

youth voices

“Championing Mental Health: Healing a Post-Genocide Society”

AT THE FRONTLINE OF CIVICS ACTION: *Why I started the Foundation*
CULTIVATING TOMORROW'S LEADERS TODAY
UBUZIMA BWO MU MUTWE NI IKI?



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Who we are

With the support of Never Again Rwanda, Youth Voices Magazine serves to give young people a voice, build their confidence, and nurture their ability to write their own stories. We write stories on issues of young people face from diverse backgrounds and we encourage them to share stories from their respective communities.



Interested in contributing to the next edition of the Youth Voices Magazine? Send us an email at: info@neveragainrwanda.org and we'll send you guidelines for contributors. Be a part of something remarkable!

EDITOR'S NOTE

Welcome to the latest edition of Youth Voices Magazine! This year, we took a different approach to creating content for the magazine. We reached out to youth and asked them to contribute by writing on a variety of topics, to amplify their voices.

We're dedicated to providing a platform where youth can share their stories, insights, and ideas—because your voice matters.

Our goal with every edition is to create content that is not only informative and educational but also accessible and engaging. We believe that through knowledge and dialogue, we can empower a generation to build a more just and peaceful world.

This is true more than ever. As Rwanda reflects on 30 years since the 1994 Genocide against the Tutsi, it is more apparent that the youth are taking the baton, and continuing to preserve and promote peace within and outside our borders. For youth, the challenge is to be ambassadors for peace, at a time when social media is rampant with misinformation and hate speech.

That is why, we find it necessary for youth to be empowered to use their voices to advocate for what is right. Through publications such as this one, young people have the platform to share ideas, encouragement, and empower one another.

We would like to extend a big thank you, to all our contributors, especially the young voices that make this magazine what it is. Your contributions are not just important—they're essential.

Enjoy the read, and let's keep the conversation going!



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AT THE FRONTLINE OF CIVICS ACTION: Why I started the Foundation

HAPPY HERMAN NIYORUREMA,
FOUNDER OF THE STREET BRIDGE
FOUNDATION

***“ I could not have started
the Street Bridge at a
worse time.”***

There she was, lying on the floor with clothes ripped to bits. In the cacophony of mob complaints about lost items, I never once heard any voice of concern for this almost lifeless child. I was mortified that no one seemed to care about this little girl; all they saw was a marine (street child) culpable for every wrongdoing on the streets. That day, I felt a strong aura of action vault within me. I started The Street Bridge Foundation (SBF) to rescue kids from the perils of the streets of Nyanza.

I could not have started the Street Bridge at a worse time. It was at the height of the COVID-19 pandemic, and movements were severely restricted. I had no experience or resources to run an organization - let alone navigate the local government bureaucracy required to start a non-profit for these vulnerable, innocent kids.

The first steps were extremely taxing and came with a plethora of challenges: When I presented the idea of the Street Bridge to my friends at school, I was laughed off and scorned as an overambitious, naive student. Nevertheless, I was confident that one person's actions would undoubtedly affect other people's reactions.

In August 2021, I joined Isomo Academy,

a leadership and college preparatory program by Bridge2Rwanda, and one of the standout classes we took was Innovative Thinking and Leadership—a clinic-like class tailored to explore the philosophy of dialogue and accountability-based leadership. Engaging in-class seminars, debates, and capstone presentations, I felt empowered alongside motivated peers. For the first time, within this close-knit community, I discovered like-minded comrades who believed in my seemingly unrealistic SBF dream.

Initially, I launched a #StreetChallenge: participants would share their 2021 Christmas lunch with street child. Beyond what I had envisioned, over fifty people took part in this challenge. As children and volunteers interacted, an aura of empathy fortified our seeds for action. I wanted to take advantage of the momentum of the #StreetChallenge, so I planned a #StreetVisit the following week. I invited my friend Erick—who had spent his childhood life living on the streets of Kigali—to join me and chat with the kids. As he shared his journey, I could tell the kids related deeply to his experience.

I learned that the children left their families and joined the streets because their parents could barely make ends meet, not to mention domestic violence and drug abuse addiction by their parents. From the fundraising we had done prior to this visit, we bought scholastic materials for the children, some food for their families, and taught

their parents how to make liquid soap to breed a sense of self-sustainability during the pandemic.

