

## PRESS RELEASE

### Elderly and emotions: the challenge for emotional well-being

- The project Erasmus+ Integra\_Lab+ aims to contribute to the well-being of the elderly through creativity and physical and mental activity.
- During this spring has been carried out the pilot course in all participating countries.
- Münster University (Germany), E-Seniors (France), PlinEu (Poland), Corte del Miracoli (Italy), 32puntos (Spain) and the University Complutense of Madrid (Spain) are the partners of the Project.

**Madrid, 7th september 2023.** During the spring of this year 2023 has been carried out the pilot course of the european project Integra\_Lab+ in the five countries of the members project. In the week of the pilot course, the trainers have been working with the seniors to put into practice the work of the previous months and be able to see its effectiveness. As a pilot course, we have seen possible improvements, but above all, we have seen that many older people not only find it difficult to talk about their emotions, but also do not want to do so. Talk about their feelings and emotions causes a rejection in many of them, making it difficult for them to manage and thus impacting on their well-being.

The pilot course has been designed on the basis of the research carried out by the partners in the previous months and is based on the axes of the project: creativity, physical and mental activity and digital competences. Moreover, in March, a course for trainers was held in Madrid where the final design was finalized and the experience of all the trainers was shared.

The originality of this course lies in the fact that it focuses on improving the well-being of the elderly through creativity, which is incorporated into daily life through physical and mental activity or through creative and cultural activities. All together with the help of digital tools that provide access to resources for both trainers and seniors. It is therefore a course that approaches well-being from a different, more holistic and integral approach.

During these weeks of the course, the seniors have been involved in numerous activities. The challenge is to understand our emotional state before, during and after the activities in order to be able to manage it and know which ones help us in our day-to-day life. Many older people report discomfort in expressing emotions or feelings; they don't like to talk about it. This leads to a lack of self-awareness that hinders well-being. Because of their

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education or culture, this is a brake that does not affect other age groups as much. It is precisely at this time of life when it is most necessary to be able to express how we feel, given the vulnerability that comes with age.

After the training course, the partners met in Siena to evaluate the results and implement the necessary changes. Overall, the results are satisfactory. The need for more time for activities to keep up with the pace of the elderly has been identified, as well as the opportunity to create mixed work spaces where, for example, meditation helps creativity or physical activity.

Next autumn the following course will take place where the agreed changes can be implemented and the activities that have worked best can be reinforced. Each country will hold its course again and a new and final assessment will take place in Paris in October. The project is hoped to conclude with a major event where all that has been learned will be put into practice.

### **Integra\_Lab+**

“Empowering elderly adults in emotional selfcare and through the acquisition of digital skills and creativity” is the description of the Integra Lab+ Project, framed in the Erasmus+ programme. During two years the European partners will design a course and train their trainers in three pillars, creativity, physical and mental activity and digital competences. Thanks to this course, older people will be able to learn about and manage their emotions, which act as protective psychological factors for their well-being.

For more information: [www.integralabplus.com](http://www.integralabplus.com)

**Details of the partner sending the PR.**

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