

Things you can do YOURSELF

In order to feel better, it's important for you to develop a good routine in your new life. Here are a couple of good tips on what you can do to help yourself feel better.

Develop good habits

Create some simple rituals or make time to do something you enjoy.

Get moving

Exercise every day for at least 15 minutes – preferably outdoors.

Say “yes”

Say “yes” to social engagements at work or school and with family and friends. Make sure you go – even if you don't feel like you have the energy for it.

Sleep well

Do not sleep during the day. Try to avoid coke, coffee and watching news within two hours of bedtime.

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How to get help

You can bring this pamphlet to your consultation. If you need an interpreter, make this known when you book an appointment with the doctor. Going to the doctor and having an interpreter present at your consultation are free.

If you are an asylum seeker, you can contact the staff at the asylum centre.

If you have obtained a residence permit, you can seek help from your doctor or caseworker.

Contact knowledge Center for Vulnerable Refugees

Advice and guidance for refugees and professionals in Danish and English



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EXPERIENCING WAR AND FLEEING

War, fleeing and life in your new country

In this pamphlet, you can read about some of the reactions you might have after experiencing war and fleeing.

The vast majority of people will experience reactions to leaving their homeland, fleeing and settling in a new country, where everything is foreign.

You may find it difficult to sleep or experience physical pain, such as headaches. You may also feel depressed and lose interest in spending time with family and friends.

You can do a range of things to help yourself feel better – see the “Things you can do yourself” section in this pamphlet.

Reacting to war and fleeing is completely normal

Some people experience such brutal events before or while fleeing that their symptoms do not go away, but instead persist or worsen.

It is totally normal to experience reactions to war and fleeing, and many get help through their own doctor to get better.

If you recognise the reactions listed on the next page, and if they are making it difficult for you to function in daily life – then contact your doctor.

Typical reactions



Thoughts

- Find it difficult to make decisions
- Find it difficult to remember things
- Struggle to concentrate
- Experience too many thoughts at once
- Confusion
- Self-recrimination
- Suicidal thoughts
- Flashbacks of distressing experiences
- Recurring nightmares



Body

- Recurring nightmares
- Difficulty sleeping
- Struggle to relax
- Tired and exhausted
- Cry easily
- Dizziness
- Headaches
- Stomach problems
- Chest pain
- Back and neck pain



Feelings

- Fear and anxiety without knowing the reason
- Distrust
- Feeling inferior
- No interest in doing things that you would normally enjoy
- Discomfort associated with loud noises
- Helplessness and hopelessness
- Feeling alone and lonely
- Fear of losing control of your life
- Fear of going insane
- Feeling loss



Socially

- No desire to be in the company of others
- Lack of trust in others
- More inclined to become frustrated or irritated with others
- More frequent and severe feelings of anger
- Berate others, perhaps without reason
- React strongly even to insignificant things, perhaps even by hitting
- Substance abuse