Through this experience, I have witnessed the power of infinite dreams and a never-ending void for improvement, not perfection. For example, #Here4U, a program that teaches sexual and reproductive health education to the youth, was created in response to a sexual assault case encountered by one of our girls at school; the #Street+, a program that will tutor digital literacy and 21st-century skills to the children during the summer break, was created to address to the 'beyond class' demands of today's world, and the future. Yet, I believe there is still room to unleash more dreams.

Three years later, my journey to civic action has been an inspiration to me and others. I am going to Texas Christian University in Fort Worth to major in Criminal Justice and Philosophy with a minor in Econometrics. To this end, there is no doubt that I have served, grown, and, most importantly, learned that as long as I continue with forward momentum, despite the challenges, I can provide a space of belonging for vulnerable kids on the streets and change the narrative by mobilizing resources and creating opportunities that empower them. I understand the immense amount of hard work and commitment it will require of me, but I am eager to learn more about how to empower my community beyond the Street Bridge Foundation.



Championing **Mental Health:** Healing a **Post-Genocide Society**

Author: Sharon Bideri

Mental health is a critical yet often overlooked aspect of well-being, particularly in post-conflict societies. For Rwanda's this is prevalent among the youth, with growing numbers of mental health issues including Post Traumatic Stress Disorder (PTSD), depression, anxiety among others.

Richard Barigira Gotzen and the Nyomora Foundation are beacons of hope for many in Rwanda. Their dedication to mental health advocacy and community support is making a tangible difference, one program at a time. As they continue to grow and overcome challenges, Nyomora Foundation stands as a testament to the power of grassroots movements in creating lasting change.

As the founder and Executive Director of Nyomora Foundation, Richard Barigira Gotzen has dedicated his life to addressing the mental health needs of post-genocide youth in Rwanda.

"Nyomora was an idea that came when I was in secondary school," Richard shares, recalling the early seeds of his vision. Though the foundation only became active in December 2022, its impact has been profound, guided by a singular vision: "to heal and advocate for mental health, especially for the post-genocide youth, where our vision is to have a healed society," says Richard.

The foundation has developed a range of innovative programs designed to address various aspects of mental health and community welfare. Among these is the 'Heal Me, I Heal You' therapy show, which features testimonies from young people knowledgeable about mental health. This program allows them to share tips and strategies to help others avoid mental health issues. Richard explains, "The therapy show is basically about testimonies from youth who have knowledge about mental health and who are also able to give tips to other people to follow, to avoid mental issues."

Another impactful initiative is the 'Give a Hand, Give a Life' program. This community outreach effort provides essential services such as health insurance (Mutuelle de Santé) to individuals with disabilities and families in need. Additionally, the program involves feeding the hungry and engaging in various acts of kindness to uplift the less fortunate members of the community. The foundation's commitment to fostering a supportive community is evident in these acts of compassion and solidarity.

Among other initiatives, Nyomora Foundation also hosts a monthly event called 'Mindful Moment', where members and partners come together to learn more about mental health. These gatherings include watching educational videos, networking, and open discussions, all aimed at fostering a deeper understanding of mental health issues.



In their ongoing efforts to educate the public, Nyomora Foundation runs the “Rundown on Mental Health” program, which brings together mental health experts and community members for in-depth discussions on the subject.

Despite its remarkable impact—reaching over 20,000 people in just two years—Nyomora Foundation faces significant challenges. One major hurdle is the lack of experienced staff in the field of mental health, which necessitates ongoing training and development. Financial constraints also limit the foundation’s ability to expand its activities, though Richard and his team remain resourceful, often finding solutions from within their young and passionate ranks.

Richard stresses the importance of mental health awareness in Rwanda, a society where mental illness is often misunderstood and stigmatized. “Mental health should be taken seriously, just like physical health. We need to live openly and address issues as they arise,” he says, highlighting the need for a cultural shift towards acceptance and understanding of mental health issues.

Through its various programs, Nyomora Foundation is working tirelessly to dispel myths about mental health, particularly the dangerous belief that it is linked to witchcraft. By educating the public and promoting open dialogue, the foundation aims to eradicate the stigma surrounding mental health in Rwandan society.

