E-Guide

HOW TO COPE WITH STRESS
RELATED TO MIGRATION

Content

Introduction:

Nowadays, as the world becomes increasingly global and the movement of people between countries increases, many people face the challenges of migration. Although this process involves new opportunities, it can also be a source of significant stress. Migration affects various aspects of an individual's life, from professional to personal to social. Each of these aspects can be a potential source of tension and anxiety.

As part of the exchange "How to deal with stress related to migration", carried out by the Social Innovation Cluster in the context of Erasmus+ accreditation, we explored the complexity of this phenomenon. This project focuses on identifying, understanding and developing methods to deal with the specific challenges and stresses associated with migration. Project participants, experts and migrants from across Europe worked together to identify these unique stressors and develop strategies to overcome them.

The aim of this e-guide is not only to raise awareness of the impact of stress in the context of migration, but also to offer practical tools and techniques that can help migrants adapt and cope with new challenges. Developed thanks to the joint effort of participants and experts from various countries, this guide is a valuable source of knowledge and support, enabling more effective management of the stressor, which undoubtedly is a change of place of residence.

We invite you to read the following chapters, which offer specific strategies, case studies, and tips prepared by exchange participants.

Chapter 1. Definition and sources of stress

1.1. What is stress?

In today's world, stress is a common experience for many, but truly understanding it can be difficult. This section will explore what stress is, looking into how it is defined and explained by well-known psychologists and through different theories.

Stress has a lot of definitions. Hans Selye, a pioneer in stress research, defines stress as the body's nonspecific response to any demand placed on it. This response is a mobilization of energy, aimed at overcoming obstacles, irrespective of whether these are viewed positively or negatively.

Stres described by Polish psychologist Ogińska-Bulik, is the body's response to demands and perceived threats, termed as stressors. This response is not merely physical but encompasses emotional and psychological dimensions, highlighting stress as a multifaceted phenomenon.

The transactional theory by Lazarus and Folkman describes stress as an interaction between a person and their surroundings. It suggests stress comes from how we see challenges or demands that seem beyond our ability to cope. This theory highlights two key assessments: the primary, where we decide if something is trivial, positive, or a stressful challenge, and the secondary, where we evaluate our resources to handle the stress. Coping with stress involves dynamic efforts, both mental and behavioral, to manage these demands or challenges. This approach underlines the subjective nature of stress, emphasizing that our perception and ability to adapt play crucial roles in how we experience stress.

Selye categorizes stress into 2 kinds: eustress and distress. Eustress is seen as positive, motivating stress, leading to satisfaction and achievement. Distress, however, is negative stress that can result in physical and psychological health issues. It is associated with feelings of frustration and mental disintegration, emphasizing the harmful effects of excessive or poorly managed stress.

1.2 Reasons and sources of stress

Stress arises from numerous sources and for various reasons, significantly impacting our psychological and physical well-being. This subchapter explores the diverse causes of stress, emphasizing the particular stressors associated with migration and integrating the insights of Thomas Holmes and Richard Rahe regarding life-changing events.

Stress can stem from everyday responsibilities, life changes, environmental factors, and unexpected challenges. Holmes and Rahe's concept of stress underscores the impact of life events, proposing a scale of 43 life events that necessitate varying degrees of adaptation. Each event on this scale is associated with a specific number of points, reflecting its potential stress impact. This model highlights how events, ranging from personal losses to significant life changes, require substantial adaptive efforts, thereby contributing to stress. Among these are the death of a loved one, divorce, and marriage, which are highly ranked for their stress impact. Also included are events related to personal health, job changes, moving to a new home, and financial alterations. However, the experience of migration introduces unique stressors, including cultural adaptation, separation from familiar social networks, and the struggle to establish a new life in an unfamiliar environment. These stressors not only demand significant psychological adaptation but also place migrants in a continuous state of uncertainty and adjustment. Understanding the reasons and sources of stress, particularly in the context of migration, is essential for developing effective stress reducing skills.

1.3 Stages of Stress

Understanding the stages of stress as outlined by Hans Selye is crucial for recognizing and managing stress effectively. Selye identified three distinct stages in the stress response: **the alarm stage, the stage of resistance, and the stage of exhaustion.**

Alarm Stage: This initial reaction to stress involves a sudden activation of the body's defense mechanisms. It starts with a shock phase, where one might experience a drop in blood pressure or body temperature, followed by a counter-shock phase, characterized by a physiological rebound, such as increased blood pressure and body temperature, preparing the body to deal with the stressor.

Stage of Resistance: If the stressor continues, the body enters a phase of adaptation, attempting to cope with the ongoing stress. During this stage, the body's resources are mobilized to withstand the stress and maintain functioning. This is where coping mechanisms and resilience play a vital role.

Stage of Exhaustion: Prolonged exposure to stress without adequate recovery can lead to exhaustion. The body's ability to resist is depleted, leading to a breakdown in physiological and psychological functioning. This can manifest in various health issues, such as insomnia, lack of appetite, and more severe conditions if the stressor persists without relief.

Check your knowledge.

Before we proceed, let's evaluate some common statements about stress to test your understanding. Consider each statement carefully and decide if it's true, false, or perhaps not entirely one or the other. This exercise aims to debunk myths and clarify misconceptions about stress, providing a clearer understanding as we delve deeper into the topic.

Facts:

1. Under the influence of stress, a person performs better
2. Stress attacks weak people
3. Stress is the body's defensive response

Answers:

1. True, but only in the short-term. In the short term, it does not negatively affect health, although when the emotions subside fatigue and bad feeling appear, as the associated processes cause the exploitation of the body's resources. Under normal conditions, the body can cope with this and quickly returns to balance but when such a state persists for a long time it has a bad influence on one's health and well-being.

2. False. Stress by its evolutionary nature (it developed in the process of phylogeny, that is, species development) is a universal phenomenon among humans. For this reason, it cannot be said that it is experienced only by weak people.While stress does not bypass people who are ,,strong" there are such a thing as factors that determine how vulnerable an individual will be to it. Of course, a significant portion of these factors can be worked on to reduce one's vulnerability to stress.

3. False, saying stress itself is a defensive response might overlook the broader context in which stress operates. Stress triggers a wide range of bodily reactions—part of these reactions involve defense mechanisms, but stress causes the defense response not backwards.

Chapter 2: Migration-related stress

2.1 What is migration stress?

Migration stress encompasses the psychological and emotional strain faced by individuals as they move from their home country to a new one. This stress can arise from various sources such as adapting to a new culture, separation from family and social networks, navigating unfamiliar legal and bureaucratic systems, encountering language barriers, facing discrimination or exclusion, and managing economic hardships. These stressors can significantly impact an individual's mental health, potentially leading to depression, anxiety, and other psychological disorders. The process of migration, therefore, presents unique challenges that require resilience, support, and coping strategies to navigate successfully.

Additionally, the social isolation that often accompanies migration can intensify stress levels. Being removed from familiar support systems means migrants must navigate complex social landscapes without traditional networks of support, making it harder to find help or understanding in times of need. The cumulative effect of these stressors can hinder the integration process, affecting not only the mental health of the individual but also their physical well-being and overall quality of life.

2.2 Effects of migration stress on the individual and the community

Migration stress profoundly affects both individuals and communities, shaping mental health outcomes and social dynamics. For individuals, the accumulation of migration-related stressors can lead to increased vulnerability to mental health issues such as anxiety, depression, affecting their ability to function effectively in daily life. This vulnerability is exacerbated by barriers to accessing mental health services, including language differences and stigma.

On a community level, migration stress can influence social cohesion and integration. Communities with high levels of migrant stress may experience challenges in fostering inclusive environments, potentially leading to increased social isolation of migrants. This isolation can hinder cultural exchange and mutual understanding, crucial for cohesive multicultural societies. Moreover, the stress experienced by migrants can have intergenerational effects, impacting family dynamics and the well-being of future generations.

