

Feeling well: a guide for body and mind.

Welcome. Finding your own balance during your reception journey can be difficult. This is a practical compass to help you understand your emotions, recognize your needs, and discover that you are never alone on this journey.

Gemini Notebook

Well-being is a perfect balance of five elements.



Physical Health

A strong and healthy body, and confidence in your own physical abilities.



Mental Serenity

The inner strength to face everyday problems without being crushed.



Fulfillment

Understanding who you are, what you want to do, and feeling in tune with your choices.



Social Life

Feeling good and sharing life with family, friends, and the community.



Economic Security

Having what it takes to live with dignity and plan for the future with peace of mind.

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Migration changes the world outside and the world inside.

The Outside World



The rules, the language, the city, and the people around you change. The new country is a new context to discover.

The Inside World



Your emotions change. It is normal to feel curiosity and enthusiasm for new opportunities, but also deep bewilderment, fatigue, and confusion.

Feeling lost is normal. A major change requires time to build a new balance.

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How is an emotion made?

Emotions are automatic reactions that help us defend against danger and make decisions. They make themselves felt in three ways:



In the mind:
The thoughts that cross your head and what you feel deep down (the subjective reaction).

In behavior:
Your facial expression and body posture (e.g., closed or open shoulders).

In the body:
Physical changes you cannot control, like a racing heartbeat or sweat (the physical reaction).

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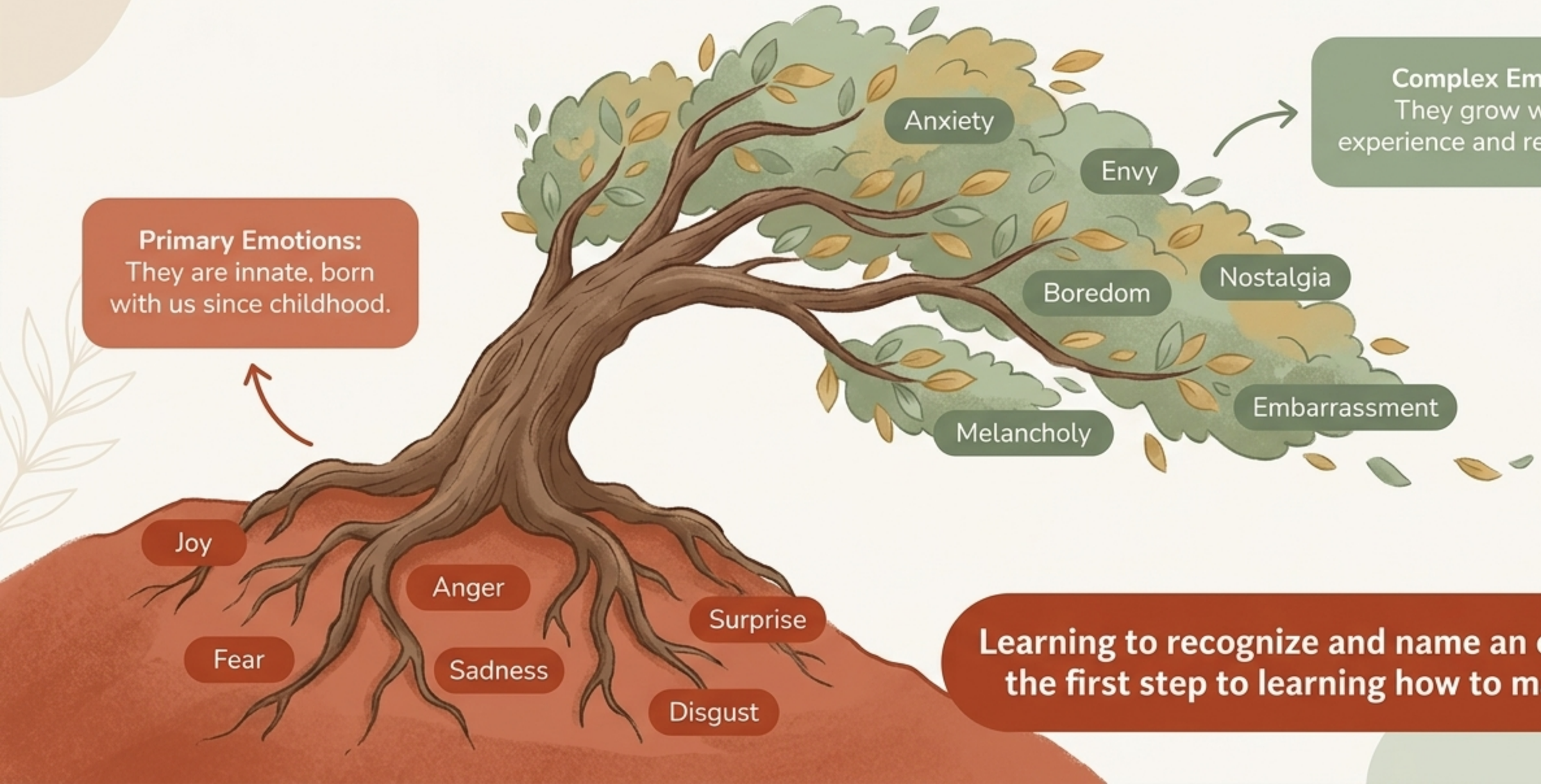
Knowing emotions to give them a name.



