



Self Care Booklet

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COMPASSION FATIGUE


ANKARA - TURKEY

DESIGNED BY: TALA AZZAM



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Lebanon

TALA AZZAM
MAHMOUD EL KAROUT
IHAB AL ZAHED
ALI MAHMOUD
MARIA KHALIL
JOSEPH RIZK

Turkey

BESTE AYDIN
ELA AYDIN
ELIF AKBIYIK
ECEM ERTAÇ
SEYMA KÖKSAL
RABIA NURHAYAT KARADAĞ

Belgium

SILVIA I. TRIFONOVA
KALOYAN S. GEORGIEV
YOAN IVAYLOV
TEODORA V. NIKOLOVA
STILIAN T. STEFANOV
STANISLAV R. KISEV

France

MURAT GÖCER
SINAN DIRIK
SAMIA FEDDAG
SULTAN COSKUN
JEREMY ALP
YUNUS MEYDAN

Hungary

SÜLEYMAN DEMIRGÜL
SAHIL ANJUM
SHAHBAZ AHMAD
KITTI PÁSZTOR
SOYOLOO LKHAVGASUREN
MOHAMMAD AZEEM

Germany

SADIK GÜLSOY
MELISA KIZILKAYA
HOUDLEKHAL
KÜBRA KAHRAMAN
KUBILAY KIZILKAYA
BOUAZIZ SAMI

Romania

DENIS IBADULA
OGUTAI IBADULA
IONELA-ALINA LASCU
FLORIN LASCU
FLORIN ROGOJINA
CRISTINA ROGOJINA



MARIYA KHALIL

LEBANON



MARIYA KHALIL

LEBANON

When I'm stressed, I connect with myself mostly, by sitting in the sun and feel the warmth and energy in myself.

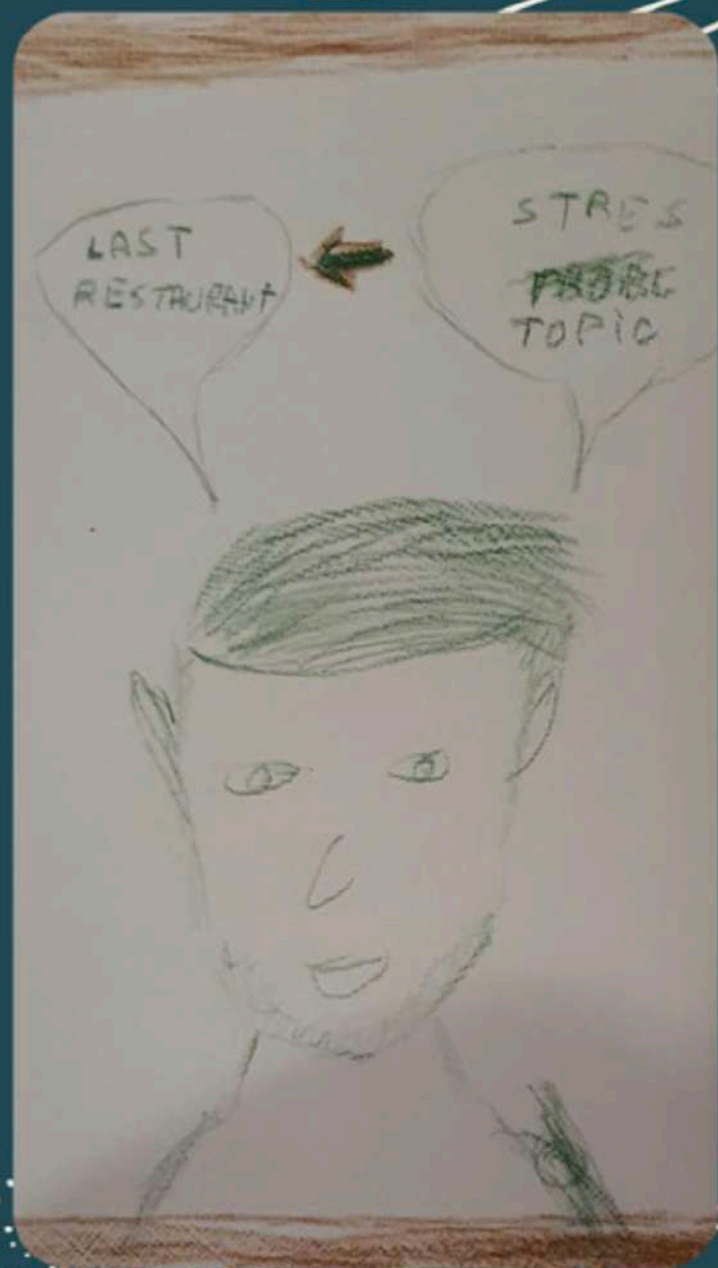
I connect to the moon by being creative at night. I go to the sea, water always makes me feel good.

