

Sharing Time to Improve Mental Health and Social Cohesion: The Example of Time Banks

WHAT IS MENTAL HEALTH?

- Mental health is more than just the absence of mental disorders or disabilities.
- Mental health is an integral component of health.
- Mental health is an state of well-being in which a person fulfils their abilities and is able to cope with the normal stress of life, work productively and contribute to their community.

DETERMINANTS OF MENTAL HEALTH

SOCIAL FACTORS

- Rapid social change.
- Stressful working conditions.
- Unhealthy life styles.
- Socioeconomic pressures.
- Low educational levels
- Poverty and social exclusion.

HUMAN RIGHT FACTORS

- Gender discrimination.
- Risks of violence.
- Human rights violations.

BIOPSYCHOLOGICAL FACTORS

- Genetic factors.
- Poor physical health.
- Brain biochemical imbalances.

These are influences and synergies between the various factors.

WHAT IS THE IMPORTANCE OF HAVING GOOD MENTAL HEALTH?

Mental health has a direct impact on our way of thinking, feeling and acting. It determines:

STRESS

How we
respond to
stress

RELATIONSHIPS

How we
relate to
other people

DECISIONS

How we
make
decisions

WHAT ARE THE CHARACTERISTICS OF A PERSON WITH GOOD MENTAL HEALTH?

They have a sense of responsibility toward others.

They establish satisfying and lasting personal relationships.

They respect the way of being, feeling and thinking of others.

They do not impose themselves, nor do they let others impose themselves on them.

MENTAL HEALTH PROMOTION AND PROTECTION

Mental health promotion consists of a series of actions to:

Enable people to adopt and maintain healthy lifestyles

Increase the chances that more people will have better mental health


Mental health promotion relies heavily on intersectorial strategies

THE ACTION PLAN OF WORLD HEALTH ORGANIZATION

Particular emphasis is placed for improving mental health on:



The
Protection
and
Promotion
of Human
Rights



The
Strengthen-
ing and
Promotion
of Civil
Society



The
Central
role of
community
care

Participate more actively in the work and life of our communities as well as in civic affairs protects and empowers mental health.

WHAT IS SOCIAL COHESION?

Social cohesion refers to the degree of integration of citizens into their community. The more united, supportive and cohesive that society is, the coexistence among its members will be much more harmonious.

When the members of a group generate ties that unite them each other and these ties are translated into a sense of belonging to a common project or situation, we speak of social cohesion.

WHAT ARE TIMEBANKS?

- The TimeBanks are self-organized communities of citizens who exchange and share services, skills, knowledge and various activities in everyday life.
- In TimeBanks money is **not** used....

CURRENCY



SAME VALUE



WHY ARE TIMEBANKS FAVORABLE ENVIRONMENTS FOR MENTAL HEALTH AND SOCIAL COHESION?

TimeBanks are mutual recognition spaces where each person matters because between you and the other something in common is created.

TimeBanks are care spaces because they detect human needs and distribute or share responsibilities.

The engine and the result of TimeBanks are healthy ties and relationships.

WHAT CAN BE DONE IN TIMEBANKS?

COEXISTENCE

- Neighbourhood parties.
- Amateur theatre.
- Reading groups.
- Choirs.
- Walk together.
- Tours by nature.
- Table games.
- Support for single people.

Give slow time to life

SKILLS / KNOWLEDGE

- Cooking workshops.
- TICs workshops.
- Dance workshops.
- Flower workshops.
- Culture workshops.
- Language workshops.

Give slow time to learn

SOLIDARITY

- Community pantries.
- Solidarity wardrobes.
- Book & video loans.
- Carry out administrative procedures.
- Walking pets.
- Bricolage.
- Water plants.

Sustain life

HOW TIMEBANKS IMPROVE MENTAL HEALTH & SOCIAL COHESION?

123
TimeBanks in
Spain

CARE

They revalue & make real the care of each other

SLOW TIME

They are islands of deceleration where slow activities take place

TRUST

They are a source of trust in my neighbours

CREATIVITY

They are spaces of great plasticity where I can start life every day

INCLUSION

They make me feel that I matter & that I am part of society

Thank you very much for your
attention!!