Primary Emotions:
They are innate, born with us since childhood.

Complex Emotions:
They grow with life experience and relationships.

Learning to recognize and name an emotion is the first step to learning how to manage it.

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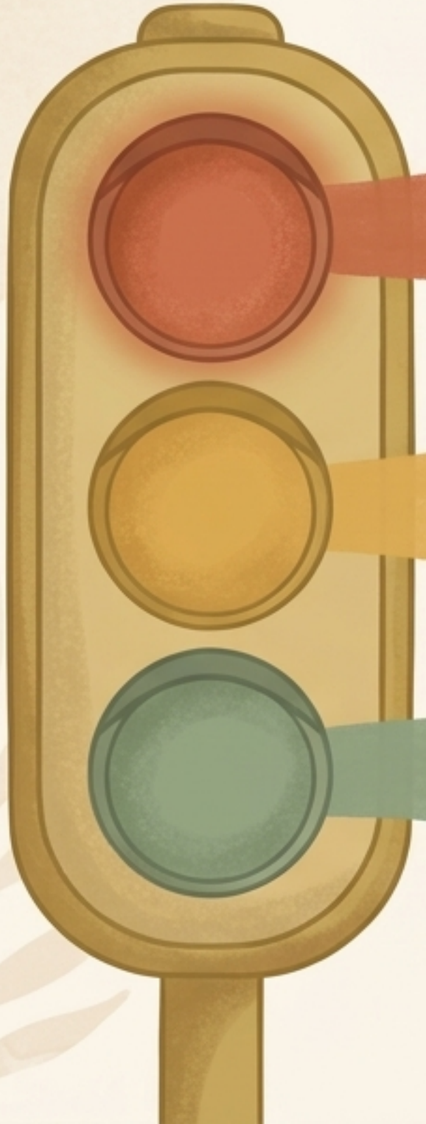
The traffic light method for managing reactions.



RED (STOP)

The emotion is in control. It is a destructive and irrational reaction. It worsens the situation, creates conflict, and breaks communication with others.

YELLOW (THINK)

Instinctive reaction. It is less destructive than red, but it does not address the real problem. It is often an escape route.

GREEN (ACT)

Head and emotion work together. You recognize how you feel and use reason to communicate, ask for help, and find a constructive solution.

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The traffic light in action: how would you react?

Situation 1 Roommates are messy and do not respect the cleaning schedule.	I use bad words against them and get angry.	I take photos secretly and show them to the operators to complain.	I find a quiet moment to communicate with them and look for a solution together.
Situation 2 You are in a new shelter and struggle to trust the new educators.	I avoid all contact, isolate myself, and block them on my phone.	I immediately ask the social worker to change my shelter without giving explanations.	I try to talk to the educators to explain what makes me uncomfortable, asking my guardian for support.

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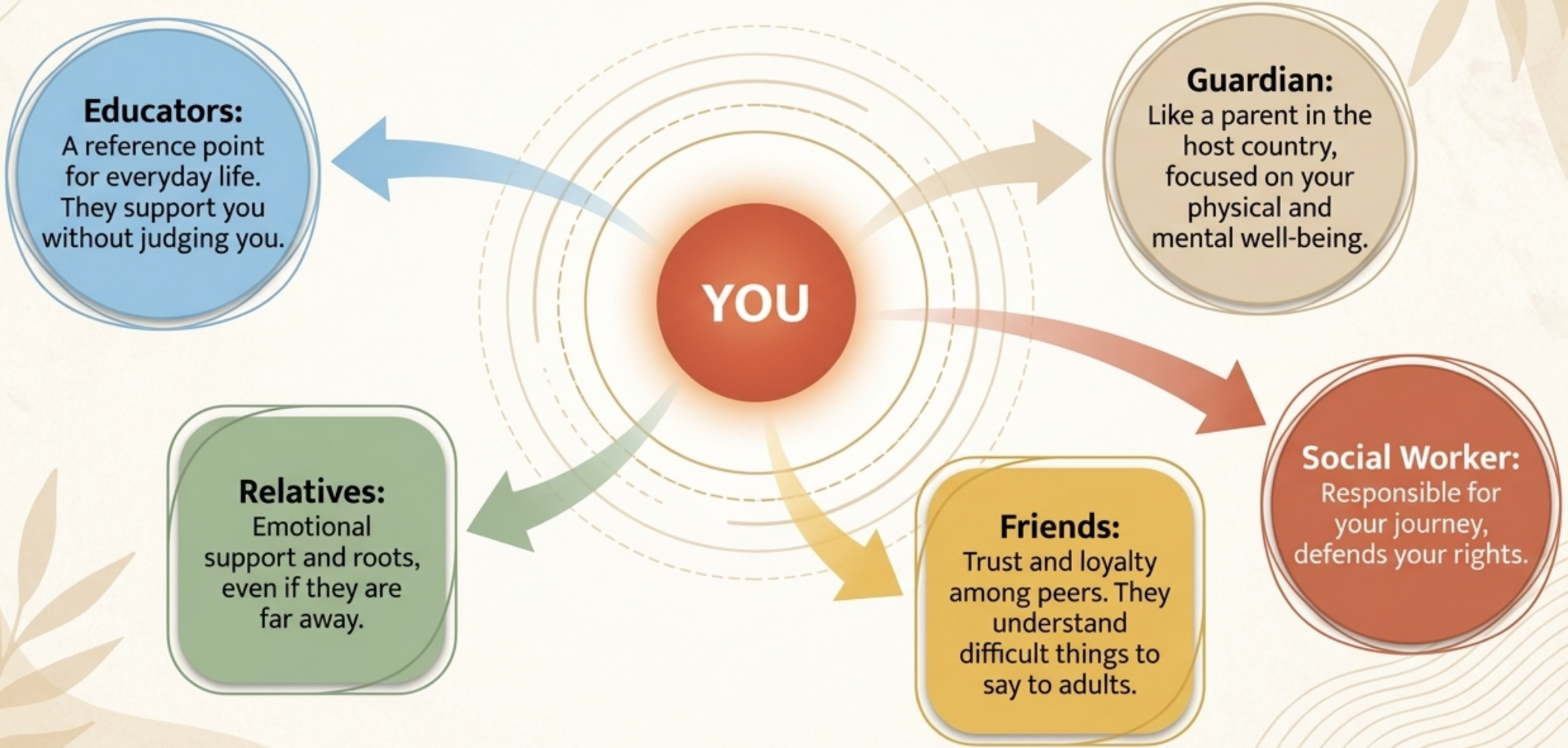
You are not alone: your support map.