By recognizing that mental health is integral to peacebuilding, Never Again Rwanda, is deeply committed to uplifting youth-led organizations like Nyomora; tirelessly advocating for and addressing the pressing issues facing our community, particularly those impacting the youth, through every possible avenue.



HOW YOUTH GRANTS TRANSFORMED A COMMUNITY

In a small rural community, where opportunities often seem out of reach, youth have turned the tide. With the help of NAR grants, these young people have not only uplifted themselves but also significantly impacted their community. Their inspiring journey includes buying goats, growing vegetables, ensuring children get an education and health care, and supporting teenage mothers.

A group of NAR-affiliated youth club members from Kayonza district, Rwinkwavu sector were given grants by Never Again Rwanda to support their projects to generate income and improve their standards of living. The grants were also to empower the

youth in economically disadvantaged areas. They provided young people with the resources and skills needed to create sustainable livelihoods. For this community, the grants opened doors to various opportunities that would have otherwise been unavailable.

One of the impactful uses of the grant money was investing in livestock, specifically goats. Goats are an asset in rural economies, providing multiple benefits. The goats serve as a source of continuous income that helps in solving most financial issues. These NAR-affiliated club members bought 1 goat for each member of the club and there are 17 members.



In this rural area in the Kayonza district, children were unable to attend school due to financial constraints. The NAR-affiliated youth club took it upon themselves to fund school fees, and all the school requirements for those children with the help of grants from NAR. Attendance rates at the local school increased dramatically and children who had previously dropped out due to financial difficulties were able to return.

Teenage mothers are often marginalized, facing significant social and economic challenges. Recognizing this, the NAR-affiliated youth club members extended their support to the young mothers in the community. They provided financial assistance, childcare support, and

vocational training to help these young women regain their footing.

They were given training in sewing which helped them start up their small businesses. With the financial stability gained from these ventures, they were able to support their children and themselves. This youth club also facilitated health care and counselling services Mutuelle helping these young mothers navigate the complexities of parenthood and societal expectations.

The success of this youth club serves as a model of sustainable community development. By focusing on key areas, livestock farming, education, vegetable growing, and support for vulnerable groups, the youth have created a ripple effect of positive change. Their efforts have not only improved their lives but have also strengthened the entire community.

This approach highlights the importance of providing young people with the resources and the autonomy to drive change. Empowering youth to take charge of their futures results in innovative solutions and resilient communities.

In a world where challenges always seem insurmountable, the story of these young people is a beacon of hope. Through their determination, resourcefulness, and collective effort, they have transformed their community. By taking children to school and supporting teenage mothers, they have paved the way for a brighter, more inclusive future. The goats they bought and the vegetables they harvested and sold also became a symbol of change.

Their journey is a testament to the power of youth and the incredible impact that well-directed support can have on communities worldwide.



CULTIVATING TOMORROW'S LEADERS TODAY

Author: Nadeje MUTONI

My name is Nadeje Mutoni from Musanze, I am 24 years old. I heard about NAR in 2019 when our sector leader invited me to attend their event. Ever since then, I have always been invited to different youth events and trainings organized by NAR. We were trained about the role of youth in politics, and we were given capacity-building training, showing us how our youth capacity can change the whole society. We used to have group discussions, and I used to do the presentations on different topics. It is from those presentations where I got my confidence built, enabling me to speak in the public. After some time, I was privileged to win the contest as a vice coordinator of the National Youth Council in Musanze District. Today I work in the local government, as a Social Economic and Development Officer in our sector.

I used to think that those were responsibilities of older people. But after attending the capacity-building sessions, I realized anyone can become a leader regardless of age. I understood that I could also contribute to the growth and development of my country.

From the discussions by NAR, we were empowered and given a lot of hope that we were able to change our communities as young people. So, I entered local government with a lot of energy to solve every problem in my community. At first, the challenges I got was that I felt I would solve issues instantly. I really had a feeling that I can handle all issues at the same time. Later, I got to understand that problem resolution is a process because you have too much on the table in front of you as a leader. Changes in the community take time even though it starts now. I learned, patience, and energy control.

