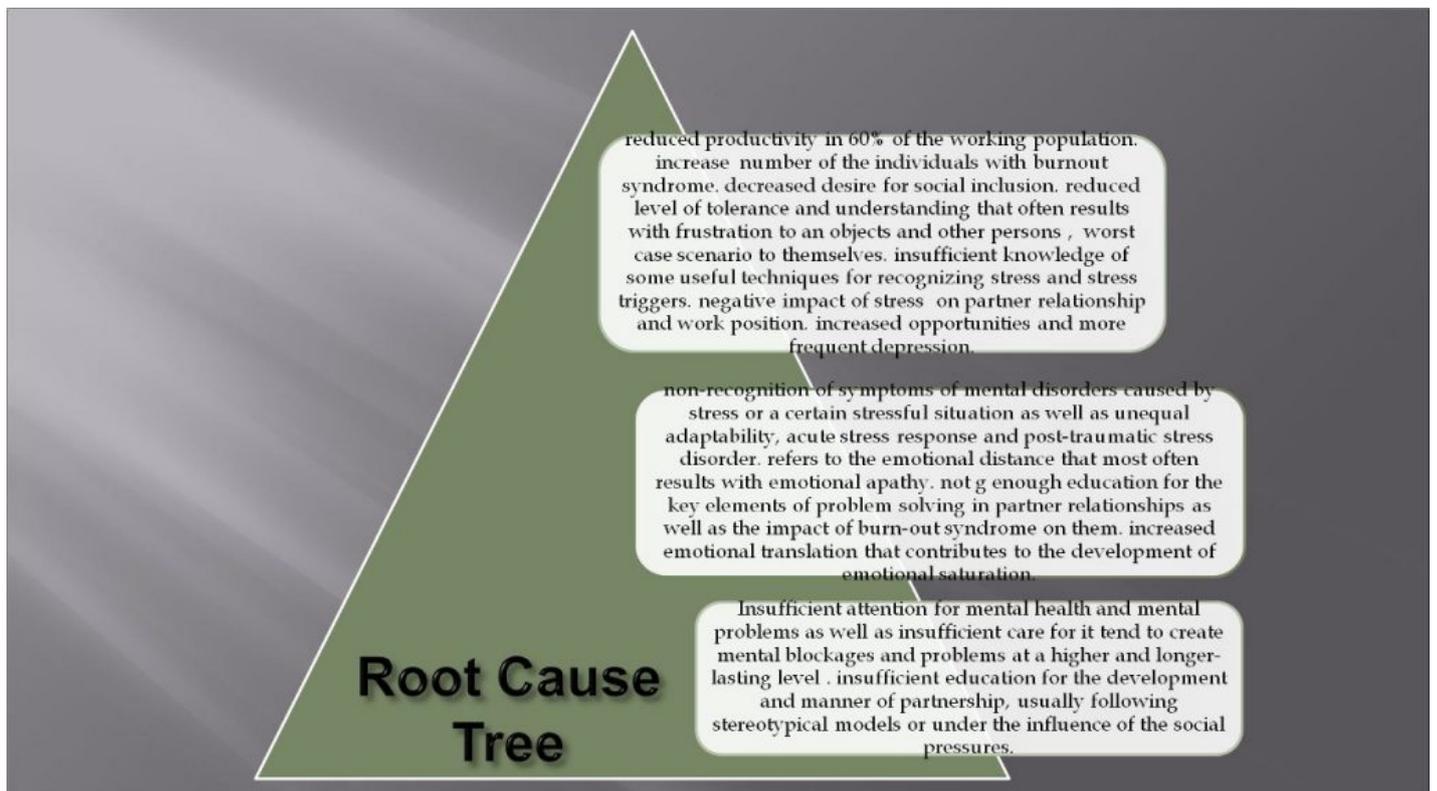
Introspective: Your good characteristics

Some of my positive qualities are: creative, communication, leadership skills, ambitious, open-minded, dedicated.