Addressing migration stress requires comprehensive strategies that include improving access to mental health services, fostering community support systems, and promoting policies that facilitate integration and respect for cultural diversity. By acknowledging and addressing the impacts of migration stress, societies can enhance the well-being of migrants and the overall health of communities, fostering environments where everyone can thrive.

2.3 Phases of Migration

Expanding on the phases of migration, each stage represents a unique emotional and psychological journey for immigrants, deeply influencing their adaptation process.

Honeymoon Phase: This initial period is characterized by optimism and enthusiasm. Immigrants are often captivated by the novelty of their new surroundings, eagerly engaging in activities like exploring, setting up their new life, and experiencing a sense of adventure in the unfamiliar culture.

Rejection Phase: As the novelty wears off, reality sets in. Immigrants encounter obstacles that challenge their initial perceptions, such as bureaucratic hurdles, language barriers, and cultural differences. This stage is often marked by frustration, homesickness, and a critical stance towards the host culture, leading to feelings of isolation.

Faza regresji: W obliczu ciągłych wyzwań niektórzy imigranci mogą wycofać się do swojej kulturowej strefy komfortu, szukając spokoju w znanych zwyczajach, jedzeniu i społecznościach. Faza ta może obejmować idealizowanie wspomnień o kraju ojczystym, co ostro kontrastuje z ich obecnymi zmaganiami, prowadząc do głębszego poczucia odłączenia od kultury gospodarza.

Regression Phase: Facing continuous challenges, some immigrants may withdraw into their cultural comfort zone, seeking calmness in familiar customs, foods, and communities. This phase can include idealizing memories of their home country, which contrasts sharply with their current struggles, leading to a deeper sense of disconnection from the host culture.

Recovery Phase: With time, immigrants begin to navigate their new environment more effectively. As they learn the language and customs, engage with the community, and form new routines, they develop a bicultural identity, appreciating both their original and new cultures. This acceptance marks a significant turning point in their adaptation process.

These phases underscore the complexity of the migration experience, highlighting the emotional rollercoaster that many immigrants face as they transition from newcomers to integrated members of their new community.

In our journey to understand the emotional and psychological phases of migration, we've developed a unique game that mirrors this complex process. This engaging board game, designed with colorful paths and action cards, simulates the experiences of moving from an old home to a new one, embodying the various emotional states migrants might encounter.

Game Overview:

The game board features a vibrant path starting from "Old Home" and leading to "New Home." Players roll the fortune circle to navigate through colored spaces representing different emotions: yellow for happiness, blue for sadness, red for confusion, and green for new home.

Colored Spaces and Actions:

Yellow Spaces symbolize moments of happiness and excitement, prompting players to perform joyful actions, advancing their journey with positive experiences.

Blue Spaces reflect feelings of sadness or missing old friends, requiring players to express these emotions without moving, illustrating the challenges of adjustment.

Red Spaces depict confusion or frustration, causing players to retreat slightly, demonstrating the setbacks in adapting to a new environment.

Green Spaces represent making new friends or learning something new, rewarding players with advancement for their openness and resilience.

Objective and Win Condition:

The aim is to reach the "New Home" first, celebrating the successful adaptation to a new environment. This playful approach not only educates about the migration experience but also fosters empathy and understanding among players, making it a valuable addition to our e-guide on coping with stress related to migration.

Find cards of the game in attachment.

2.4. Migrant and foreign culture. Acculturation Strategies

Transitioning from understanding the phases of migration, which outline the emotional journey migrants undergo, we now explore the strategies they employ to navigate their new cultural environments. This shift brings us to the concept of acculturation strategies, important for migrants as they decide how to balance their original cultural identities with the demands and opportunities of their new surroundings. These strategies—Integration, Assimilation, Separation, and Marginalization—offer insight into the complex process of cultural adaptation and its profound impact on the migrant experience.

