

Wayfinding

**Creative workshops for
Ukrainians in EU**



Erasmus+

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Content of this workshop

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stress

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resilience

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Building resilience and self-efficacy



What is grief?

Grief is a normal response to loss.

Common grief reactions include:

- Shock, disbelief, or denial
- Anxiety
- Distress
- Anger
- Periods of sadness
- Loss of sleep and loss of appetite



Patterns of grief

Common grief

Lasts from 6 to 12 months, a person is back to normal after 18 months

Chronic grief

Grief reactions after 18 months of bereavement

Resilience

People showed no change at both 6 or 18 months of bereavement



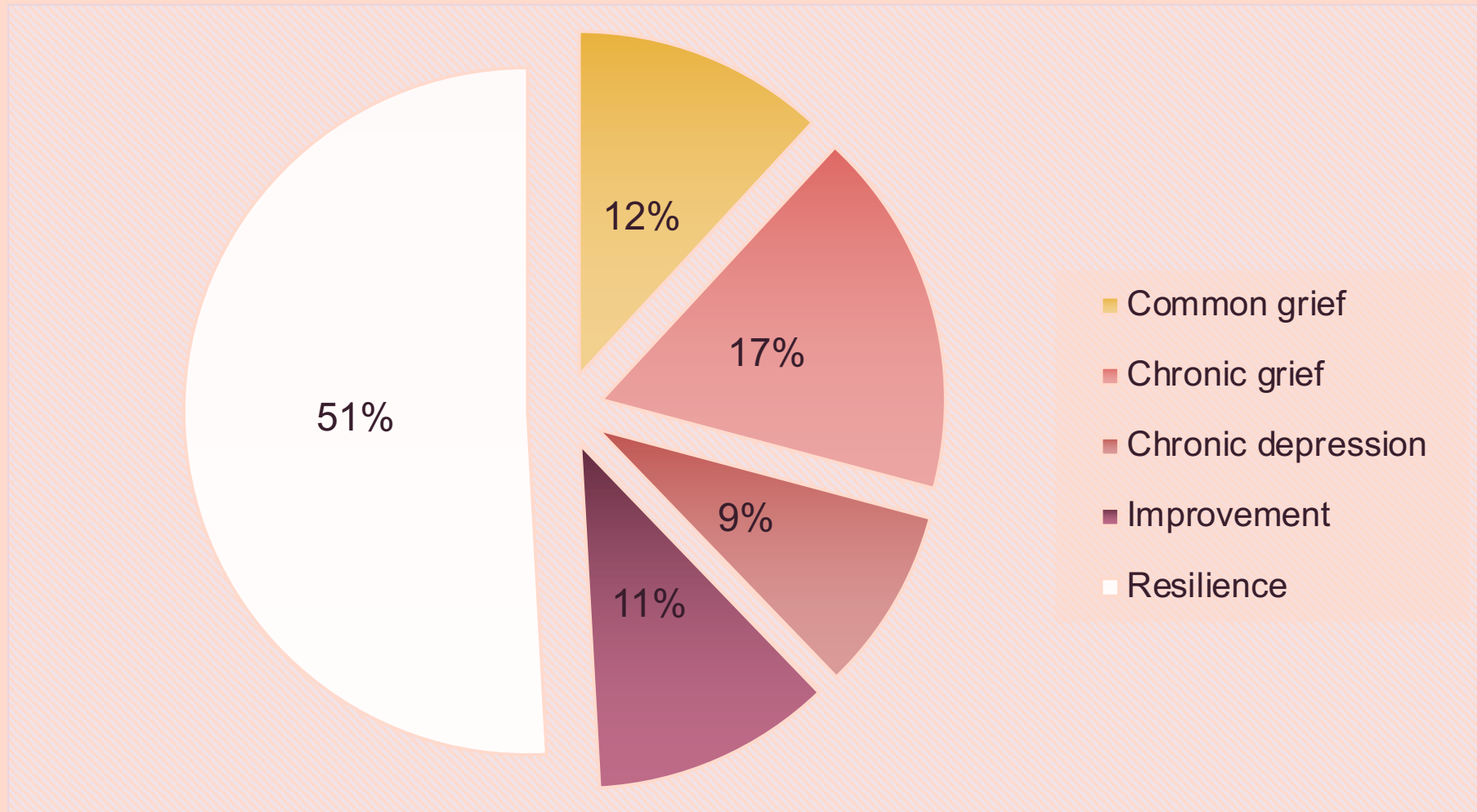
Chronic depression

People were suffering from depression before the loss and showed no change at both 6 and 18 months of bereavement

