



WP4: Self-control and frustration

Focus and rationale:

The workshop "Taming the Rage" focuses on the development of self-control and frustration management skills in migrant women. It is based on a holistic approach that considers the emotional, cognitive and behavioural dimensions of the migration experience.

The specific objectives of this workshop are to strengthen knowledge by providing participants with information on the nature of frustration, its causes and effects on the body and mind. It also enables them to develop a range of skills by teaching them practical strategies to identify and manage triggers for frustration, challenge negative thoughts and communicate their needs assertively. Finally, it also promotes self-efficacy and fosters social support by creating a space for learning and mutual support in which to share their experiences.

The migration experience can create challenging situations that cause frustration and impact on women's emotional well-being. This workshop provides them with tools to cope with these difficulties more calmly and effectively. This workshop offers migrant women a safe and trusted space to:

- Learn to identify and understand emotions.
- Develop anger management strategies.
- Practice coping skills.
- Share experiences and learn from other women.

Ultimately, the "Taming Anger" workshop seeks to empower migrant women to take control of their emotions, cope with life's difficulties more calmly and effectively, and build a more positive future for themselves and their families.

Considerations for implementation:

- Cultural adaptation: It is important to adapt the content and activities of the workshop to the cultural context and the specific needs of the migrant women's group.
- Climate of trust: A warm and trusting atmosphere should be created where participants feel comfortable to share their experiences and work together.
- Active participation: Encouraging active participation and interaction among participants is essential for learning and implementing the strategies.

- Follow-up: Offer individualised support to participants who require it and follow up the workshop to evaluate its impact.

Key objectives for your workshop:

- **Objective 1:** Participants understand what frustration is and how it manifests itself in the body.
- **Objective 2:** Participants identify triggers for frustration in specific situations.
- **Objective 3:** Participants learn to challenge negative thoughts that intensify frustration.
- **Objective 4:** Participants develop and practice strategies to cope with frustration more calmly and effectively.
- **Objective 5:** Participants feel empowered to take control of their emotions and face life's difficulties with greater confidence.

Name of the activity:	"Taming Rage: Strategies for Self-Control and Frustration".
Aim:	To strengthen self-control and frustration management skills in migrant women, providing them with tools to face challenging situations more calmly and effectively.
Duration:	2 hours
Materials Needed:	<ul style="list-style-type: none"> • Flipchart or whiteboard • Markers • Sheets of paper • Pens or pencils • Tape • Worksheets with common frustrating situations for migrant women (optional)
Description of the activity:	<p>1. Introduction (15 minutes):</p> <ul style="list-style-type: none"> ○ Welcome and presentation of the workshop: <p>Begin by warmly welcoming the participants and introducing yourself and any co-facilitators. Give a brief overview of the workshop's objectives and what participants can expect to learn.</p> <ul style="list-style-type: none"> ○ Ice-breaker dynamic to create an atmosphere of trust: <p>Conduct an icebreaker activity that encourages participants to interact with one another in a relaxed setting. This could be a simple game or exercise designed to foster camaraderie and build rapport within the group.</p> <ul style="list-style-type: none"> ○ Presentation of the topic:



Define self-control and frustration, highlighting their importance in managing emotions and behavior. Explain why these concepts are particularly relevant for migrant women, acknowledging the unique challenges they may face in adjusting to a new environment.

2. Main activity (1 hour):

○ **Brainstorming:**

Facilitate a group discussion on what frustration is and how it manifests in the body. Encourage participants to share their own experiences and examples of frustrating situations they encounter as migrant women. *What is frustration? How does it manifest in the body? What frustrating situations are common for migrant women?*

○ **Explanation of the ABC model of anger:**

Provide a clear explanation of the ABC model, breaking down each component (Antecedent, Belief, Consequence) and how they contribute to the experience of anger and frustration.

○ **Practical exercises to identify:**

- Antecedents that generate frustration in specific situations: Have participants identify triggers or events that commonly lead to frustration for them personally.
- Beliefs and thoughts that intensify frustration: Guide participants through exercises to identify and challenge negative beliefs or interpretations that contribute to their frustration.
- Negative consequences of impulsive behaviour: Discuss the potential consequences of acting impulsively when experiencing frustration, such as strained relationships or missed opportunities.

○ **Presentation of strategies for self-control:**

- Breathing and relaxation techniques: Teach participants simple breathing exercises and relaxation techniques to help them manage stress and calm their emotions.
- Cognitive restructuring: Provide guidance on how to recognize and challenge negative thought patterns, replacing them with more balanced and constructive perspectives.
- Assertive communication: Discuss the importance of assertive communication in expressing needs and emotions effectively and provide tips for practicing assertiveness in various situations.

	<ul style="list-style-type: none"> ▪ Coping strategies: introduce problem-solving techniques and encourage participants to seek support from friends, family, or community resources when facing challenges. ○ Practice of strategies in simulated situations: <p>Divide participants into small groups and role-play different scenarios where they can apply the self-control strategies they've learned. Encourage feedback and discussion afterward.</p> <p>3. Closing (30 minutes):</p> <ul style="list-style-type: none"> ○ Group reflection on the workshop experience: <p>Lead a reflective discussion where participants can share their thoughts and insights from the workshop. Encourage them to discuss what they found most valuable and how they plan to apply what they've learned in their daily lives.</p> <ul style="list-style-type: none"> ○ Summary of the strategies learned: <p>Recap the key strategies for self-control discussed during the workshop, emphasizing their practical applications and benefits.</p> <ul style="list-style-type: none"> ○ Handing out of support: <p>Distribute handouts summarizing the workshop content and any other resources or materials that may be helpful for participants to continue practicing self-control and managing frustration materials (handouts, cards with relaxation techniques).</p> <ul style="list-style-type: none"> ○ Space for questions and comments: <p>Open the floor for any final questions, comments, or concerns from participants. Reiterate your availability to support them further if needed.</p>
Debriefing activity	
Tips	<ul style="list-style-type: none"> ● Create a warm and trusting atmosphere where participants feel comfortable to share their experiences. ● Adapt activities to the cultural context and the specific needs of the group. ● Encourage active participation and interaction among participants. ● To offer individualised support to participants who require it.
Sources	<ul style="list-style-type: none"> ● The American Psychological Association on Anger Management. “Control anger before it controls you” (2023): https://www.apa.org/topics/anger/control



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