Strategy of integration: The migrant wishes to maintain their own culture while also adopting elements of the host culture. In other words, in this strategy, migrants are trying to balance their original culture with the culture of the host country. They seek to maintain their own cultural practices while also adopting elements of the new culture. This approach is often seen as the most adaptive, allowing individuals to function well in both cultures. Integration requires an open attitude from both the migrant and the host society. It is considered a two-way process involving mutual respect and adaptation.

Strategy of assimilation: Migrants adopting this strategy focus on fully adapting to the culture of the host country, often at the expense of their own cultural identity. They may abandon their original cultural practices and fully adopt the norms and values of the host culture. This strategy is one-sided and focuses solely on adaptation to the new environment. Assimilation can sometimes lead to a loss of original cultural identity. The success of this strategy often depends on how accepting the host culture is towards the migrant.

Strategy of separation: In this strategy, migrants maintain their own cultural practices and do not engage with the host culture. They may live in close-knit communities that share their original culture, avoiding interaction with the host society. This approach can lead to cultural preservation but may also result in social isolation. Separation often occurs in societies where the host culture is not welcoming or is discriminatory. It is a one-sided strategy focused on maintaining one's original culture.

Strategy of marginalization: Migrants who adopt this strategy neither maintain their own culture nor engage with the host culture. They may feel disconnected from both cultures, leading to a sense of isolation and identity confusion. Marginalization is often the result of exclusionary practices by the host society or personal choice by the migrant. This strategy is generally considered the least adaptive and can result in poor psychological and social outcomes.

Chapter 3: Stress recognition

3.1 How to recognize stress?

It is important to say that there are no objective indicators of the level of stress we experience. What is hugely stressful for some, others consider a common event. For one person, divorce can be a harsh experience, for another it brings a feeling of liberation. Similarly, the death of a close family member can be a traumatic event (especially if that person died suddenly, in an accident, in front of our eyes), but can bring relief if it ends the suffering of a terminally ill person. Since researchers still encounter problems in measuring stress levels, they usually content themselves with the declarations of the people surveyed, who judge for themselves how stressful their lives are.

However, there are some symptoms and markers that can help you recognize that you are stressed. These include feelings of irritability, anger, impatience, feeling overwhelmed, anxiety, a constant state of nervousness, difficulty in shutting off racing thoughts, a lack of enjoyment in activities, depression, a loss of interest in life, a diminished sense of humor, experiencing a pervasive sense of dread, worry, tension, feelings of neglect or loneliness, and the exacerbation of existing mental health issues. Recognizing these signs can be crucial in acknowledging and addressing stress.

3.2 Diagnostic tools and techniques for measuring stress

Despite the countless ways stress manifests in our lives, pinpointing and measuring it with precision remains difficult. Among the diverse array of tools and methods developed to rate stress levels, two stand out for their reliability and widespread adoption: the Social Readjustment Rating Scale (SRRS) and the Perceived Stress Scale (PSS). These tools offer a glimpse into the multifaceted nature of stress, bridging the gap between subjective experiences and objective assessments.

Above-mentioned, SRR scale , developed by Thomas Holmes and Richard Rahe, introduces a novel approach to quantifying stress by assigning numerical values to 43 life events, ranging from minor changes to major transitions. This scale reflects the premise that stress levels can be systematically evaluated based on the degree of adjustment required by these events. By summing up these points, the SRRS provides a cumulative score that correlates with an individual's risk for stress-related health issues, emphasizing the tangible effects of life changes on our well-being.

You can take a look on 43 statements by scanning this QR Code:

In contrast, the PSS, crafted by Cohen et al., delves into the subjective realm of stress perception. It assesses an individual's feelings and thoughts over the past month, focusing on the extent to which one perceives their life as unpredictable, uncontrollable, and overloaded. The PSS stands out for its universal applicability and simplicity, making it an invaluable tool for capturing the nuanced and personal dimensions of stress. It underscores the significance of perception in stress experience, highlighting how personal appraisal shapes our stress response.