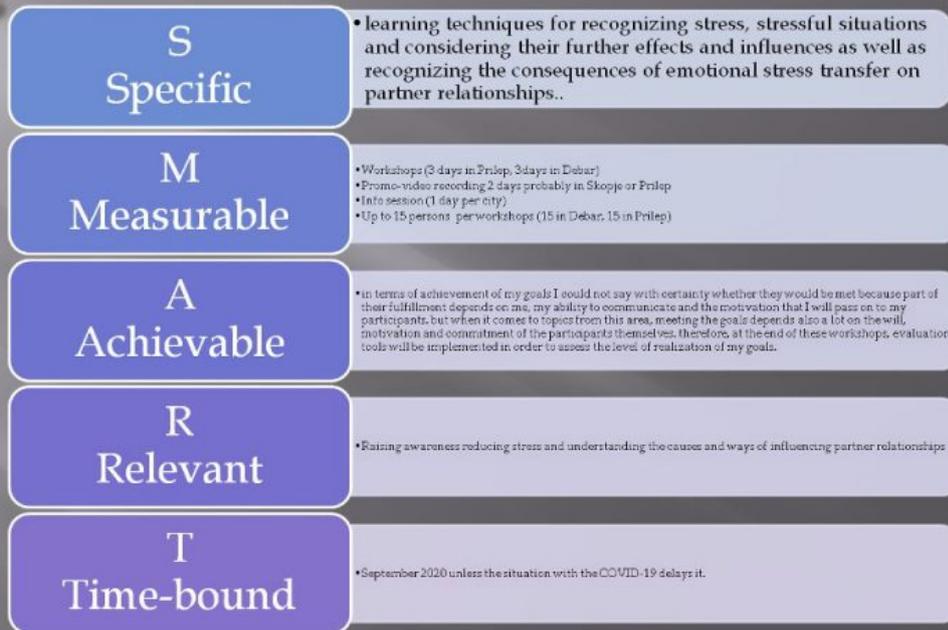
As for this challenge, I used some tools and tests (exmp.persona) that I had encountered before and worked on during my studies. considering the conclusions, whether I like them or not, my weaknesses are definitely organization and paper work. while as far as my good sides are concerned, creativity and communication. They are big advantage of the project because much of the achievement of goals depends on my communication with the participants and the way I will slowly introduce them to the topic, goals and activities.

