

JANUARY 2026

Newsletter

Project ID: 2024-3-FR02-KA210-YOU-000286699



Introducing ZenG and the Digital Mindfulness Tools

About ZenG

ZenG — Mindful Pathways to Mental Health for Youth is an Erasmus+ project designed to support the mental well-being, emotional resilience, and inclusion of young people across Europe.

The project focuses on equipping youth workers, educators, and youth organisations with practical mindfulness tools and non-formal educational resources that can help young people manage stress, strengthen emotional awareness, and build healthier coping strategies.

ZenG places particular attention on young people who may face barriers to accessing mental health and well-being support, including those from disadvantaged backgrounds, rural areas, or socially vulnerable communities.

Through transnational cooperation, training activities, educational materials, and digital resources, ZenG aims to make mindfulness and emotional well-being practices more accessible, youth-friendly, and sustainable



Why ZenG Matters

Many young people experience stress, anxiety, emotional pressure, and uncertainty in their daily lives. At the same time, not all young people have easy access to supportive, non-stigmatising, and practical well-being resources.

ZenG responds to this need by promoting simple mindfulness practices, emotional intelligence, self-awareness, and resilience. The project supports youth workers and educators in using practical tools that can be integrated into workshops, youth activities, training sessions, and everyday support work.



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Digital Mindfulness Tools

As part of the project activity Digital Tools for Mindfulness and Mental Well-being, the ZenG partnership is developing a set of accessible digital resources for young people and youth professionals.

These tools are designed to support users in pausing, breathing, reflecting, and reconnecting with themselves. They can be used during workshops, youth work sessions, training activities, or individual well-being practices.

The ZenG Digital Mindfulness Tools include:

- guided meditation audios
- short educational mindfulness videos
- mindfulness exercises
- reflection activities
- interactive learning resources
- downloadable materials

Guided Meditation Audios

The ZenG Mindfulness Toolkit includes five guided audio practices:

Morning Focus

A short grounding meditation to help young people start the day with calm, clarity, and focus.

Emotional Reset

A guided practice for moments of stress, emotional tension, or overwhelm.

Body Awareness Scan

A calming body scan meditation that helps users reconnect with the body and release tension.

Calm Before Sleep

A gentle evening practice using slow breathing and calming imagery to support relaxation before sleep.

Loving-Kindness Practice

A compassion-based mindfulness practice that encourages kindness toward oneself and others.

Educational Mindfulness Videos

The digital tools will also include short educational videos demonstrating simple mindfulness and emotional regulation techniques.



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Planned video topics include:

- Box Breathing for Stress
- 5 Senses Grounding Exercise
- Body Scan for Calm
- Respond, Don't React
- Mindful Journaling

Each video follows a simple structure: learn the technique, try the practice, and reflect on the experience.

How the Tools Can Be Used

Youth workers, educators, and youth organisations can use the ZenG tools as:

- session openers
- relaxation breaks
- reflection activities
- stress management exercises
- follow-up practices after workshops
- personal well-being resources for young people

The tools are short, practical, and adaptable to different youth work settings.

Access to the Resources

The ZenG Digital Mindfulness Tools will be available on the project website <https://zeng-project.eu/> under:

Resources and Outputs → Digital Mindfulness Tools

This section will provide open access to guided audios, educational videos, mindfulness exercises, and downloadable materials.

Important Note

The ZenG Digital Mindfulness Tools are educational and well-being resources. They do not provide medical, psychological, or therapeutic advice. If a young person is experiencing serious distress, they should be encouraged to speak with a trusted adult, youth worker, or qualified mental health professional.



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