



# HAPPY AS A REFUGEE

IN 2022, OVER 321,918 REFUGEES AND MIGRANTS SOUGHT SAFETY IN VARIOUS COUNTRIES, LEAVING BEHIND EVERYTHING FAMILIAR. HOW CAN YOU BE HAPPY AMIDST SUCH CHALLENGES? EXPLORE THE FIVE MAIN WAYS TO FIND HAPPINESS AS A REFUGEE.

01.

## HAVE YOUR NEEDS MET

FOOD, WATER, SHELTER, AND CLOTHING – BASIC HUMAN NEEDS. DISCOVER AVAILABLE RESOURCES TO LAY THE FOUNDATION FOR HAPPINESS.

02.

## ESTABLISH SECURITY

REESTABLISH SAFETY BY CREATING ROUTINES, TAKING CARE OF HEALTH, SEEKING EMPLOYMENT OR EDUCATION, AND CONNECTING WITH OTHERS.

03.

## FIND LOVE AND BELONGING

CONNECT WITH FELLOW REFUGEES TO SHARE STRUGGLES AND JOYS, REBUILDING A SENSE OF HAPPINESS AND BELONGING.

04.

## BUILD CONFIDENCE

ACKNOWLEDGE YOUR PROGRESS AND KEEP GOING. REMEMBER HOW FAR YOU'VE COME TO MOVE FORWARD.

05.

## FIND FULFILLMENT

REALIZE YOUR DREAMS AND POTENTIAL, CREATE COMMUNITIES, AND SUPPORT ONE ANOTHER.

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