

THE EMOTIONAL JOURNEY

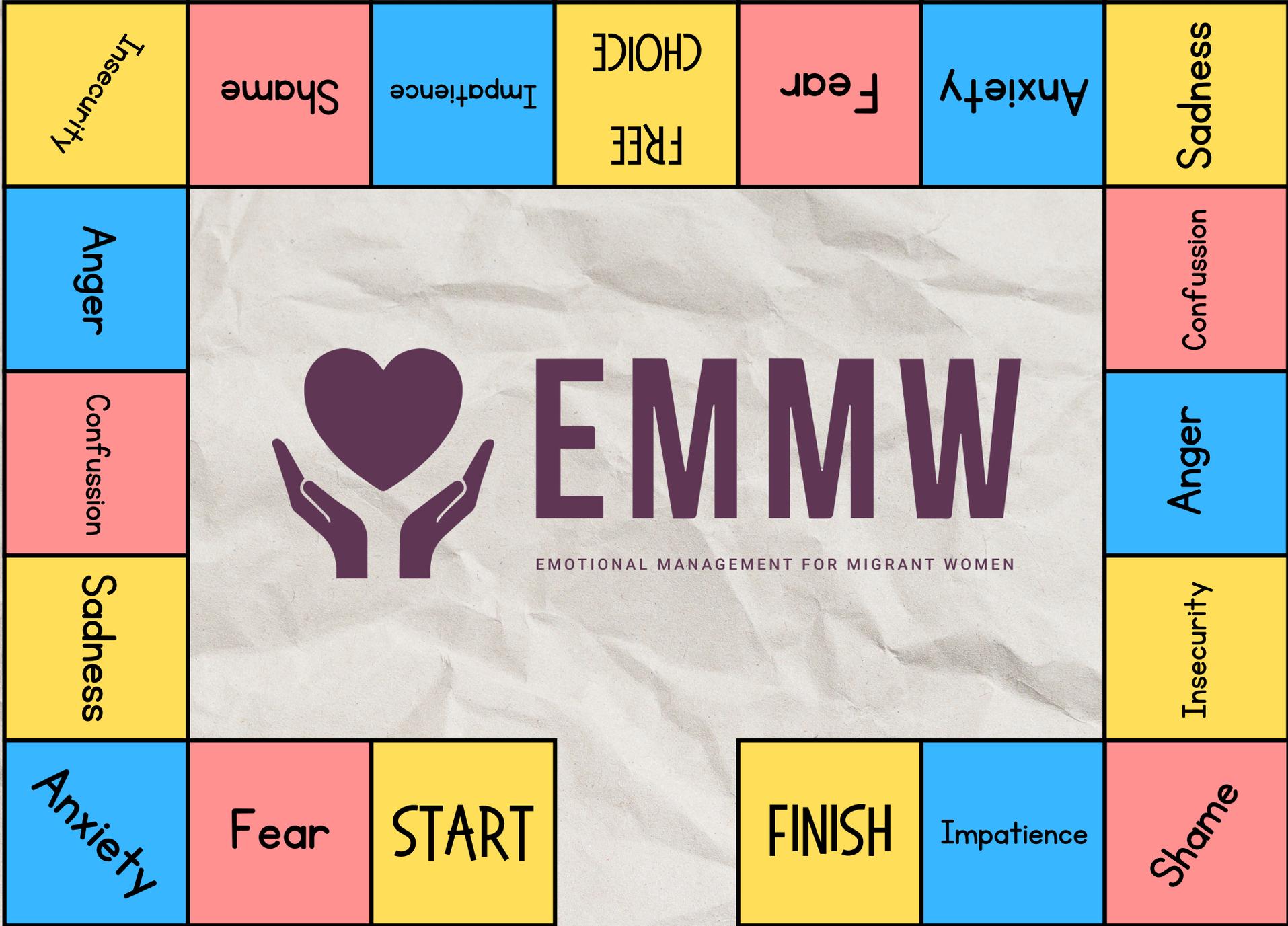
Discover, understand and navigate your emotions on the journey to a new life.

This game allows to teach key concepts about emotional self-management and the range of emotions that can arise during migration, while promoting active participation and practical skill building.