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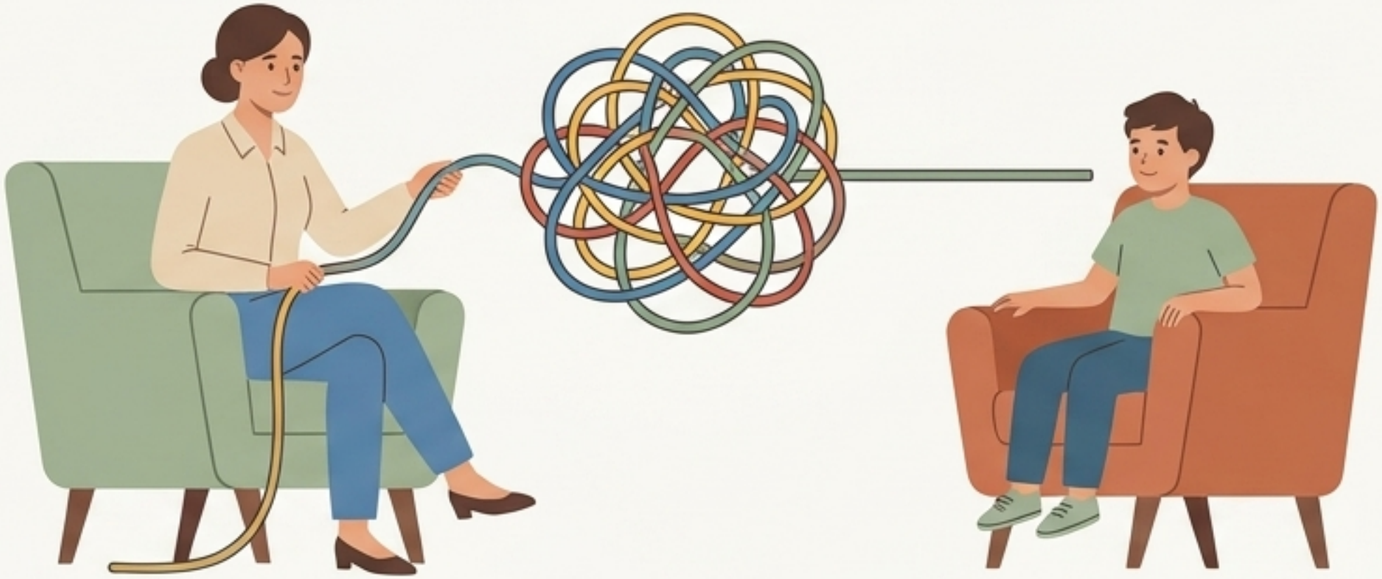
Who is the psychologist?



False Myths

~~- Not a doctor for crazy people.~~

~~- Going there does not mean being sick or weak.~~

~~- Not someone who judges you or makes decisions for you.~~

The Reality

- **It is a safe and protected space:** Everything you say is private.
- **Zero judgments:** Listens and accepts you exactly as you are.
- **Organizes thoughts:** Helps you better understand your emotions, rediscover your personal resources, and return to feeling well.

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Asking for help is a sign of strength.



It is absolutely normal to experience moments of crisis, especially after a long journey and major changes. Taking care of yourself and your psychological well-being is never a sign of weakness.

Recognizing that you need help requires courage.
It is an act of intelligence, tenacity, and self-love.

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