

Conclusion of the Erasmus+ Project #MeRest

Promoting Resilience and Social Inclusion through Visual and Theatre Arts and Self-Narration.

#MeRest_Project

#Resilience

WWW.MERESTPROJECT.EU

The Erasmus+ project #MeRest

The European project #MeRest, which started in January 2022 and ended in December 2024, focused on strengthening resilience and providing opportunities for social inclusion to the most marginalised groups in society through non-formal educational activities based on self-narration, visual arts and theatre. In particular, the project focused on vulnerable groups, including the older population, informal caregivers, people with disabilities or mental health problems, and health workers, who were severely affected by the Covid-19 pandemic. #MeRest gave them the opportunity to tell stories of adaptation and change, enhancing personal skills through methods of expression.

Context and objective of the project

The Covid-19 pandemic had a significant impact on resilience and psychosocial well-being, accentuating the difficulties for vulnerable people. In this context, the project used the power of visual arts, theatre and storytelling to address the challenges of the pandemic and promote resilience, which is the ability to adapt to difficulties and find creative solutions to problems.

Project results

The project achieved tangible results in promoting well-being and resilience, with activities that included creative writing, visual arts and theatre. Among the main outputs:

- A **manual for replicating the storytelling workshop** with 20 stories of resilience of older people, people with mental illness and caregivers.
- An **artwork gallery and art manual** to replicate the visual arts workshop.
- A **manual of theatre techniques for podcasts** and a **YouTube channel** with 18 stories in podcast format.
- A **guide with recommendations and good practices** to replicate the project results.

The results have been published in five different languages (EN, LT, IT, GR, RO) and are available free of charge on [this page](#) of the project website.



Co-funded by
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Main difficulties and Strategies adopted

During the Covid-19 virus emergency period, participants faced significant difficulties that emerged during the workshops, including:

- Loneliness and cloure
- Uncertainty
- Anxiety, insomnia and stress
- Guilt and worry
- Changing habits and managing emotions



To cope with these difficulties, participants developed various coping strategies, including:

- Recreational activities and hobbies
- Professional and family support
- Volunteering and sharing with others
- Use of religion and awareness

Project impact

The impact of the project was significant in several areas. Storytelling accompanied participants in reframing a complex experience that had been put aside, art enabled participants to better understand and creatively express their emotions, and theatre techniques facilitated seeing their story from another point of view and effectively sharing their experience. Self-awareness increased, helping participants to recognise their own limits and potential and to feel part of a larger context.

Time to say goodbye

The #MeRest project has come to an end but the partnership is pleased to have contributed significantly to the promotion of resilience and social inclusion, using the arts as a tool for empowerment and psychological healing. The results achieved provide a solid basis for replicating and amplifying these experiences in other contexts, with a positive impact on the lives of participants and their ability to adapt to future challenges.

NOTES TO EDITORS

- To find out more about the #MeRest project and to get involved in the activities please follow the link www.merestproject.eu
- #MeRest is co-funded by the European Commission under the Grant Agreement: Erasmus+ 2022-1-LT01-KA220-ADU-000085035

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