I listen to music, good music. I spend time with people I love and my dogs.

I plant, it makes me feel like I'm promoting life.

JEREMY ALP

FRANCE



JEREMY ALP

FRANCE

When i am in a position of stress I try to think about other things.

KITTI PASZTOR

HUNGARY



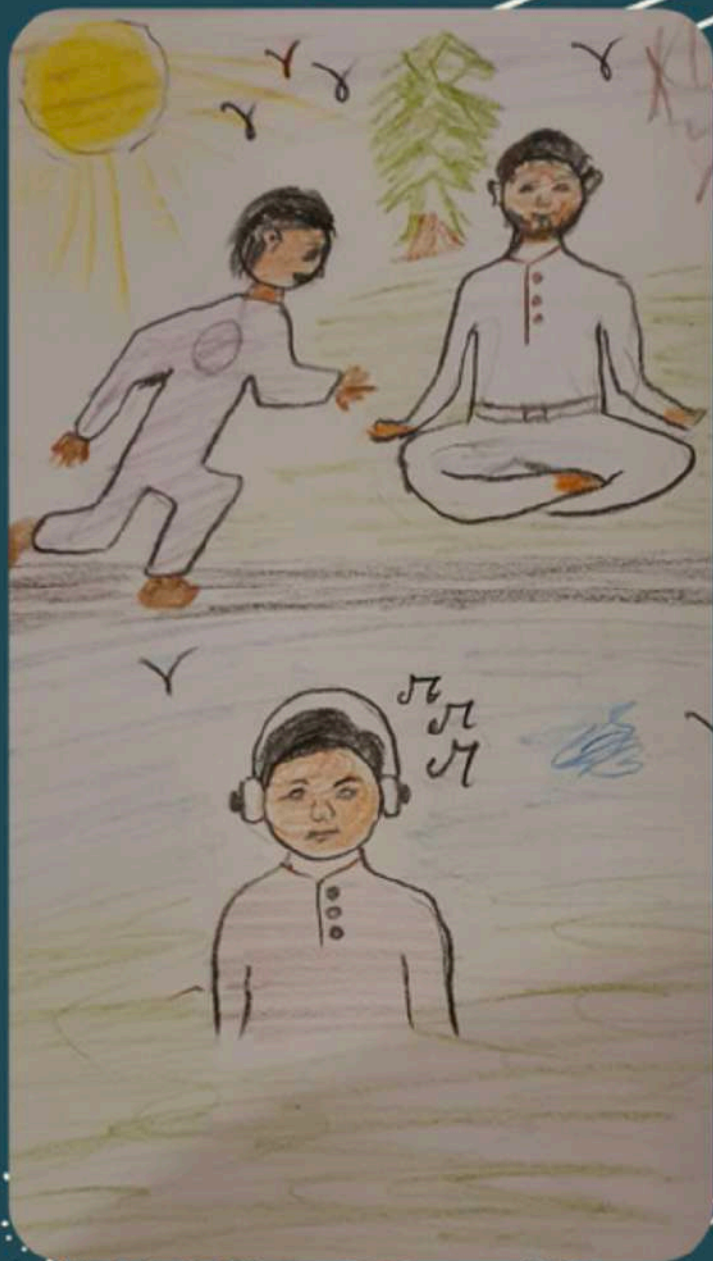
KITTI PASZTOR

HUNGARY

So, I divided the coping mechanism according to the level of stress. In the first case sport, for instance swimming can release my stress. Then, at the second stage most of the time some food, like chocolate is the remedy. For me, the hardest times only crying can help.