You can make a test based on Cohen concept, using the following QR Code:

Together, the SRRS and PSS encapsulate the complexity of stress measurement, illustrating that understanding stress requires both a recognition of external pressures and an introspection of internal states. These tools not only facilitate individual self-awareness and health monitoring but also guide professionals in designing targeted interventions. By acknowledging the dual aspects of stress—objective life events and subjective perceptions—we can adopt a more holistic approach to stress management and resilience building.

Exercise to measure current stress level.

Instruction:

Step 1: Ask yourself, "How stressful was a last or particular week", or "To what extent was today's day stressful"?
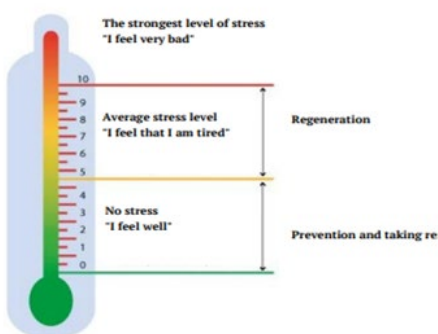
Step 2: Choose a number - the temperature on how much you evaluate the level of stress

Step 3: Read the markings and verify what area you are in (no stress, medium stress level, strongest stress level

Step 4: Depending on the level on the left side, you will find recommendations on what to do.

If you feel no stress, or a little stress - prevention and rest are appropriate actions to maintain yourself at this level, if you have a medium level of stress it's worthwhile to regenerate and rest, if you have a strong stress it's worthwhile to perform such actions that would allow you to move to lower levels

Stress measurer

The strongest level of stress
"I feel very bad"

10

9
8   Average stress level   Regeneration
7   "I feel that I am tired"
6
5
4
3   No stress
2   "I feel well"   Prevention and taking re
1
0

Chapter 4:
Coping with stress

4.1 Techniques for coping with stress

In this subchapter, you will find techniques and exercises for coping with stress.

Exercise 1. "(Anti-) crisis first aid kit".

The exercise is simple to use and aims to identify and understand what specifically helps the person doing the exercise to relax and recharge their "battery" in difficult moments. It is recommended to use this exercise when a person is stressed or feels an impending crisis. The exercise is designed to help to avoid it.

Instructions:

Step 1: Consider your needs
Consider what is important to you and what makes you feel good. This could be things like such as spending time outdoors, sleep, healthy eating, hobbies, meeting with friends and so on. Write down these needs in the 'My needs' section.

Step 2: Consider what activities recharge your battery
Think about specific activities or actions that help you to you to relax and recharge your battery. For example, it could be reading a favorite book, meditating, taking a walk or listening to your favorite music. Enter these activities in the section "My battery-charging activities".

Step 3: Write down your sources of support.
Think about who or what provides you with support in difficult situations. This could be friends, family, a therapist and so on. Write these people or things down in the 'My support' section.

Step 4: Once you have completed the three sections, read over what you have typed and take a picture so that you always have this first aid kit with you.

Use this technique when you are feeling stressed, overwhelmed or when you feel a crisis approaching. Review your list of needs, battery-charging activities and sources of support.

Choose one activity or remind yourself who can support you and ask for or do that activity.

Technique 2: "The 5 battery model"

This technique aims to assess the energy level and general well-being of the person doing the exercise, enabling us to control the "discharge" of their batteries and recharge them in advance.

Introduction:

We have 5 batteries:

Physical battery - health, stamina

Mental battery - clear thinking, concentration, intellectual ability, confidence

Emotional battery - emotional resilience, resilience, creativity, ability to manage emotions, ability to engage

Social battery - relationships, social environment, professional environment, sense of belonging, community

Spiritual battery - values, motivation, sense of purpose, connection to something bigger than ourselves, beyond thinking and physicality.

Each of these batteries needs to be regularly and carefully cared for and recharged.

