

ACTIVITY 1:

Name of the activity: *Mindfulness Session #1*

Date: *March 21, 2025*

Place: *Ladies Beach, Kuşadası/Aydın*

Beneficiaries: *Ayşe Zeynep Yıldız, Buğrahan Kutlu, Ali Berk Eryılmaz, Nilsu Ökten, Belfü Sadık, Simay Karakuş, Melis Karadere, Eylül Yıldız*

Content: *This mindfulness session aims to provide participants with an introductory understanding of trauma, PTSD, coping mechanisms, and the practice of silence therapy. The session will focus on raising awareness about the signs and symptoms of trauma, presenting healthy strategies for managing PTSD symptoms, and teaching practical coping techniques. Participants will also experience silence therapy as a tool for inner reflection and emotional regulation.*

Through short lectures, guided exercises, and reflective activities, the session will promote self-awareness, emotional resilience, and personal healing in a safe and supportive environment.

ACTIVITY 2:

Name of the activity: *Mindfulness Session #2*

Date: *May 3, 2025*

Place: *İnciraltı Beach, Balçova/İzmir*

Beneficiaries: *All group members + online registered (on www.vitalite.blog) guests*

Content: *This mindfulness session will focus on understanding anxiety, panic attacks, and the role of oxidative stress in emotional health. Participants will explore evidence-based studies on the connection between oxidative stress and mental well-being. The session will also introduce fear and worry management techniques aimed at reducing chronic stress responses.*

Practical components will include meditation practices for calming the mind and a guided silence therapy exercise for deeper emotional regulation.

Through a combination of short theoretical inputs, mindfulness exercises, and silent reflection, participants will develop greater self-awareness, strengthen emotional resilience, and gain tools for managing fear, anxiety, and worry in daily life.

ACTIVITY 3:

Name of the activity: *Mindfulness Session #3*

Date: *May 10, 2025*

Place: *Dokuz Eylül University Tinaztepe Campus, Buca/İzmir*

Beneficiaries: *All group members + online registered (on www.vitalite.blog) guests*

Content: *This mindfulness session is designed to help participants cultivate self-love, acceptance, and resilience. The session will address the impacts of social comparison on mental health and introduce strategies to foster a healthier self-image. Participants will explore the role of hope and inspiration in emotional well-being and personal growth.*

The practical component will include guided meditation focused on self-compassion and a silence therapy exercise to encourage deep reflection and inner peace.

Through discussions, mindfulness practices, and reflective silence, participants will strengthen their sense of self-worth, reduce negative self-comparisons, and build a hopeful outlook for the future.

ACTIVITY 4:

Name of the activity: *Mindfulness Session #4*

Date: *17 May, 2025*

Place: *Dokuz Eylul University Tinaztepe Campus, Buca/İzmir*

Beneficiaries: *All group members + online registered (on www.vitalite.blog) guests*

Content: *This mindfulness session focuses on developing skills for healthy communication and the efficient expression of feelings. Participants will learn strategies for setting boundaries, including how to say “no” respectfully and confidently. The session will also explore the signs of emotionally draining relationships and ways to protect one’s emotional well-being.*

Practical exercises will include meditation to center emotional awareness and a silence therapy session to encourage self-reflection and personal insight.

Through a combination of discussions, mindfulness practices, and reflective silence, participants will enhance their communication skills, improve emotional resilience, and learn how to nurture healthier, more balanced relationships.

ACTIVITY 5:

Name of the activity: *Overview Session*

Date: *24 May, 2025*

Place: *Hasanaga Bahcesi, Buca/İzmir*

Beneficiaries: *All group members + online registered (on www.vitalite.blog) guests who attended at least 3 of our Mindfulness Sessions*

Content: *This final mindfulness session will serve as an overview and reflection on the topics covered throughout the previous sessions. Participants will revisit key concepts such as trauma awareness, anxiety management, self-love, emotional communication, and mindfulness practices.*

Open discussions will be held to encourage participants to share their experiences, insights, and personal growth. The session aims to reinforce learning, integrate mindfulness tools into daily life, and celebrate the

progress made during the journey.

Through collective reflection and dialogue, participants will deepen their understanding, strengthen their mindfulness practice, and leave with a greater sense of connection and empowerment.

ACTIVITY 6:

Name of the activity: *Reflection Session*

Date: *May 31, 2025*

Place: *Dokuz Eylul University Tinaztepe Campus, Buca/İzmir*

Beneficiaries: *All group members + online registered (on www.vitalite.blog) guests who attended at least 3 of our Mindfulness Sessions and our Overview Session*

Content: *This session is designed as an active reflection and application exercise, where participants will be presented with previously prepared problems and challenges. These scenarios will involve stressful and complex situations that require the use of mindfulness techniques, emotional regulation strategies, healthy communication skills, and coping mechanisms developed throughout the program.*

Participants will work individually or in groups to propose solutions based on the knowledge and skills they have gained. A scoring system will be used to evaluate the application of key concepts, offering insight into the effectiveness of the sessions and the personal progress of participants.

This session aims to reinforce learning through practical application, encourage critical thinking under pressure, and highlight the real-world value of mindfulness-based emotional management.