

Група Добробут/ well-being groups / trivselsgrupper

Preliminary framework to present:

- Well-being groups is a supportive space facilitated by volunteers.
- In the Well-being groups participants can express thoughts and feelings about well-being openly and free.
- To facilitate the well-being groups, we recommend you have been on the 6-7 hours Psychological First Aid course or have similar experience so you are prepared to help people who have emotional reactions, to get calm and to exchange thoughts about a topic with other people.
- The well-being groups are open for all interested – there is no obligation to show up for all well-being group sessions.
- Peer-to-peer well-being groups: The participants meet and talk about a specific well-being video. A new video is selected for the next time prior to the meeting, so the facilitator can advertise the topic for the next group meeting Participants can exchange thoughts and ideas about the video – especially focusing on how to take care of themselves (and others).
- Facilitator follow-up after a well-being group session is essential to ensure the facilitators own well-being!

The handout for the facilitators

Well-being groups for displaced people from Ukraine living in Denmark.

Background for the activity:

Many displaced people from Ukraine explain that they need a space to talk about the challenges and stressors they experience as displaced Ukrainians in Denmark. This well-being group activity allows Ukrainians to meet to talk about displacement related stressors like living separated from friends and family, being exposed to very different life circumstances, and experiences of troubles like stress or sleep-issues while trying to navigate with the new normal in a new country.

Objective: To provide a space, where well-being is promoted through acceptance and normalizing of feelings and thoughts in peer-to-peer talks about information and tools presented in videos on the well-being site: www.rodekors.dk/trivsel. The videos function as the common third for participants.

Facilitation: Peer-to-peer volunteer lead support.

The aim of the well-being groups is to:

- Offer a safe peer-to-peer space where you can exchange thoughts of how to strengthen well-being – based on the videos from the well-being site.
- Promote the experience of being supported, but not fixed or handled, by peers in difficult times.
- Normalize reactions to the consequences of displacement and living in new circumstances.
- Share thoughts, ideas, and suggestions on how to handle the situation (to deal with the stress and concerns) and to take care of oneself and others (the videos are a catalyst for the conversations).

The well-being sessions follow the same structure:

Opening of (each) well-being session:

- The participants gather and is welcomed by the volunteer facilitators – make sure all participants are individually welcomed, so they feel safe.
- Round of presentations (name, age, how long have you lived in Denmark, plus some other fact like a fun fact or a hobby).
- Present the program and topic of the well-being session and ask in plenary what participants expect today/what made you join today's well-being session?
- The ground rules are explained and are posted on the wall. Ask for input from participants on what the ground rules should be.
- Emphasize that the well-being group is about giving space to share different challenges in everyday life and how to live with them – it is not about agreeing or handling specific problems.
- Also announce that it is **not** "group-therapy", but simply a space to exchange thoughts and techniques to manage challenges.

The actual well-being session:

- The group watch the selected video and discuss the questions one at a time.
- Participants share ideas and suggestions with each other for each question.
- If there are many participants, you can ask participants to discuss the questions in smaller groups and ask for summaries in plenary.

Closing (each) well-being session:

- The well-being session is closed by thanking the participants for sharing their thoughts and summing up the theme of the session (and psychoeducative remarks, like referring to the well-being site for more knowledge or referring someone who needs specialized help for the general practitioner).
- Ask for feedback on the well-being session; should anything be changed for the next talk?
- Make sure to state the next time and place for a well-being session and what the topic will be on.
- Try to be consistent in meeting time and place.

Facilitator follow up after a well-being session:

- It is important to debrief after a well-being session, to process the experiences, reflect on the session, and to ensure the volunteers own well-being.
- These questions can help the facilitators to reflect and process:
 - How are you feeling after the session? (check-in with own emotions and well-being)
 - What went well during the session? (identify positive aspects)
 - What, if anything, would you do differently next time? (constructive reflection and learning)
 - Are there any participants that needs specialized support or help? (identify people who needs help beyond the well-being group)

Practical information for facilitator:

Danish Red Cross would love to get insight from the well-being groups, and we offer to cover expenses for food and snacks for the well-being groups. Please contact us on integration@rodekors.dk and write the following:

- Number of Ukrainian participants, date, and location for each well-being session.
- The amount of money spent on snack and food – Danish Red Cross can only cover costs for snack and food if you forward receipts and bank account number and name to pay the amount to
- Feedback on what worked and did not work in the session, and if anything should be changed.

Find below questions for 5 selected well-being sessions based on videos from the [well-being site](#) about: Crisis, Stress, and Self-care

Questions for different well-being sessions:

Stress

#1 Video: What is stress? / Hvad er stress?

1. Can you think of something (activities or situations) that fills your bucket (triggers stress?)
2. What signs could indicate that your bucket is overflowing/ that you're feeling overwhelmed or stressed?
3. What could some of your taps be/ what coping strategies do you use to manage stress?

#2 Video: How can you handle difficult thoughts and feelings? / Hvordan kan du håndtere svære tanker og følelser?

1. What aspects of your life do you have influence on right now?
2. Have you encountered challenges or problems that you weren't sure how to address? Which circle did they belong in?
3. How can the concept of "circles of control" help you gain more control over your life?

Self-care

#3 Video: How do you take good care of yourself? / Hvordan passer du godt på sig selv?

1. What helps you connect with the present moment (and with yourself)?
2. What prevents you from doing activities that makes you calm and present?
3. What can you do/how can you make a plan, so you can experience more calming and relaxing moments in your daily life?

#4 Video: How can relationships with others strengthen your well-being? / Hvordan kan relationer med andre styrke din trivsel?

1. What do social relations mean to you? Are there moments when you rely on them more than usual?
2. Do you find yourself seeking help or providing support to others? What drives these choices?
3. How can you actively promote kindness toward others and practice self-kindness in your daily life?

Crisis

In this well-being session about crisis two videos are being watched, but focus is on video 2 for the dialogue. The first video is used to introduce the theme.

#5 Video 1: What happens when you experience crises? / Hvad sker der når du oplever krise?

1. How can awareness of your reactions during a crisis help you make sense of the situation?

#5 Video 2: How can you calm your body? / Hvordan kan du give kroppen ro?

1. Do you recognize when it's hard for you to relax? How does it show?
 2. Did you find the breathing exercises (or the other techniques) helpful? How do you feel afterward?
 3. What other strategies do you use to unwind your body and mind?
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Note for facilitator on well-being and Mental Health:

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community (WHO). In the well-being sessions, focus is to talk openly about matters of well-being, to support each other to promote the ability to handle challenges and life stressors, maintain supportive relationships, and to strengthen the feeling of being meaningfully productive in our community, family life and social relations.

Safe referral:

Know your limits! If you identified participants who need additional support, it is your responsibility to help the person connect with relevant support – it is **not** your responsibility to offer the support.

You can follow these steps:

- Inform the affected person about your concerns.
 - Explain that you believe further help is needed.
 - Tell them where and how you think they can get help.
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Scan the QR to find the well-being videos:

