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Stress and adaptation

What is Stress in Refugees and Migrants?

The forced change of the usual and familiar environment, the sudden change of the familiar for refugees and migrants leads to extremely stressful situations of uncertainty, fear, repulsion and aggression.



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Migrants and refugees may be exposed to various stressors that affect their mental health and social adaptability during their settlement and integration.

The very adaptation and process of social inclusion of migrants and refugees is stressful for them. Adaptation as a process is a stress that is accompanied by various factors of resistance on the part of refugees and society.

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Issues and stressors facing migrants and refugees

Migrants and refugees often face different problems and stressors that can arise at different stages of the migration process:

- Prior to migration: lack of livelihood and opportunities for education and development, exposure to armed conflict, violence, poverty and/or persecution.
- Migratory journeys and transit: exposure to challenging and life-threatening conditions, including violence and detention and lack of access to services to meet their basic needs.



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- After migration: barriers to access to health care and other services to meet their basic needs, as well as poor living conditions, separation from family members and support networks, possible uncertainty regarding work permits and legal status (application for asylum), and in some cases immigration detention.
- Integration and settlement: poor living or working conditions, unemployment, difficulties in assimilation, challenges to cultural, religious and gender identity, challenges in obtaining rights, changing policies in host countries, racism and exclusion, tensions between host populations and migrants and refugees, social exclusion and possible deportation.

Using social opportunities to fight discrimination- Facebook, Twitter, YouTube, Instagram

- Social networks are the fastest and most accessible way to spread information and mass control public opinion and mood. Manipulation of mass mood in recent years relies on the fastest way and that is social networks. However, the access channels here are difficult to control reactions and the results are not always positive or in the direction we want. For example, Facebook is a social network with a censorship algorithm, but also information that is difficult to control. YouTube is a video network and the launch of anti-discrimination videos allows access to many people and building public opinion and resentment towards discrimination.

Objects subjected to discrimination have no age, gender or race distinction. Through social networks, every object is subject to discrimination, whether voluntarily or involuntarily, regardless of the reason for this. On the other hand, social networks can also be useful in the fight against discrimination and this is done by:

- Critical thinking of society. When public opinion is critical, the information it offers is questioned and discriminatory behavior is controlled.
- Digital literacy. The presence of autonomous groups on Facebook, to help fight discrimination, are found in cases where the person's profile is such, i.e. any person who does not empathize with discrimination falls into the network's algorithm and is offered anti-discrimination groups and topics

- Media literacy. An extremely important point for any member of society who may fall within the scope of discriminatory behaviour. In social networks, the control of information is weak and the spread of discriminatory practices and topics depends on the users.
- Social networks create a sense of empathy in users, through empathy and involvement in various social activities.-Social networks are often involved in various social campaigns to fight discrimination and with the right communication, they can be useful

A large part of society has constant access to a social network. Many young people communicate daily through social networks and this is key to their socialization. While social networks are a way to engage and share personal life with others. Social networks enable the uncontrolled dissemination of information. Not a small number of users of the networks have been victims of online harassment, known as cyberbullying. Cyberbullying is any type of behavior that occurs online and is repeated repeatedly.

Cyber bullying is bullying through digital technology. It can happen on social networks, messaging platforms, gaming platforms and through mobile phones. It is repetitive behavior intended to intimidate, anger, or embarrass victims. Examples include:

- spreading lies or posting obscene pictures of someone on social networks;
- send abusive messages or threats through the messaging platforms;
- sending malicious messages impersonating other people.
- Face-to-face bullying and cyber bullying often happen in parallel.
- But cyber bullying leaves an electronic trail – which is very useful and serves as evidence and a means of stopping such behavior.