Instructions



- Place the game board in the centre of the table. Each participant chooses a counter and places it on the starting square.
- Players move around the board by rolling the dice and moving their token the indicated number of squares. When a player lands on a square, they must take a card of the corresponding emotion (in the "free choice" box they can choose any one) and answer the question.
- The other players can offer advice on how to deal with that emotion in a healthy and constructive way.
- At the end of the game, participants can reflect on the emotions they experienced during the game and how they will apply the self-management strategies in real life. The facilitator can lead a discussion on the importance of emotional self-management in the process of adaptation and emotional well-being of migrant women.



Co-funded by the
Erasmus+ Programme
of the European Union

FEAR

How can you deal with your fears gradually to feel more confident in your new environment?



FEAR

What strategies can you use to remind yourself that you are capable of overcoming the challenges you face?



FEAR

What concrete actions can you take to reduce your fear and increase your sense of control in unfamiliar situations?



FEAR

How can you seek support from trusted people to address your fears and concerns?



FEAR

What small steps can you take today to begin to overcome your fears and move towards your goals?



FEAR

FEAR

FEAR



ANXIETY

What breathing or relaxation techniques can you practice when you feel anxious to calm your mind and body?



ANXIETY

How can you change your internal dialogue to replace anxious thoughts with positive, realistic affirmations?



ANXIETY

What activities help distract you and reduce your anxiety when you feel overwhelmed?



ANXIETY

How can you establish a daily routine that includes time for self-care and stress management?



ANXIETY

What community or professional support resources can you tap into for help with your anxiety?



ANXIETY



ANXIETY



ANXIETY



SADNESS

What activities or hobbies bring you joy and comfort when you feel sad?



SADNESS

How can you practice gratitude and focus on the positive things in your life to counteract sadness?



SADNESS

What people in your support network can offer you comfort and companionship during times of sadness?



SADNESS

How can you express your emotions in healthy ways, whether through art, writing or conversation?



SADNESS

What steps can you take to seek professional help if you feel that sadness is affecting your overall well-being?



SADNESS

SADNESS

SADNESS



CONFUSSION

How can you seek additional information or clarification about things that confuse you?



CONFUSSION

What educational or community resources are available to help you better understand your surroundings?



CONFUSSION

How do you identify when you are confused? What questions do you ask yourself?



CONFUSSION

What people or support groups can provide you with guidance and advice to overcome confusion?



CONFUSSION

What steps can you take to establish a support network to help you cope with the challenges of confusion?



CONFUSSION

CONFUSSION

CONFUSSION



ANGER

What situations might provoke anger during the migration process?



ANGER

How does anger manifest itself in your behaviour and in your relationships with others?



ANGER

How can anger affect your interactions with people in your new environment?



ANGER

What advice would you give to someone who is dealing with feelings of anger during their trip?



ANGER

What strategies help you deal with anger in a constructive way?



ANGER

ANGER

ANGER



INSECURITY

How do you identify when you feel insecure?
What thoughts predominate at those times?



INSECURITY

What actions or behaviours make you feel more confident in unfamiliar situations?



INSECURITY

What past achievements or personal skills can you recall to increase your self-confidence?



INSECURITY

How can you challenge your negative thoughts and cultivate a more compassionate and kind attitude towards yourself?



INSECURITY

What resources or supports help you overcome insecurity and gain self-confidence?



INSECURITY

INSECURITY

INSECURITY



SHAME

How can you practice self-acceptance and self-love, recognising that we all make mistakes and have areas for improvement?



SHAME

How can you challenge negative beliefs about yourself and replace them with positive, realistic affirmations?



SHAME

What activities or hobbies help you reconnect with your self-worth and intrinsic value?



SHAME

What trusted people can you engage for support and guidance as you work on overcoming feelings of shame?



SHAME

What situations might cause embarrassment during the adaptation process?



SHAME

SHAME

SHAME



IMPATIENCE

How does impatience manifest itself in your behaviour and thoughts?



IMPATIENCE

How can impatience affect your ability to build strong and lasting relationships?



IMPATIENCE

What activities or approaches help you cultivate patience during your migration journey?



IMPATIENCE

What mindfulness activities or approaches help you stay present and calm when you feel impatient?



IMPATIENCE

How can you set realistic and achievable goals to avoid feeling overwhelmed by impatience?



IMPATIENCE

IMPATIENCE

IMPATIENCE