Challenge 4

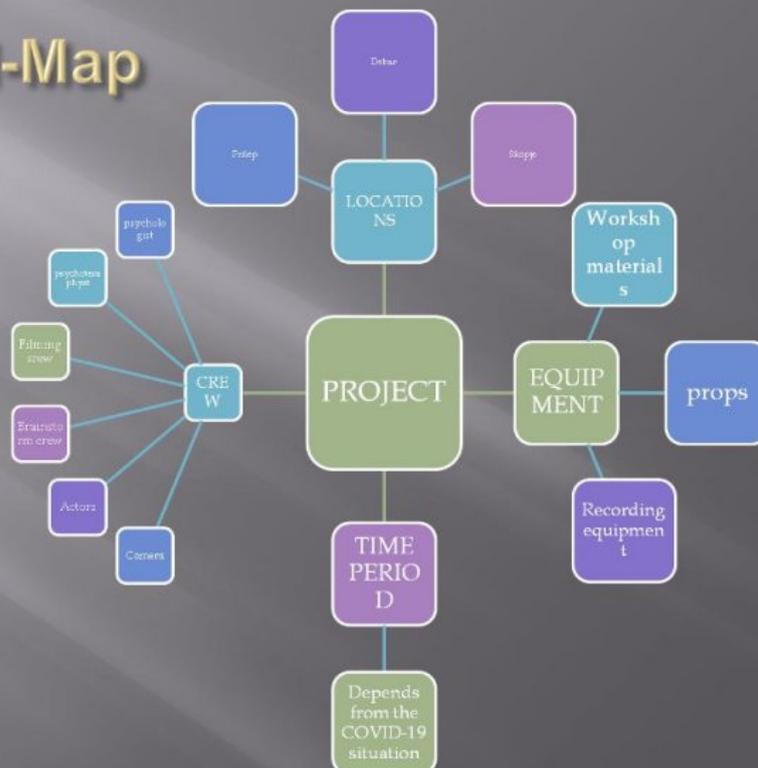
Make a search plan and vision



SMART Objectives



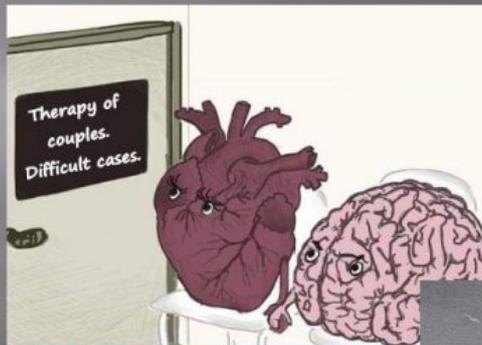
Mind-Map



PESTLE Analysis

P Political	E Economic	S Social	T Technological	L Legal	Environmental
<ul style="list-style-type: none"> The Law on Psychological Activities states that psychologists can perform psychological activities. Part of the psychological activity is psychotherapy. A psychologist can work as a psychotherapist after graduation. He / she has a certificate for completed additional education lasting 4-5 years from a recognized psychotherapeutic direction and with a special license issued by the Chamber of Psychologists, but the problem arises when the health system does not clarify the terms and differences between a psychologist, psychotherapist, educator, psychiatrist, counseling and consulting, while visiting one of these licensed expectations, the patient / client may be disappointed, the problem is still dormant, and with it the loss of reliability and confidence, especially in psychotherapy and psychology 	<ul style="list-style-type: none"> Budget for Equipment Crew salary Catering Workshop Travel expenses 	<ul style="list-style-type: none"> Awareness of the issue Willingness of the population to start working on this topic 	<ul style="list-style-type: none"> Camera Presentation materials Designing of promo material etc. 	<ul style="list-style-type: none"> Permits from Principle of the schools The Municipality Home of culture "Marko Cepenkov" 	<ul style="list-style-type: none"> Raising awareness about mental health and improving it.