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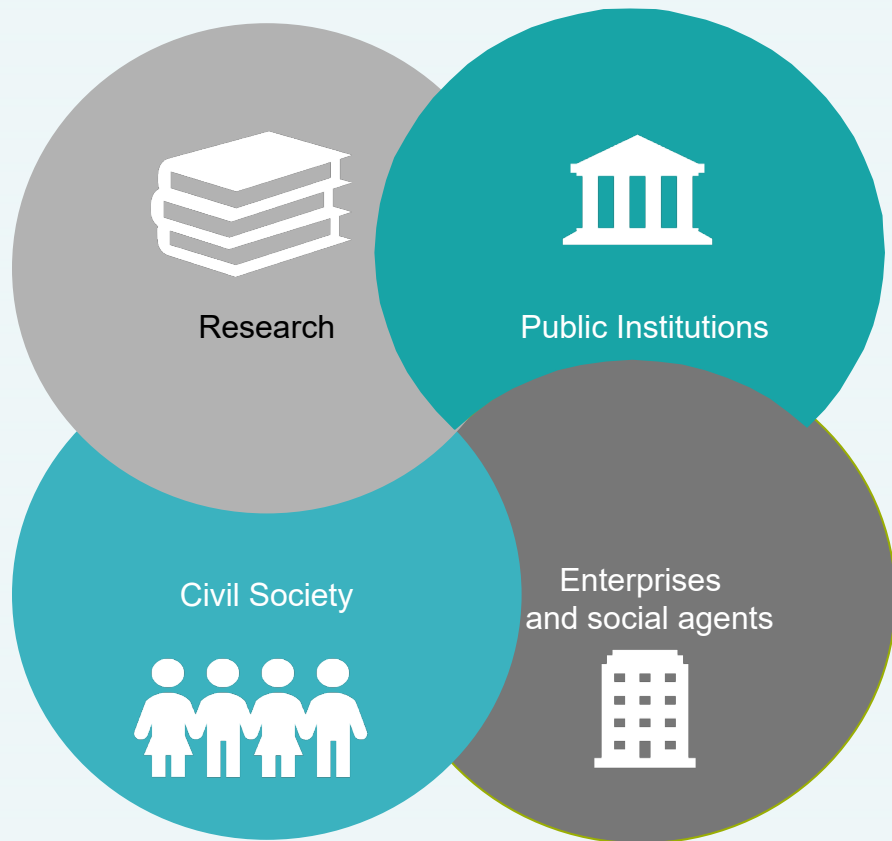
Introduction

Time is a political issue that can be conceptualised as a **right for all citizens**.

- The importance and potential benefits of urban and regional time policies were already recognized by the [Council of Europe's Congress of Local and Regional Authorities](#) in its meeting in October 2010.
- It was also stated in the [Barcelona Declaration on Time Policies](#), which was **signed in Barcelona by 100 international organisations** in October 2021. This pioneering declaration established commitments to advance towards the right to time, through the implementation of public policies and private initiatives worldwide. **The Declaration is still open for signatories.**



Time organisation is complex and, therefore, we prefer a holistic approach that allows us to establish a multidisciplinary work organised in network

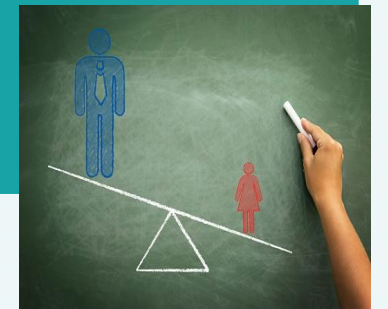


Barcelona Declaration – Right to time, right to citizenship

Time is a political issue and can be understood as a civil right

“Right to time is distributed unequally among the citizenry and time poverty, in its different forms, exist in all countries and regions”

[United Nations Economic Commission for Europe \(UNECE\)](#)



In order to grant the right to time, we need time policies

1st commitment of the Declaration:

“We will work towards generating awareness, developing and implementing time policies that advance towards a healthier, equalitarian, more productive, and sustainable society, that ensure that the right to time is acknowledged as a fundamental right of all citizens and is equally distributed.”

The Declaration establishes an Action Plan for 2022-2023

The Action Plan has the objective of guaranteeing the fulfilment of the Declaration commitments, allowing discussions, joint agreements and, when needed, recommendations with —and for— different stakeholders that can help in shaping time policies at the international and local or regional level.

4 Working Groups (WG) have been created:

- WG 1: Aimed at promoting and sharing local and regional time policies
- WG 2: Aimed at promoting research on time uses and promoting it with time policies
- WG 3: Aimed at advocating for, developing, and implementing the right to time in the labor market
- WG 4: Aimed at adopting a natural time — ending the clock change in summer/winter