I learned how to make decisions on my own, I got the confidence to solve the problems of people older than me. I became a good leader through the Never Again Rwanda trainings. I did not know I could be able to hold a speech in front of wide audiences and be the MC of big events. I also had a chance once to moderate a panel where H.E. Paul Kagame, the President of Rwanda, was seated. These discussions helped me open and think big after learning the leaders' principles. All these have shaped me into becoming a good leader in my community.

The youth should start using every opportunity they get to learn, take risks and know that they can do anything as long as they believe in themselves.

UBUZIMA BWO MU MUTWE NI IKI?

Umwanditsi: Jean Felix Uriho Seburezi

Kugira ubuzima bwiza bwo mu mutwe ni imwe nkingi za mwamba mu mibereho ya muntu. Ubuzima bwo mu mutwe bugenga uburyo dutekereza, twiyumva mu mubiri n'uburyo dufatamo imyanzuro yo kuvuga cyangwa se gukora ibyo dukora byose mu buzima busanzwe. Umuntu wese ashobora kugira ibibazo by'ubuzima bwo mu mutwe biturutse ku byiyumvo biremereye yatewe n'ibintu acamo cyangwa se impinduka ziri kuba mu mibereho n'ubuzima bwe bwa buri muni.

Birasanzwe ko umuntu wese yahura n'ibihe bikomeye uburyo abantu bihagararaho cyangwa barwana na byo ashikanye kuburyo abasha guhangana n'ingorane bugakomeza nta nkomyi mu mitekerereze n'imigiriye. Hari amarangamutima ababaje cyangwa amukomereye burundu. Kugira ubuzima bwo mu mutwe butameze

Indwara zo mu mutwe zishobora guterwa n'impinduka Jenocide, intambara, ibiza, gupfusha, cg kubura uruhererekane rwo mu muryango; imiterere bw'umubiri; n'ibibazo by'imibereho y'ubuzima muri n'ibindi. Umuntu wahuye nabimwe muri ibi bibazo mu mivugire, mu mitekerereze, no mu mibanire ye Zimwe mu ndwara zo mu mutwe zikunze kugaragara n'abandi agahora asa nk'uri mu isi ye, yigunze, rimwe na amashusho abandi batabona, ndetse imitekerereze Hari indi indwara igaragazwa n'amarangamutima ari ku amahane, kumva ari hejuru y'abandi, kugira ibitekerezo hamwe, kubura ibitotsi, n'ibindi. Indi ndwara twavuga Igaragazwa no kwiheba, kwigunga no kutavuga, kubona ibitotsi cg gusinzira bikabije, ndetse no kumva kubaho ntacyo kwiya mbura ubuzima.

Kuva mu 2022, ibitaro byita ku bafite ibibazo by'ubuzima bwo mu mutwe bwo mu mutwe ku kigero cya 29.6%. Ibi bitaro byakira abarwayi bagera kuri 260 ku muni. Ikigo cy'igihugu cy'ubuzima, RBC, cyatangaje ko 70% by'abafite ibibazo by'ubuzima bwo mu mutwe mu Rwanda, ari urubyiruko kandi abenshi muri rwo bibatangira bakiri muni y'imyaka 25. Nyamara ibi bibazo byo mu mutwe bishobora gukumirwa cyangwa indwara zibikomokaho zikavurwa zigakira ku kigero cya 80% igihe zitaweho zitarazahaza umurwayi.

Kubungabunga ubuzima bwo mu mutwe ni inshingano ya buri muntu wese, yaba umukene cyangwa umukire, igihe cyose agihumeka. Umuntu ufite ubuzima bwiza bwo mu mutwe, atekereza neza, ndetse agira imbaraga mu byo akora byose, bityo akabasha no kwiteza imbere.



nk'uburwayi cyangwa ibihe by'amage mu buzima, gusa buba butandukanye. Hari umuntu ugira amarangamutima ndetse akanihanganira ibimubaho, kandi ubuzima undi muntu bigora kumenya uko yitwara mu gihe agize kuburyo kwihangana bimugora cg se bikanamunanira neza ni uburwayi bukomeye ariko nanone bwavurwa.