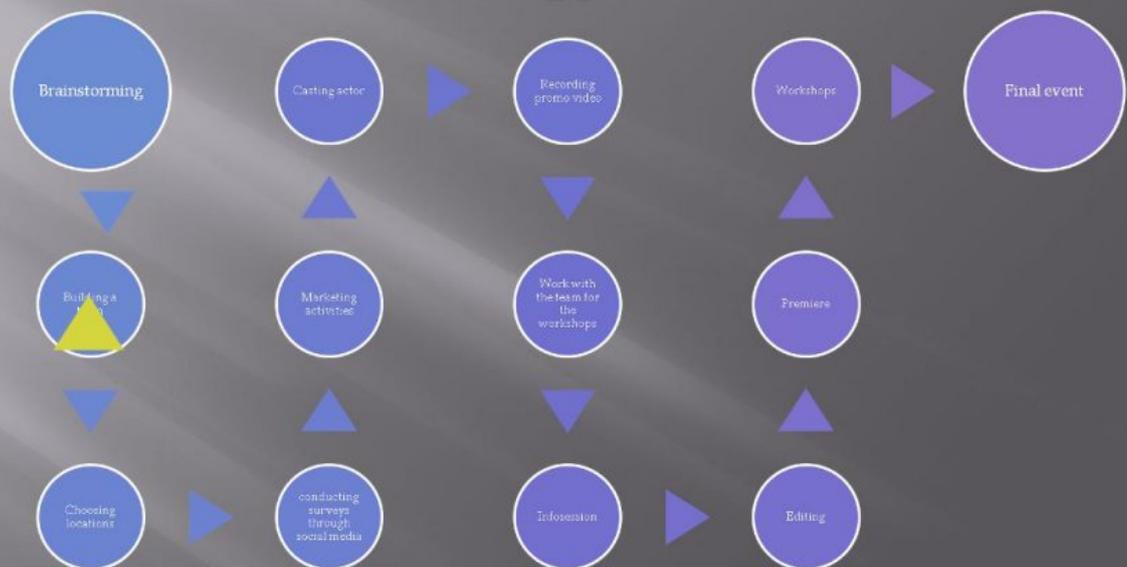
Vision Board

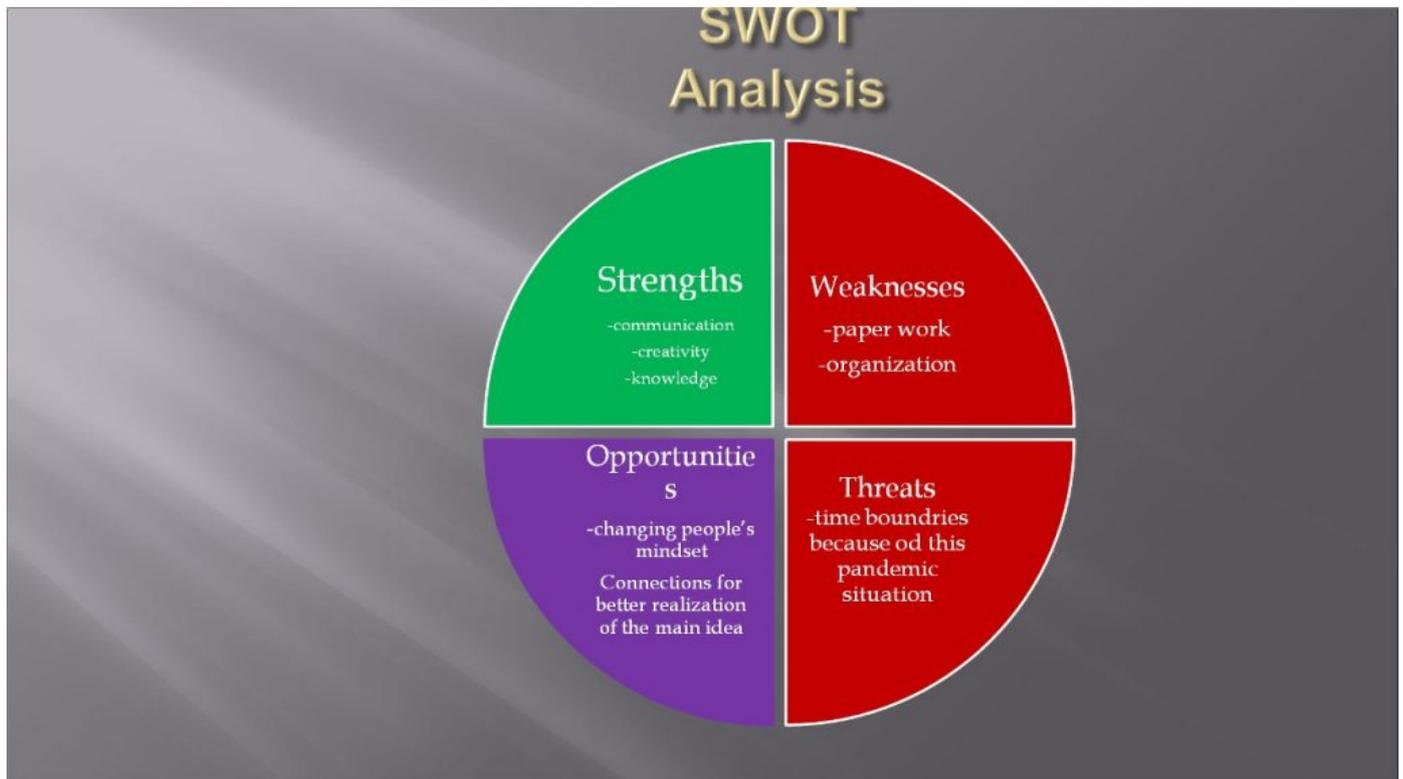


Communication Plan

What	How	Why	Whom	When	Type	Evaluation
<ul style="list-style-type: none"> • Info session • Workshops • marketing 	<ul style="list-style-type: none"> • Verbal • Meetings • Presentations • Social media 	<ul style="list-style-type: none"> • Location permits • Applying for the project • organisation 	<ul style="list-style-type: none"> • Principles of the schools • The team • Participants • partners 	<ul style="list-style-type: none"> • During the activities and before them 	<ul style="list-style-type: none"> • Fomal communication • -non-fomal communication 	<ul style="list-style-type: none"> • Evaluation forms

Strategy Plan





Action plan

The goal of this project is to teach youngsters about techniques for recognizing stress, stressful situations and considering their further effects and influences as well as recognizing the consequences of emotional stress transfer on partner relationships. Before it with proper promo material and also after it with final event and final evolution.

Matrix for action planning

I will organize workshops for learning about stress and the influence of stress on the partner relationships.

In Prilep and Debar also other locations for shooting the promo video. Hopefully this summer, depending on the situation at hand.

The people that will be part of this project will have chance to learn how to improve their mental health and to forward those information to people who also need them too.

Challenge 5

Research the SCARF model

	Activates threat	Activates reward
Status	Increased stress and his influence on the social status and social relationships.	Provide regular positive feedback Draw attention to incremental improvements Discuss possible situations and desirable outcomes
Certainty	Review of possible symptoms of anxiety and depression caused by stress.	Break down overwhelming choices into manageable steps(anxiety) Encourage the participants to see the positives in their situation
Autonomy	Learning about self awareness and self-confidence and self – consciousness and self-consciousness emotions.	Help the participants identify factors they are in control of Make links between these and things they want to change Encourage them to build new friendships and connections with new people
