



## IO1 – Integration Leaders Curriculum

### Self-directed learning materials Module 4: Selfcare

<b>Topic:</b>	<b>Physical, emotional and mental self-care</b>
<b>Title of Resource:</b>	“How to take care of yourself as an expat”
<b>Why use this resource?</b>	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.
<b>What will you get from using this resource?</b>	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.
<b>Link to resource:</b>	<a href="https://www.cultureenergy.com/how-take-care-of-yourself-as-expat/?fbclid=IwAR3HYfrg6h6UQWG_r6dUj7T7F4vDJJ5tFHgNP-2t1ZROq9GnLXSdoQ1IKD0">https://www.cultureenergy.com/how-take-care-of-yourself-as-expat/?fbclid=IwAR3HYfrg6h6UQWG_r6dUj7T7F4vDJJ5tFHgNP-2t1ZROq9GnLXSdoQ1IKD0</a>

<b>Topic:</b>	<b>Reducing stress, having a good attitude</b>
<b>Title of Resource:</b>	“Nine Strategies Successful People Use to Overcome Stress”
<b>Why use this resource?</b>	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.
<b>What will you get from using this resource?</b>	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.
<b>Link to resource:</b>	<a href="https://lifehacker.com/nine-strategies-successful-people-use-to-overcome-stres-5976310">https://lifehacker.com/nine-strategies-successful-people-use-to-overcome-stres-5976310</a>

<b>Topic:</b>	<b>Exploring new environment</b>
<b>Title of Resource:</b>	“10 reasons why you should move abroad”
<b>Why use this resource?</b>	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.
<b>What will you get from using this resource?</b>	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.
<b>Link to resource:</b>	<a href="https://www.youtube.com/watch?v=7gSWGFuCI0M&amp;feature=share&amp;fbclid=IwAR2nJj4RrCMI8bNDVQ_P9SZv0mS8VkMDTA9rMINbmKdIE7rHBWC2xJcPNkY">https://www.youtube.com/watch?v=7gSWGFuCI0M&amp;feature=share&amp;fbclid=IwAR2nJj4RrCMI8bNDVQ_P9SZv0mS8VkMDTA9rMINbmKdIE7rHBWC2xJcPNkY</a>

<b>Topic:</b>	<b>Job seeking</b>
<b>Title of Resource:</b>	Top Job Sites in Europe by web popularity ranking
<b>Why use this resource?</b>	JobRank.org is an international employment directory and search engine selecting, ranking and reviewing worldwide top job sites.
<b>What will you get from using this resource?</b>	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.
<b>Link to resource:</b>	<a href="https://www.jobrank.org/Europe/">https://www.jobrank.org/Europe/</a>

<b>Topic:</b>	<b>Making friends</b>
<b>Title of Resource:</b>	“How to start a conversation and make friends”
<b>Why use this resource?</b>	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.
<b>What will you get from using this resource?</b>	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.
<b>Link to resource:</b>	<a href="https://issuu.com/giorgimurvanidze5/docs/how_to_start_a_conversation_and_mak">https://issuu.com/giorgimurvanidze5/docs/how_to_start_a_conversation_and_mak</a>