SHAHBAZ AHMAD

HUNGARY



SHAHBAZ AHMAD

HUNGARY

When i am stressed, I relieve it by:

- Running/walking outside in the park.
- Meditation.
- Listening to music.
- Watching my favorite TV shows.

MELISA KIZILKAYA

GERMANY



MELISA KIZILKAYA

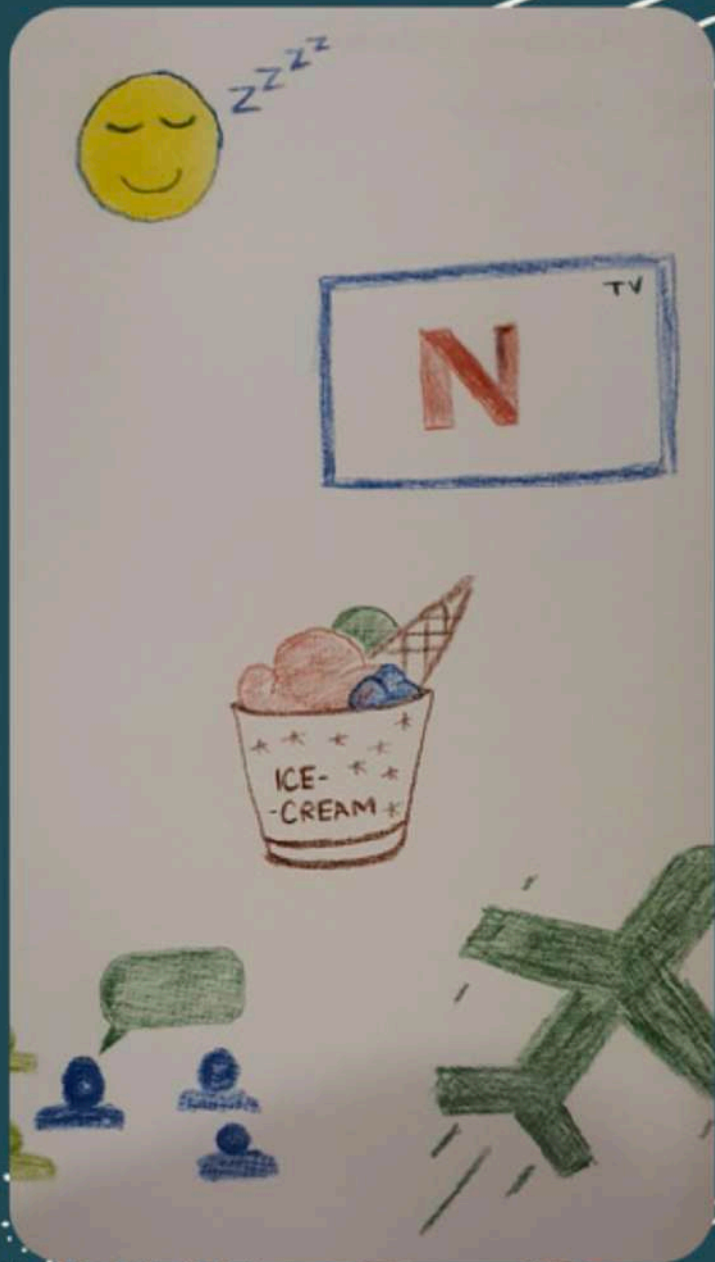
GERMANY

When I am stressed, I like to talk about it with the people I love.

Furthermore, I like to take a walk and to be in nature and write in my diary.

MAHMOUD
EL KAROUT

LEBANON



MAHMOUD
EL KAROUT

LEBANON

- Ice cream always solve problems and makes me feel better.