Instruction:

Step 1: Consider what your physical battery level is. Write down the percentage on battery number 1

Step 2: Consider what the level of your mental battery is. Write down the percentage on the battery number 2

Step 3: Consider what the level of your emotional battery is. Write down the percentage on the battery number 3

Step 4: Consider what the level of your social battery is. Write down the percentage on the battery number 4

Step 5: Consider what the level of your spiritual battery is. Write down the percentage on the battery number 5

Step 6: After writing, read and analyse. Ask yourself if you are satisfied with this state of matters? Would you like to do something about it? Think about how?

Step 7 (optional): On the second piece of paper of the technique write the percentage of charge of each battery that you would like to have. Analyse what you can do to recharge them.

Model of 5 batteries

Each of these batteries needs to be recharged regularly and with care.

Physical battery - health, endurance, food
Mental battery - clear thinking, concentration, intellectual ability, self-confidence
Emotional battery - emotional resilience, creativity, ability to manage emotions, ability to engage
Social battery - relationships, social environment, professional environment, sense of belonging, community
Spiritual battery - values, motivation, sense of purpose, connection to something greater than ourselves beyond thinking and physicality
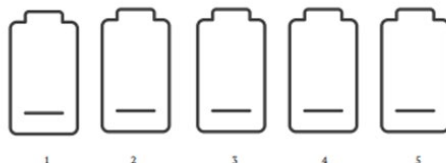
Exercise 3: "List of achievements"

The aim of this exercise is to encourage participants to reflect on their past successes and achievements in order to strengthen their self-esteem, self-confidence, helping to build self-awareness by understanding their strengths and abilities.

The exercise serves to maintain motivation, especially when there are doubts or difficulties arise.

Instructions:

Step 1: Write below the achievements and successes you have had. These could be things such as qualifying for university, winning a competition, getting a job and so on. You can write here all the things, achievements you are proud of.

Step 2: List the skills you used to achieve the success in question, i.e. what resources allowed you to achieve what you wanted.

Step 3: You can return to this exercise in moments of difficulty, when you doubt your strengths and yourself, or when you think you are "hopeless" or unable to do something.

It will help you to remember what resources you have and that, in the past, despite various difficulties, you have achieved your goals.

ACHIEVEMENT LIST

Write below your **successes** and **achievements** you are proved of.
List the **skills** you used in order to achieve it.

Achievements/successes	Skills (resources)
1.	
2.	
3.	
4.	
5.	
6.	

4.2.Improving civic and social skills as a method to reduce stress

Understanding and engaging with one's civic rights, as outlined in the Charter of Fundamental Rights of the European Union, significantly contributes to reducing stress, especially for migrants adapting to a new country. This comprehensive document safeguards various fundamental rights under categories like dignity, freedoms, equality, justice, and citizens' rights, encompassing everything from the right to life and data protection to equality before the law and social security. For migrants, grasping these rights not only demystifies the legal framework of their new homes but also equips them with the knowledge to advocate for themselves effectively.

Moreover, the development of social skills through community engagement and social networks offers emotional support and practical advice, crucial for navigating the complexities of migration. Participation in community life and understanding local customs and laws can dramatically ease the integration process, reducing the stress associated with acclimatization to a new cultural and social environment. Such engagement fosters a sense of belonging and identity, critical for personal well-being and societal cohesion.

By actively improving civic and social skills, migrants can mitigate feelings of isolation and anxiety, paving the way for a smoother transition. This dual approach of understanding one's legal rights and enhancing social integration skills underscores a holistic strategy for stress reduction. It not only aids in personal growth and adaptation but also promotes a more inclusive, understanding, and supportive community environment for all members, regardless of their origin.

To foster understanding and engagement among migrants and marginalized communities regarding their rights, an interactive exercise is proposed. This activity involves dividing participants into groups, with each group assigned a specific title from the Charter of Fundamental Rights of the European Union. Each group will then explore and present three selected articles under their assigned title. This method encourages peer learning and active participation, ensuring that everyone has an opportunity to engage with and understand their rights in a supportive and collaborative environment.

