

These are the things that help me stay strong, even when life is challenging

There are six important ways to help us to feel better. Together, they form BASIC Ph model. Each letter represents how we can receive support.



Try to determine which of the methods are yours. Think about how often you use them and maybe find new ones

B BELIEF	A AFFECTS	S SOCIAL SUPPORT	I IMAGINATION	C COGNITION	Ph PHYSIOLOGY
You can find support in various things that are based on beliefs. It can be your unique views on life, religion, morality. It may be related to politics, your dreams, horoscopes.  If you attend church or have a talisman, a poster of desires, or you are fighting for human rights, then this method can be yours.	Your support may be in your feelings and emotions. It can be laughter, tears, anger. You like to talk about your own experiences, create something interesting, or feel the emotions of the characters when you watch movies or listen to music.  If you prefer TV shows, stand-up, music, then this method can be yours.	You can find support in your family, classmates and friends. You like to be in a group or team, get help and help, and participate in various activities.  If you like to volunteer, participate in team sports, talk on the phone, be the centre of attention, then this method can be yours.	Your strength is in imagination and creativity. It can be fantasizing, music, drawing, embroidery, reading books or singing. Creative activities help you express yourself and feel the world.  If you feel peace and harmony during creativity, have a considerable collection of your own creations and often dream, then this method can be yours.	You can help studying, thinking, and searching for information. You like to organize knowledge, go to classes, and look for solutions to different tasks. All of this helps you understand the world better.  If you like to learn, solve crosswords and puzzles, and don't know which book to call your favourite, then this way of restoring strength can be yours.	Everything related to your body and pleasure helps you. It can be sports, active games, delicious food, massage, or just walks. Everything helps you feel better and regain energy.  If sports or a delicious cake can please you, then this way of regaining strength can be yours.

How to calm down from anxiety easily

BALLOON

Instructions: Imagine that there is a balloon in your stomach. Exhale through your nose slowly, then inhale slowly through your mouth. Watch the balloon inflate when you inhale and deflate when you exhale.



An important source of support for each and every one is loved ones.

Draw six circles on your smartphone or on paper and determine the circle of people who can support you in different cases:

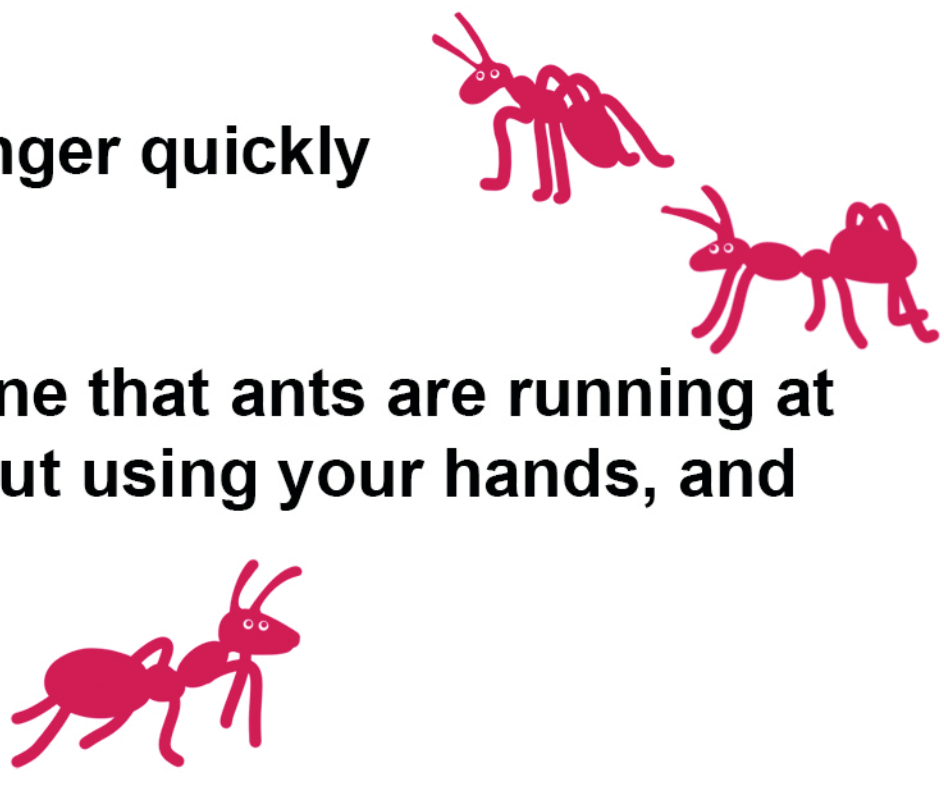


- **Circle 1**
In the centre, write the names of people who support you at home (parents, brothers, sisters or other loved ones). Colour this circle with the colour of your choice.
 - **Circle 2**
Write down the names of neighbours or acquaintances with whom you have a close relationship. Colour this circle with the colour of your choice.
 - **Circle 3**
Write down the names of close friends you can rely on. Colour this circle with the colour of your choice.
 - **Circle 4**
Write the names of people in an educational institution or youth centre that you can always contact. Colour this circle with the colour of your choice.
 - **Circle 5**
Write down the names of people outside your educational institution or family circle who can help you. Colour this circle with the colour of your choice.
 - **Circle 6**
Write down the names of institutions, organisations, or centres that can help you. Colour this circle with the colour of your choice.
- Think about which circles others might portray you in.

How to get rid of anger quickly

ANTS

Instructions: Imagine that ants are running at you. Shake it without using your hands, and get rid of anger.



You can find psychological support in our community here:

Trauma-Informed Approach in the Context of Access to Human Rights and Essential Services for Internally Displaced Persons and Returnees to Ukraine", which is jointly implemented in 2024-2025 by the Council of Europe projects "Facilitating Access to Human Rights and Essential Services for Internally Displaced Persons and Returnees at the community level" and "Youth for Democracy in Ukraine: Phase III" within the framework of the Council of Europe Action Plan for Ukraine "Resilience and Recovery and Reconstruction" for 2023-2026. The texts were finalized in co-operation with the team of the twice displaced Donetsk Regional Youth Centre (Vinnytsia). The English version has been prepared by Olena Glazkova. Design by Iryna Vale.

For the poster preparation, the Resilience Journal for Adolescents was utilised, published under the Council of Europe project 'Strengthening the human rights protection of refugees and migrants in the Republic of Moldova'. Author: Dr Sc Sabiha Husic. Illustrations by Iulia Grădinar-Școbari. Available at: <https://rm.coe.int/resilience-journal-for-adolescents/1680b08003>