mu mibereho y'umuntu ziturutse ku ngaruka za ibyawe wakundaga; ibibazo by'imitekerereze; y'imisemburo y'ubwonko cg ubundi burwayi rusange nk'ubukene, kubatwa n'ibiyobyabwenge ashobora kugira impinduka mu myitwarire n'imyifatire, n'abandi.

zirimo iyo kwiheza, aho umuntu nta busabane agirana rimwe akumva amajwi abandi batumva cg akabona ye ikaba ihame rye ntiyemere ko hari uwamuhindura. rwego rwo hejuru cyane, ashobora guteza umuntu kugira byinshi birenze ubushobozi bw'ubwonko bwe, kutaguma ikunze kwibasira urubyiruko ni ukugira agahinda gakabije. ibintu byose ari bibi, kwitakariza ikizere no kutiyitaho, kubura bimaze kuburyo byamuviramo gutekereza cg kugerageza

UBUZIMA:

NI GUTE WABUNGABUNGA UBUZIMA BWA WE BWO MU MUTWE?

Umwanditsi: Jean Felix Uriho Seburezi

Kugira ubuzima bwo mu mutwe buzira umuze bikongerera ubushobozi bwo gukomera ukabasha guhangana n'ingorane uhura na zo mu buzima nta nkomyi. Dore icyo wakora kugira ngo ubungabunge ubuzima bwawe bwo mu mutwe:



UBUZIMA: NIGUTE WABUNGABUNGA UBUZIMA BWA WE BWO MU MUTWE?

Umwanditsi: Jean Felix Uriho Seburezi

Kugira ubuzima bwo mu mutwe buzira umuze bikongerera ubushobozi bwo gukomera ukabasha guhangana n'ingorane uhura na zo mu buzima nta nkomyi. Dore icyo wakora kugira ngo ubungabunge ubuzima bwawe bwo mu mutwe:

Koresha umubiri wawe imyitozo ngororamubiri

Gukoresha umubiri ni ingenzi cyane ku buzima bwo mu mutwe kuko bituma amaraso atembera neza mu mubiri ndetse bikanaruhura ubwonko. Gukora imyitozo ngororamubiri ntibivuze gukora imyitozo ikomeye cg kwivunisha. Umuntu ashobora no gukora ibintu byoroheje nko kugenda n'amaguru byibura iminota 30 ku munsu (si ngombwa ko iyo minota uyikoreshereza icyarimwe), kwiruka, kubyina, kwinanura, cg gufasha abo mu rugo imirimo. Gukorana imyitozo ngororamubiri n'inshuti bigutera ingabo mu bitugu, bikanagufasha kubahiriza gahunda.

Fata umwanya wo gutuza muri wowe

Gutuza bifasha kohereza amahoro imbere mu mutima wawe. Bimwe mu byagufasha kwishakamo umutuzo harimo gutembera ahantu hatuje hari ibinyabuzima nk'ibyatsi, ibiti n'ibindi byiza nyaburanga. Itoze guhumeka byimbitse ufunze amaso (meditation) kandi ubikore ushishikaye. Igihe wumva



waramutse nabi, karaba, woze amenyo, usokoze umusatsi, wambare, ubundi wicare mu cyumba cg mu ruganiriro, ukoreshe imbuga nkoranyambaga, wumve indirimbo cg urebe television.

Itoze kwakira ibiyumvo byawe

Uko turushaho gusobanukirwa imbamutima zacu ni ko birushako kutwarohera kuziyobora aho kugira ngo abearizozitwiyoborera. Birasanzweko mu gihe cy'ubugimbi n'ubwangavu umuntu yumva amarangamutima menshi atandukanye ajyana n'impinduka ziba ziri kuba mu mubiriwe. Ni byiza kugira akamenyero ko gusobanukirwa ayo marangamutima ndetse ukanayavuga uko uyumva kugirango atakurenga.

Ibando ku gutekereza ibintu byiza gusa

Ntaho buri gihe ibintu byahora ari byiza mu maso yacu, ariko iyo wibanze ku kureba uruhande rubi gusa, bigutera gutekereza nabi kuburyo akenshi bikuviramo kumva uguwe nabi. Ni byiza

gushakisha uruhande rwiza rw'ikintu cg gutekereza ibyiza kenshi bitera imbamutima nziza.

