



HAPPY AS A REFUGEE

IN 2022, MORE THAN 321,000 REFUGEES CAME AND LOOKED FOR SAFETY. THEY HAD TO LEAVE EVERYTHING BEHIND. BUT EVEN WITH MANY PROBLEMS, IT IS STILL POSSIBLE TO FIND HAPPINESS. HERE ARE FIVE SIMPLE WAYS:

01.

TAKE CARE OF YOUR BASIC NEEDS

FOOD, WATER, A PLACE TO STAY, AND CLOTHES – THESE ARE BASIC NEEDS. LOOK FOR HELP AND SUPPORT TO MEET THESE NEEDS.

02.

CREATE SAFETY IN YOUR LIFE

TRY TO HAVE DAILY ROUTINES. TAKE CARE OF YOUR BODY AND HEALTH. LOOK FOR WORK OR GO TO SCHOOL. TALK TO OTHER PEOPLE.

03.

FIND LOVE AND CONNECTION

MEET OTHER REFUGEES AND SHARE YOUR PROBLEMS AND HAPPY MOMENTS. THIS HELPS YOU FEEL THAT YOU BELONG.



04.

BUILD CONFIDENCE

THINK ABOUT WHAT YOU HAVE ALREADY DONE AND ACHIEVED. YOU ARE STRONG – KEEP GOING!

05.

FIND MEANING AND PURPOSE

ASK YOURSELF: WHAT MAKES ME HAPPY? WHAT DO I WANT TO DO? HELP OTHERS AND BUILD A COMMUNITY. IT WILL ALSO HELP YOU.

WANT MORE HELP OR INFORMATION?

👉 VISIT: WWW.REMOTE-HEALTH.EU



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