Relatedness	Learning about the influence of stress, anxiety and depression on the social contacts and social communication.	Maintain regular contact after the workshops and continue the work online Talk to the participants about why comparisons are important to them
Fairness	The disappearance of introspection	Get them to reflect about successes they have had and how others might have felt Use modelling; encourage the participants to identify action others are taking

Challenge 6

Burning bowl ceremony



Challenge 7

Find or create your spiritual master

I would like to have the wisdom of **Tom and Jerry** together, the serenity of **Bodhidharma**, the graciousness and beauty of **Katie Mc Grath**. I would like to think rationally, quickly and strategically as my **friend Sara**, revolutionary spirit as **Che Guevara**, to be trustworthy as my **ex**, courage and faith of **Hellen Keller**, creativity of **Stanley Kubrick**, to have travel experience as **Marco Polo** and knowledge of **Albert Bandura**.

Challenge 1: Changemaker Story

Stefanija believes that any society could change if everyone works on their mental health, especially during these stressful COVID-19 situation. She believes that working with youngsters would be most beneficial, because they are in the process of physical and emotional development and because they are the people in who's hands are future is in.

Because of her believes, she has taken part at the summit of Global Goals Model of United Nations and she was working on issues connected with education and educational system. Due to the fact she loves to work on socially important topics, she likes often to combine it with art as a powerful tool for better understanding. As a result that she is involved at the art field, she has directed few plays on socially important topics such as problems with domestic violence , social pressure, stress related problems and sexual abuse. Problems that often may seems that are not that much important but actually they are the key points of bigger problems in the future such as problem with authorities at the workplace, marriage problems. She also has worked on Linking, Engagement project sponsored by USAID in which she was working with children who suffered domestic violence. She believes that our children, our generation would not go through childhood traumas and they would have more time to focus on more efficient things in future and be better changemakers.

