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Sustainable Reintegration Pakistan (SRP) is a project led by the Swedish Migration Agency. The project was initiated by the International Centre for Migration Policy Development (ICMPD) under RRF (Return Reintegration Facility) and it is co-financed by the Asylum, Migration and Integration Fund (AMIF). The Swedish Migration Agency has signed a contract with the Youth Employability Network (YEN) for the implementation of the Sustainable Reintegration Pakistan (SRP) Project in three regions (Punjab, Khyber Pakhtunkhwa & Islamabad) of Pakistan.

For detailed information about the training please visit:

www.yenpakistan.com

Psychosocial Support through Group Counselling Networking & community

Reintegration for Return Migrants from the European Union

This programme is intended to make you stronger and supply you with tools to have at your disposal when life becomes overwhelming. Through YEN (Youth Employability Network) you can take part in exercises that can help you to navigate these changes and provide the psychosocial support you may need along the way. You have the opportunity to take part in three sessions, each lasting two days. The sessions are filled with exercises and lectures aimed to provide you with the tools to take on your challenges. You can partake either in a group context or receive individual support.

The training is fully funded for the returning migrants who will receive:

- Free accommodation facility during training days
- Food and refreshments
- Traveling and daily allowance
- Training kit and stationery

Here is a summary of the topics and tools in the programme:

Conflict Management:

Understanding Conflict

Types of Conflict (Intrapersonal, Interpersonal, Intergroup, Inter-organisational)

Conflict Resolution Strategies (Accommodation, Compromise, Avoidance, Competition, Collaboration)

Stress Management:

What is Stress?

Stress vs. Anxiety

Stress Management Techniques (Exercise, Relaxation, Healthy Eating, Time Management)

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How to Avoid Stress and Anxiety (Talking to Someone, Spa Treatments, Exercise, Hobbies)

Positive Thinking:

Importance of Positive Thinking

Characteristics of Positive People

Strategies for Positive Thinking (Surrounding Yourself with Positivity, Letting Go of Negative Relationships, Practicing Gratitude)

Emotions Management:

Understanding Emotions

Types of Emotions (Anger, Disgust, Fear, Happiness, Sadness, Surprise)

How Emotions Affect Daily Life

Coping Strategies for Negative Emotions (Relaxation, Exercise, Letting Go of the Past)

Emotional Intelligence:

What is Emotional Intelligence (EQ)?

Four Domains of EQ (Self-awareness, Social Awareness, Self-management, Relationship Management)

Signs of Emotional Intelligence

Developing Emotional Intelligence

Community Networking:

Importance of Networking

Making People Like You (Showing Interest, Smiling, Listening)

Winning People to Your Way of Thinking (Respecting Opinions, Empathising, Seeing from Others' Perspective)

Seeking Help for Stress:

Different management techniques for coping with emotional stress are available.

If you've tried remedies and still feel overwhelmed, consider seeking help from professionals like counsellors, mental health therapists, or trained psychologists.

Sharing your feelings and experiences with trusted individuals, such as friends, parents, doctors, or pastors, can provide emotional support.

Community- or faith-based organisations can also offer valuable resources.

Avoiding drugs and alcohol is essential for effective stress management.

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Coping Strategies for Stress:

Stress can impact your psychological well-being and relationships.

Prioritise face-to-face social connections, as they have a powerful stress-reduction effect.

Staying physically active benefits both mental and emotional health, improving memory and sleep quality.

Talking to someone, sharing your concerns, and listening to others can calm the nervous system and relieve stress.

Engaging your senses in positive ways, such as enjoying music or nature, can help you relax.

Practices like yoga, mindfulness, meditation, and deep breathing can reduce overall stress levels.

Additional tips for improving mental well-being include relaxation, learning, creativity, spending time in nature, connecting with others, maintaining physical health, and improving sleep.

The Cockroach Theory:

The Cockroach Theory suggests that when a company discloses bad news, more negative events might follow.

Such bad news can lead to a chain reaction in the market, affecting other companies in the same industry and even attracting regulatory attention.

Dealing with Aggressive Behavior:

Aggression refers to harmful behaviour towards individuals, animals, or property.

Listening to aggressive individuals can defuse tension and demonstrate respect.

Remaining calm and avoiding arguments are crucial in handling aggressive behaviour.

Avoid stereotyping, as it can hinder understanding and resolution.

Maintaining eye contact signifies honesty and confidence.

Sometimes, silence is the best response to extreme aggression.

Support mechanisms, both formal and informal, are essential in dealing with aggressive behaviour.

Mental Health Resources:

Mental health resources include counsellors, psychologists, psychiatrists, psychiatric nurse practitioners, clinical social workers, and peer supporters.

These professionals provide essential support for individuals dealing with mental health challenges.

Understanding Mental Health Problems:

Mental health problems affect a significant portion of the population, including common issues like depression and anxiety.

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Seeking help from therapists can be beneficial, even if you don't have a diagnosed mental health problem.

Sharing and discussing your feelings can help prevent mental health issues from escalating.

Culture Sensitisation:

Culture sensitisation involves acquiring skills to understand and learn about cultures different from your own.

Comparison Culture:

Comparison culture involves individuals comparing themselves to others, often leading to feelings of inadequacy, anxiety, depression, and low self-esteem.

Respecting Local Culture:

Respecting local customs and values is crucial when interacting with different cultures.

Demonstrating appreciation for diversity helps build unity and understanding within communities.

Cultural respect is vital for effective health communication and research.

Cultural Diversity:

Cultural diversity is important in workplaces, schools, and society, as it promotes understanding, dispels stereotypes, and enriches experiences.

Accepting diversity involves learning about other cultures, avoiding imposing values, and being proactive in welcoming different ideas.

The program also covers practical ways to move forward, for example in the job market. Topics such as:

Career Counseling:

Career counselling helps individuals understand themselves and make informed career, educational, and life decisions.

Exploring goals, past experiences, and company culture is essential in career decision-making.

Unlocking Your Potential:

Unlocking potential involves developing a growth mindset, embracing challenges, and believing in one's ability to improve through hard work.

Seeking opportunities, being observant, reading, educating oneself, and taking risks are ways to unlock potential.

Goal Setting:

Short-term goals are accomplishments achievable in a few months to a few years.

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Long-term goals take 3 to 5 years or longer to achieve.

SMART goals are specific, measurable, achievable, relevant, and time-bound.

Action Planning and Closing:

Action planning involves outlining what, who, and when regarding goal achievement.

Action steps are concrete details within the action plan, specifying what will occur.

The seven steps of an action plan include setting objectives, assessing them, identifying actions, agreeing on time frames, identifying resources, finalising the plan, and evaluating results.

These are the key ingredients covered in the course, each focusing on different aspects of personal development, interpersonal skills, and emotional well-being. The program covers a wide range of topics related to mental health, stress management, community support, cultural sensitivity, and career development. Although they may seem like a steep mountain to climb, we will make you sense of it, step by step.

Established in 2017, the Youth Employability Network (YEN) is a registered social organisation working to facilitate the creation of sustainable livelihoods amongst young, marginalised communities and migrant workers. YEN has helped young, marginalised communities, especially women and migrant workers, to gain opportunities that support a sustainable livelihood. YEN has expertise in module development, the training of different communities on different topics, training of trainers, training and capacity building on financial literacy as well as training on safe, orderly & regular migration. With the efforts of these services, YEN has supported thousands of marginalised community members, youth, women, migrant workers & SMEs in their social and economic empowerment for their personal and professional development, allowing for a simultaneous positive attitude towards the development of their communities.