Irinde gukoresha uburyo bubi mu guhangana n'ingorane uhura na zo

Abantu bafite imbamutima zibakomereye bashobora gushakira ibisubizo mu nzira mbi bibwira ko ari bwo buryo buboneye bwo gukemura ibibazo byabo, nyamara ahubwo ibi bituma bya bibazo birushaho kwiyongera. Bimwe mu byemezo bibi umuntu yafata aharimo nko kwishora mu biyobyabwenge kugirango yirengagize ibibazo, kwiheza agahunga abantu bose, gushaka kwishyira mu kaga kuko yumva ubuzima yabuhaze, kurya cyane, n'ibindi.

Shyikirana n'abandi musabane

Igihe wumva uguwe nabi, ni byiza kumarana umwanya n'abantu bakwiriye nk'inshuti cg umuryango, mugasabana kuko bagutera ingabo mu bitugu. Nubwo muri wowe waba wumva

udashaka kuvuga byinshi, gusa kuba hamwe n'abantu wiyumvamo kandi wizera bifasha ubuzima bwawe bwo mu mutwe kugubwa neza, bikanatanga umutuzo. Tekereza kuri ba bantu batuma wumva uguwe neza kurutaho igihe ubabonye.

Shaka uwo uganiriza akugire inama cg ubufasha

Hari igihe imbamutima zikuremerera cyane zikakurenga, kabone n'ubwo rimwe na rimwe waba wakurikije inama zose twavuze haruguru. Ibi bishobora gutuma wumva wihebye kuburyo witakariza ikizere cy'ubuzima. Aha ni ho usanga umuntu yacitse intege, agahagarika gukora ibyamushimishaga, kuburyo ashobora no kwigirira nabi cg akiyambura n'ubuzima. Ni byiza gushaka uwo uganiriza ku buzima uri kunyuramo mu nshuti zawe, ariko kandi biba byiza kurushaho ushatse umuvuzi w'indwara zo mu mutwe akakugira inama cg akakwitaho.

STRATEGIES FOR A BALANCED LIFE



In our first-paced world where demands constantly tug at our attention and stress seems to lurk around every corner, nurturing mental wellbeing has become more crucial than ever. Just as we prioritize our physical health through exercise and nutrition, it is equally important to tend to our mental and emotional health.



Author: Rebecca Akankunda

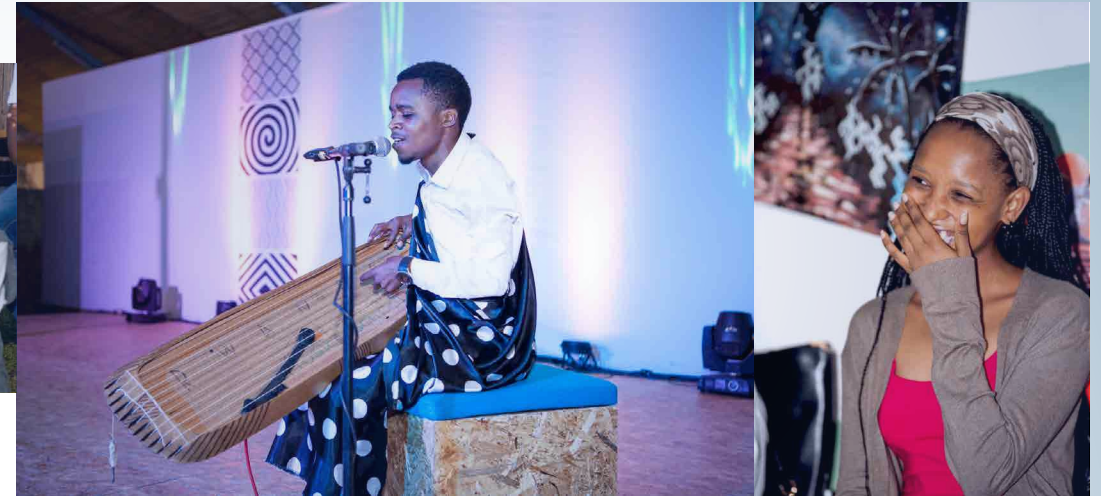
Mental wellbeing encompasses more than just the absence of mental illness, it is about thriving rather than simply surviving. It involves feeling good about us, managing the ups and downs of life, and maintaining a sense of purpose and connection. However, achieving this state is not always easy, it often requires conscious effort and self-awareness.

