



IO1 – Integration Leaders Curriculum

Self-directed learning materials Module 4: Selfcare

Topic:	Physical, emotional and mental self-care
Title of Resource:	“How to take care of yourself as an expat”
Why use this resource?	The article presents a few Energy Thieves that drain a lot of physical, emotional and mental strength in a different climate or the unusual immediate environment.
What will you get from using this resource?	Through this article the group can find new ways of self-care and what do you do to keep body, mind, and soul balanced while living abroad.
Link to resource:	https://www.cultureenergy.com/how-take-care-of-yourself-as-expat/?fbclid=IwAR3HYfrg6h6UQWG_r6dUj7T7F4vDJJ5tFHgNP-2t1ZROq9GnLXSdoQ1IKD0

Topic:	Reducing stress, having a good attitude
Title of Resource:	“Nine Strategies Successful People Use to Overcome Stress”
Why use this resource?	The article presents in detail the Nine scientifically-proven strategies for defeating stress whenever it strikes and provides ideas that complement each of these strategies.
What will you get from using this resource?	This resource provides an idea of how to be more positive and teach participants how can they reduce stress in the new situation and show them the importance of a good attitude.
Link to resource:	https://lifelife.com/nine-strategies-successful-people-use-to-overcome-stres-5976310

Topic:	Exploring new environment
Title of Resource:	“10 reasons why you should move abroad”
Why use this resource?	This TEDx Talk with the founder of an organization Geekettes - Jessica Erickson talks about the skills she uses in the workplace are attributed to her experience studying and living abroad.
What will you get from using this resource?	This video is inspiring more women to become innovators and leaders and gives examples of what defining moments traveling abroad can bring and help expand the personal and professional portfolio.
Link to resource:	https://www.youtube.com/watch?v=7gSWGFuCI0M&feature=share&fbclid=IwAR2nJj4RrCMI8bNDVQ_P9SZv0mS8VkMDTA9rMINbmKdIE7rHBWC2xJcPNkY

Topic:	Job seeking
Title of Resource:	Top Job Sites in Europe by web popularity ranking
Why use this resource?	JobRank.org is an international employment directory and search engine selecting, ranking and reviewing worldwide top job sites.
What will you get from using this resource?	The participants will find more than 9,500 career resources in 200 countries. JobRank.org is a free starting point to find the best job sites in every country.
Link to resource:	https://www.jobrank.org/Europe/

Topic:	Making friends
Title of Resource:	“How to start a conversation and make friends”
Why use this resource?	The book presents many workshops and conversation skills based on feedback and questions from hundreds of readers, students, random people, plus additional research and personal experience of the author – Don Gabor.
What will you get from using this resource?	The participants will find a lot of useful tips and ideas in this book. They will learn about conversation styles, how to talk to people from other countries, mobile phone etiquette, and online conversations.
Link to resource:	https://issuu.com/giorgimurvanidze5/docs/how_to_start_a_conversation_and_mak

Topic:	Selfcare
Title of Resource:	"Miten sopeutua uuteen maahan?" Suomen mielenterveys ry
Why use this resource?	Maahanmuuttoa voidaan kuvata viiden vaiheen kautta, mutta jokainen uuteen maahan muuttava kokee sen kuitenkin yksilöllisesti. Omaan oloonsa voi itse vaikuttaa paljon. Materiaalissa on listattu joitakin hyviksi havaittuja keinoja, jotka voivat auttaa uuteen maahan sopeutumisessa.
What will you get from using this resource?	Materiaalissa esitellään konkreettisia keinoja, kuinka omaan elämään voidaan vaikuttaa vaikeasta elämäntilanteesta huolimatta. Omien vaikutusmahdollisuuksien huomaaminen on jo iso askel.
Link to resource:	https://mieli.fi/fi/mielenterveys/vaikeat-el%C3%A4m%C3%A4ntilanteet/maahanmuutto/miten-sopeutua-uuteen-maahan

Topic:	Selfcare : Reducing stress
Title of Resource:	Meditointi on nyt helppoa – Mindfulness App Leena Pennanen
Why use this resource?	Tämän ilmaisen puhelinsovelluksen avulla voit harjoittaa meditointia arjessa melkein missä vain. Jokainen meditaatioharjoite on suomenkielinen, mutta muitakin kieliversioita on valittavissa
What will you get from using this resource?	Tämän ilmaisen puhelinsovelluksen avulla voit harjoittaa meditointia arjessa melkein missä vain. Sovelluksen avulla voit vähentää stressiä ja edistää hyvinvointiasi.
Link to resource:	https://mindfulness.fi/lataa-mindfulness-app-leena-pennanen/