Challenge 2: Interview

How I will change society: Stefanija Stefanoska

I would like to be able to influence people's mindsets

Stefanija Stefanoska, a student of psychology from Prilep, believes that any society could change if everyone works on their mental health. She believes that working with youngsters would be most beneficial, because they are in the process of physical and emotional development and because they are the people in who's hands are future is in.

How did you get the idea for implementing project on this topic?

- Honestly I don't know, I draw inspiration constantly from the most bizarre things in everyday life, I don't even know where it comes from anymore. I draw inspiration from the subjects I study at my college, from the people in public transportation, the children on the stone bridge who play all the time, from my friends...

Describe yourself with three word?

- Control freak, creative, lazy.

What is your biggest accomplishment?

- Definitely my greatest achievement is my friends. I am happy to have someone to rely on in the most difficult moments, from whom to seek advice, with whom to share the positive energy... But, from another point of view, the biggest success is definitely the United Nations

summit in Kuala Lumpur, Malaysia last year and my two directed plays “what I want to say but I never will” and “soup of canary”.

In your opinion what is the biggest problem in your society?

- The biggest problem comes from the socio-economic inability of the people. Most often economic problems affect family communication. People do not know how to cope with the stress of the work place, they pass it on to children, developing a negative attitude, instead of developing a safe environment for the children. Then the children transfer that relationship attitude to their own relationships with their friends, their partners, their bosses.

If you had superpowers, which problems would you like to solve in your society?

- If I had superpowers I would like to influence on the political system, it is a well tangled gap, to return to the original state the only solution is a magic wand (smile). Aside from the joking, I would like to be able to influence people's mindsets, I would like to add more positivity and more aversion.

What is the biggest challenge you would face before accomplishing your goal?

- My biggest challenge definitely will be the marketing part and the way I will motivate future participants to apply.

How your project will influence your society in the future?

- Well, 32% of young individuals aged between 18-24 are stressed due to housing worries. Housing stress relates to situations where the rent (or mortgage) is much higher than the household income. Teenage stress statistics and the previously mentioned study by the Mental Health Foundation found that housing is one of the most frequent sources of stress, especially for younger individuals between the ages of 18 and 24. The study also analyzed older individuals of 45–55 years, of whom 22% are affected by housing stress. Maybe stress doesn't look like important problem but it is. Maybe this project will not have immediate big results but will have more in the future, knowing what problems stress can cause it's easier to imagine which problems I'll try to solve.

Do you see yourself in your country after college?

- Honestly no, I can't imagine the professors who taught me, the professors who are responsible for 80% of my complexes, traumas and stressful situations to teach my children in the future. What kind of mother will I be if I consciously allow it?

Explain how the interested people can apply?

- People interested about the project will be able to easily apply. The link will be available on all social networks, also those interested could write to me on my instagram profile: masticophis_ or on email: stefanoskastefi22@gmail.com.

Challenge 3: Plan your presentation and messaging

Make a plan for both scenarios:

- 1) physical meeting (I'll organize info session where will be explained how they can apply, what will be their benefits etc.)
- 2) virtual meeting (zoom meeting with people who will show interest to take part in the project)

How can you best communicate your project with your key audiences for your project presentation?

-Through social media as most used tool these days and physical meetings.-I would like to put a spotlight on the title of this project as a break through phrase which will be „how are you?“ or „како си?“

My story for better communication during my campaign will be definitely the most common one we all know that story, but interpreted on different way which will help them see it from different angle.

Target group: youngsters between 13-18 year old.

Challenge 4 (optional): A quote from you

"Let's rise kids who won't have to recover from their childhood."

Challenge 5: Communicating with target audiences

Institution with which I'll ask for support: psychotherapy counsolor, Marija Adzioska, Municipality of Prilep.

ATTRACT PACKAGE

- promotion
- opportunity to make a difference

ENGAGE PACKAGE

- conference room
- marketing
- technical support