

# it's worthwhile

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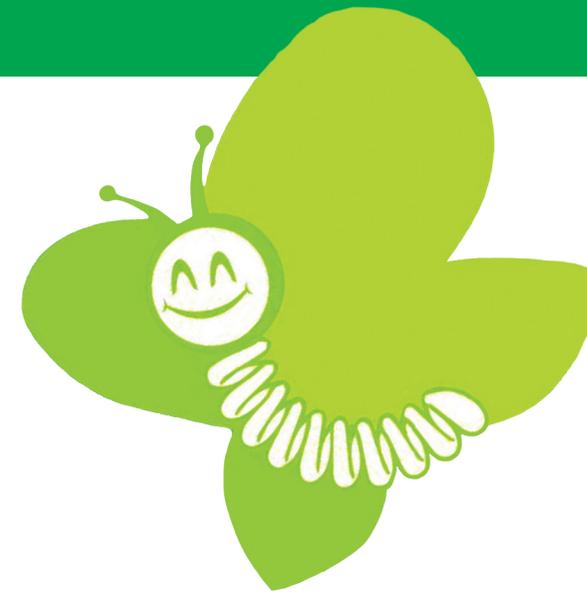
Like the butterfly in our logo,  
the **IT'S WORTHWHILE PROJECT** stands  
for: **TRANSFORMATION**, **RESILIENCE**,  
**OPTIMISM AND HAPPINESS**,  
**LOVE IN LIVE** and **HOPE**.

## Educational resources

- Talks, courses, workshops and conferences.
- Webquest and blog.
- Story collection:



- Website:



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Educate people to face diversity

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## ● About the project

**IT'S WORTHWHILE** is an education project arising from the need to implement a learning model that effectively meets social needs.

As individuals, we all have problems or face different situations, and some people believe that there is nothing of worth in them.

They are firmly attached to a way of thinking, feeling and acting that limits them and does not allow them to see what they could really do, or to be aware of who they are.

The aim of the **IT'S WORTHWHILE** project is to foster and develop resilience among children and young people within an education model that supports them and helps them to respond positively despite the existing difficulties. At those ages it is possible and necessary to create alternative solutions in the face of adversity to help them mitigate the negative impact of a conflictive situation.

The project's creator and director is **Ana Artázcoz Colomo** (professional in the sphere of education) and her travelling companion is **Elena Lasheras Lázaro** (professional in the sphere of healthcare).

## ● Education proposal

The courses of the **IT'S WORTHWHILE** teaching programme are aimed at providing resilience education to children, adolescents and young people, as well as to families and teachers, as a continuation of other education efforts jointly carried out at education and healthcare centres.

Through prevention, they are encouraged to be active subjects in their resilience processes and helped to develop their personality in a responsible manner - because helping them in those aspects helps them acquire greater self sufficiency.

The aim of all this is to contribute to foster health and wellbeing, given the existing correlation with mental health and the need to act at early ages to help them lead healthier lives. This has major implications on their all-round health.

## ● Health Education

**IT'S WORTHWHILE** is intended as a teaching resource to support HEALTH EDUCATION. In addition to education about healthy life habits, children should also receive resilience education to help them face adversity.

Resilience is presented as a new form of prevention, as a new way of living in search of light, allowing the child, adolescent or young person to attain physical and psychological wellbeing despite the problems and difficulties they may have to overcome.

Teaching resilience in the healthcare world promotes wellbeing and health in individuals with or without health conditions.

It has been established that resilient individuals are more responsible in their self-care behaviour. The strong feeling of self-esteem and the ability to learn from experiences and to adapt are essential to confront an illness.