Improvement

People suffered from depression before the loss but improved at 6 and 18 months

Patterns of grief



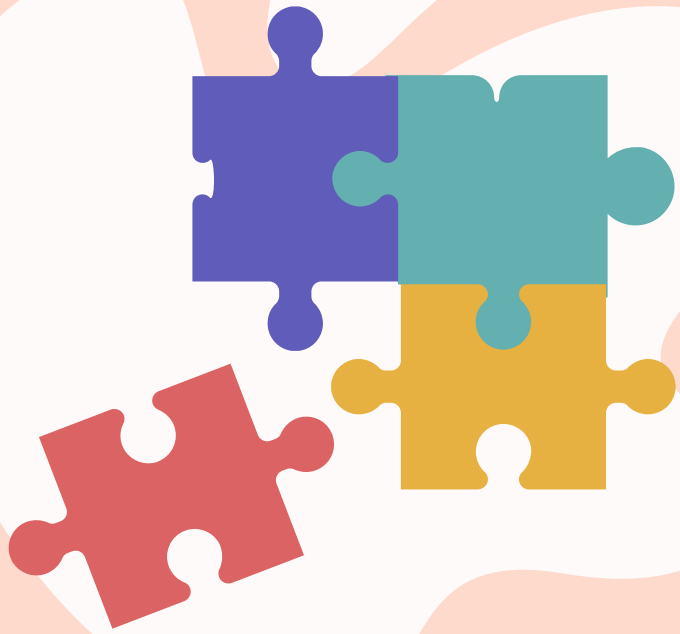
What is resilience?

Resilience is an individual's persistent development and application of knowledge, skills, and resources that effectively help one adapt to change and overcome adversity.

Resilient people become aware of unexpected abilities as they rise to each new challenge.

Resilient people going through significant life events do not always recover effortlessly; they often find a new path. Even when knocked by what has happened, they can change perspective, remove what is unimportant and clarify new values, life goals, and priorities.

**Resilience is the ability
to recover, adapt and
grow in response to
threat or challenge**



Characteristics of resilient people

- Strong connections
- Self-motivation
- Self-awareness
- Emotional control
- Communication and problem-solving skills
- Positive self-image and belief in one's own qualities and abilities



Resources for resilience

Material resources

Money
Physical environment
Physical health
Employment

Home and family life

Parents
Relations
Partner
Children

Personal resources

Intelligence
Confidence
Understanding of the past
Aspirations for the future

Social life

Friends
Leisure
Hobby
Associations

Resilience skills

1. Positive thinking

Ability to identify and use your strengths and resources

2. Emotional regulation

Ability to identify and manage your emotions and the emotions of others

3. Self-efficacy

Belief that you can at least partly control the situation

4. Growth mind-set

Ability to adapt and grow, learn to solve new problems in new ways

5. Social connection

Ability to connect with others, form meaningful relationships and express gratitude

Skill 1: Positive thinking

- People in distress pay more attention to threatening or negative cues, interpret ambiguity in negative ways, and selectively remember negative events.
- These negativity-biases in attention, interpretation, and memory can be modified with training.
- Mindfulness training brings attention to the present present thoughts and emotions and reduces the psychological burden of ruminating about past stressors or worrying about future stressors.



How to develop positive thinking

- Analyse situations for opportunities and challenges
- Identify your strengths and weaknesses
- Identify your current resources and use them to achieve your goals
- Analyse your failures and try a different approach
- Propose alternative options and strategies
- Stay optimistic
- Persevere



Skill 2: Emotional regulation

- Suppressing the expression of emotion is counterproductive. Emotion disclosure is a more adaptive way to deal with negative feelings.
- Accepting, labelling, and expressing negative emotions can help reduce their potency and facilitate their cognitive regulation.
- Merely saying “I feel anxious” or “I am sad” may dampen those feelings.



How to improve emotional regulation

- Engage in self-assessment and introspection.
- Recognize your emotions. Notice and name your feelings.
- Learn new words for feelings.
- Track one emotion. Notice how often you feel it, in which situations, what causes it.
- Express an emotion you feel: make art, write poetry, or compose music.
- Remember that all our emotions are normal. What matters is how you act on them.
- Ask for support when appropriate.



Skill 3: Self-efficacy

- Exercising control over harm makes it easier to exert control in the future.
- Optimism can dampen the distress and make it more likely to find a solution.
- The belief that one has control can help dampen the distress and thus make it easier to bring about change.
- If there is any opportunity to make a positive change, grab it!



How to develop self-efficacy

- Understand their successful learning strategies
- Determine what learning is needed to move forward
- Learn from their prior mistakes and make improvements
- Build on prior knowledge and experiences with current knowledge
- Apply prior and current learning to new situations



Skill 4: Growth mind-set

- Due to the plasticity of the human brain we have inherent ability to learn new skills.
- Fixed-minded individuals view mistakes as evidence of their own inability, whereas growth-minded individuals view mistakes as opportunities to learn.
- People with growth mind-sets learn better through their reactions to failure.



How to train growth mind-set

- Pursue alternative solutions, including effective use of technology
- Acknowledge when change is needed and take proper action
- Successfully adjust to positive and negative circumstances
- Demonstrate curiosity, flexibility and openness to change



Skill 5: Social connection

- Positive social connections can improve mood and reduce distress.
- Particularly important are close relationships that are meaningful, rather than having a large network of casual friends.
- Expressing gratitude for one's fortunes, even privately to oneself, can boost psychological and physical well-being.
- Expressing gratitude to another person for their good deeds helps to form and maintain close relationship.



How to improve social connection

- Initiate giving and receiving information, facilitate communication in the group
- Resolve conflicts by engaging in compromise
- Engage in the development of relationships
- Prioritize group goals while recognizing individual interests
- Foster communication and teamwork
- Work with others to achieve a goal



Thanks!



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