PACK YOUR BAG

• Write down:
  o Names of the family member and friends you take with you.
  o Things you pack to bring with you.

 ➔ You have 10 minutes!

• You can only bring:
  o ONE person – cross out the other names
  o ONE item – cross out the other items

 ➔ You have 3 minutes!
What is Post-Migration Stress?

• Stressful everyday experiences in post-migration context.

• Process in which we experience certain circumstances / events as burdensome & painful.

- Armed Conflict
- Torture
- Displacement
- Mental Health & Psykosocial wellbeing
- Post-Migration stressors

Socioeconomic
Social and interpersonal
Related to asylum and immigration policies

(Source: Kenneth E Miller, 2021; Andreas Malm, 2023)
Refugee Post-Migration Stress Scale

- Worry about upcoming decisions or scrutiny from Swedish authorities (e.g., Migration authorities, Social Service, Social Insurance Agency)
- Worry about family members that I am separated from
- Feeling excluded or isolated in the Swedish society
- Frustration due to loss of status in the Swedish society
- Frustration because I am not able to make use of my competencies in Sweden
- Distressing conflicts in my family
- Feeling disrespected in my family
- Feeling unimportant in my family

"The Life Management System, and the images, shows me that after all my life situation is connected and manageable. The different colors illustrates to me that my life consists of different things. Thank you for showing me that my life is actually still connected.”

(patient, 62 years old)