For one to cultivate mental wellbeing, you must prioritize selfcare. Just as you would not expect a car to run smoothly without maintenance, you should not expect yourself to function optimally without self-care. This includes getting enough sleep, eating nutritious foods, exercising regularly, and making time for activities that bring you joy.

Practicing mindfulness is important. Mindfulness involves paying attention to the present moment without judgement. It can help reduce stress, increase self-awareness, and improve overall mental well-being. Simple practices like deep breathing, meditation or taking a nature walk can promote mindfulness.

Build strong relationships: Human connection is vital for mental wellbeing. Cultivate meaningful relationships with friends, family, and community members. Reach out for support when needed and offer support to others in return. Strong social connections can provide a sense of belonging and can help buffer against stress.

Establishing healthy boundaries and saying no is essential for protecting your mental health. It is ok to set boundaries and decline invitations or delegate tasks when you feel overwhelmed. Prioritize activities that align with your values and bring you fulfilment.



Engage in activities that bring meaning to your life: Identify activities or pursuits that give your life meaning and purpose. Whether it is volunteering or pursuing a hobby or working toward a personal goal, engaging in meaningful activities can boost your mood and enhance your sense of fulfilment.

Practice gratitude: Cultivating an attitude of gratitude can shift your focus from what is lacking to what you have. Regularly take time to reflect on the things you are grateful for, whether it is a supportive friend, a beautiful sunset, or a simple pleasure like a warm cup of tea. Perfectionism can be a barrier to mental wellbeing as it sets unrealistic standards and fuels self-criticism. Instead of striving for perfectionism, aim for progress and embrace the journey including its inevitable ups and downs.

Seek professional help when needed if you are struggling with your mental health. Do not hesitate to seek support from a mental health professional. Therapy, counseling, or medication can be valuable tools for managing conditions like anxiety, depression, trauma. Remember asking for help is a sign of strength not weakness.

In conclusion, prioritizing mental wellbeing is an ongoing journey that requires intentionality and effort. By incorporating these strategies into your daily life, you can cultivate resilience, enhance your overall quality of life, and navigate life's challenges with greater ease. Remember, taking care of your mental health isn't selfish. It is an essential foundation for living a fulfilling and balanced life.

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DIRECTED BY: **CLAUDIO FÀH** WRITTEN BY: **ANDY MASON** PRODUCED BY: **ANDY MASON, ANNALISE DAVIS**

CAST

SOPHIE MCINTOSH, WILL ATTENBOROUGH, JEREMIAS AMOORE, MANUEL PACIFIC, GRACE NETTLE, PHYLLIS LOGAN, COLM MEANEY

Ava (Sophie McIntosh), the daughter of the Governor of California, is hoping for a peaceful getaway with friends in the resort town of Cabo, Mexico – with her faithful minder Brandon (Colm Meaney) in tow. But when the plane crashes in the Pacific Ocean and comes to rest on the edge of an underwater ravine, Ava and a handful of survivors are trapped in the airlocked cabin. Against the odds, Ava must fend for herself, contend with bloodthirsty sharks, and find the courage to step up and lead the crash survivors to safety.

QUESTIONS FOR NEXT EDITION

It has been 30 years since the 1994 Genocide against the Tutsi, and the country continues on its transformation journey. In recent years, with the rise of social media, we have seen more and more use of these platforms to share misinformation (fake news) and hate speech, particularly from those that deny the country's history and progress towards peace. For this edition, we would like to know:

- What role do you think youth can play in combating hate speech and misinformation?
- What does peacebuilding mean to you, and how do you see yourself contributing to it?
- What inspires you to take action on issues you care about?

Please send responses to info@neveragainrwanda.org using the subject line 'Youth Voices Q&A' or tag on X: [@YouthEngage_rw](https://twitter.com/YouthEngage_rw)