**Engaging Migrants and Excluded People
in Learning Civic Rights Exercise**

Instructions:

1. Preparation: Arrange participants into groups. Each group will be assigned one title section from the Charter of Fundamental Rights of the European Union.
2. Assignment: Provide each group with the specific articles under their assigned title. Groups will focus on:

Group 1: Title I Dignity (Articles 1-5) & Title VI Justice (Articles 47-50)
Group 2: Title II Freedoms (Articles 7-19)
Group 3: Title III Equality (Articles 20-26) & Title V Citizens' Rights (Articles 39-46)
Group 4: Title IV Solidarity (Articles 27-38)

3. Task: Each group is tasked with exploring their assigned articles and selecting three that they find most impactful or relevant. They will prepare short plays on these articles and present them to other groups.
4. Guessing. Rest of the groups will be guessing what article it is.

Sheet of Articles:

Group 1:

TITLE I DIGNITY

Article 1 Human dignity

Article 2 Right to life

Article 3 Right to the integrity of the person

Article 4 Prohibition of torture and inhuman or degrading treatment or punishment

Article 5 Prohibition of slavery and forced labour

TITLE VI JUSTICE

Article 47 Right to an effective remedy and to a fair trial

Article 48 Presumption of innocence and right of defence

Article 49 Principles of legality and proportionality of criminal offenses and penalties

Article 50 Right not to be tried or punished twice in criminal proceedings for the same criminal offense

Group 2:

TITLE II FREEDOMS

Article 7 Respect for private and family life

Article 8 Protection of personal data

Article 9 Right to marry and right to found a family

Article 10 Freedom of thought, conscience and religion

Article 11 Freedom of expression and information

Article 13 Freedom of the arts and sciences

Article 14 Right to education

Article 15 Freedom to choose an occupation and right to engage in work

Article 16 Freedom to conduct a business

Article 18 Right to asylum

Article 19 Protection in the event of removal, expulsion or extradition

Group 3:

TITLE III EQUALITY

Article 20 Equality before the law

Article 21 Non-discrimination

Article 22 Cultural, religious and linguistic diversity

Article 23 Equality between women and men

Article 24 The rights of the child

Article 25 The rights of the elderly

Article 26 Integration of persons with disabilities

TITLE V CITIZENS' RIGHTS

Article 39 Right to vote and to stand as a candidate at elections to the European Parliament

Article 40 Right to vote and to stand as a candidate at municipal elections

Article 41 Right to good administration

Article 42 Right of access to documents

Article 43 European Ombudsman

Article 44 Right to petition

Article 45 Freedom of movement and of residence

Article 46 Diplomatic and consular protection

Group 4:

TITLE IV SOLIDARITY

Article 27 Workers' right to information and consultation within the undertaking

Article 28 Right of collective bargaining and action

Article 29 Right of access to placement services

Article 30 Protection in the event of unjustified dismissal

Article 31 Fair and just working conditions

Article 32 Prohibition of child labour and protection of young people at work

Article 33 Family and professional life

Article 34 Social security and social assistance

Article 35 Health care

Article 36 Access to services of general economic interest

Article 37 Environmental protection

Article 38 Consumer protection

The e-guide "How to deal with migration-related stress", provides the essence of navigating the complex and multi-faceted challenges faced by migrants. This comprehensive handbook not only delves into the nature and sources of stress, but also offers insightful strategies for managing and overcoming the psychological and emotional tensions associated with migration. With practical coping techniques, diagnostic tools and an emphasis on increasing civic and social skills, the guide aims to empower migrants with the knowledge and resources needed to make a smoother transition to new cultures and environments. Emphasising the importance of community support, cultural sensitivity and personal resilience, it highlights the collective responsibility of societies to foster inclusive, understanding and supportive environments for all, promoting wellbeing and integration.