No matter how stressed I am or sad, ice cream can change my mood instantly.

- Traveling is also a great way to disconnect and focus on some other stuff.

- I sometimes prefer to stay away from everything and everyone. This is why I choose to watch some TV series and movies.

- I rarely share what's going on, but when I do, I only share with my best friends and family.

STILIAN T.
STEFANOV

BULGARIA



STILIAN T.
STEFANOV

BULGARIA

Enroll in a language course, read those books you never had the time to read, get a pet which will fill up your daily routine with beauty and color!

Start a dancing class, buy paint and brushes, go to the local flea market to look for curiosities.

Listen to music, feed your mind with positivity.

Just be yourself, love yourself, know how to reward your efforts.

Tap yourself on the shoulder, smile to the mirror and say: Everything will be fine!

JOSEPH RIZK

LEBANON



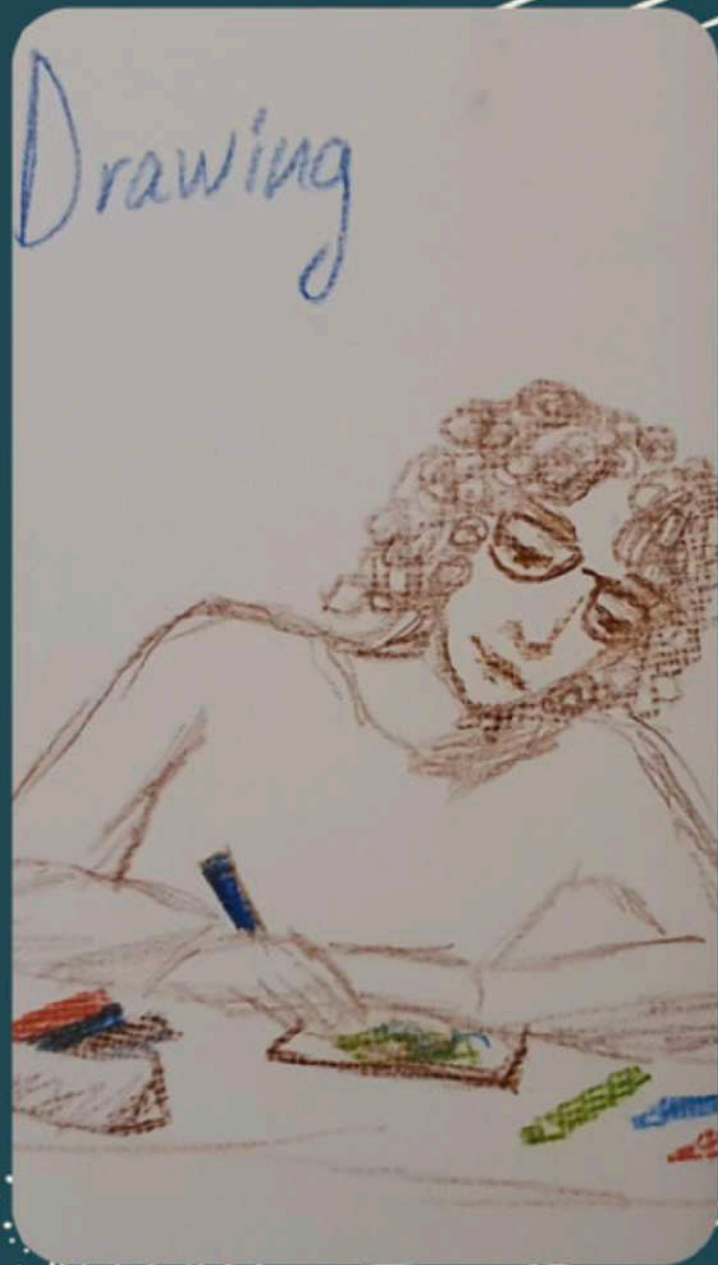
JOSEPH RIZK

LEBANON

Every person has their own place to escape, for me sport is my best way to release negative emotions.

ELA AYDIN

TURKEY



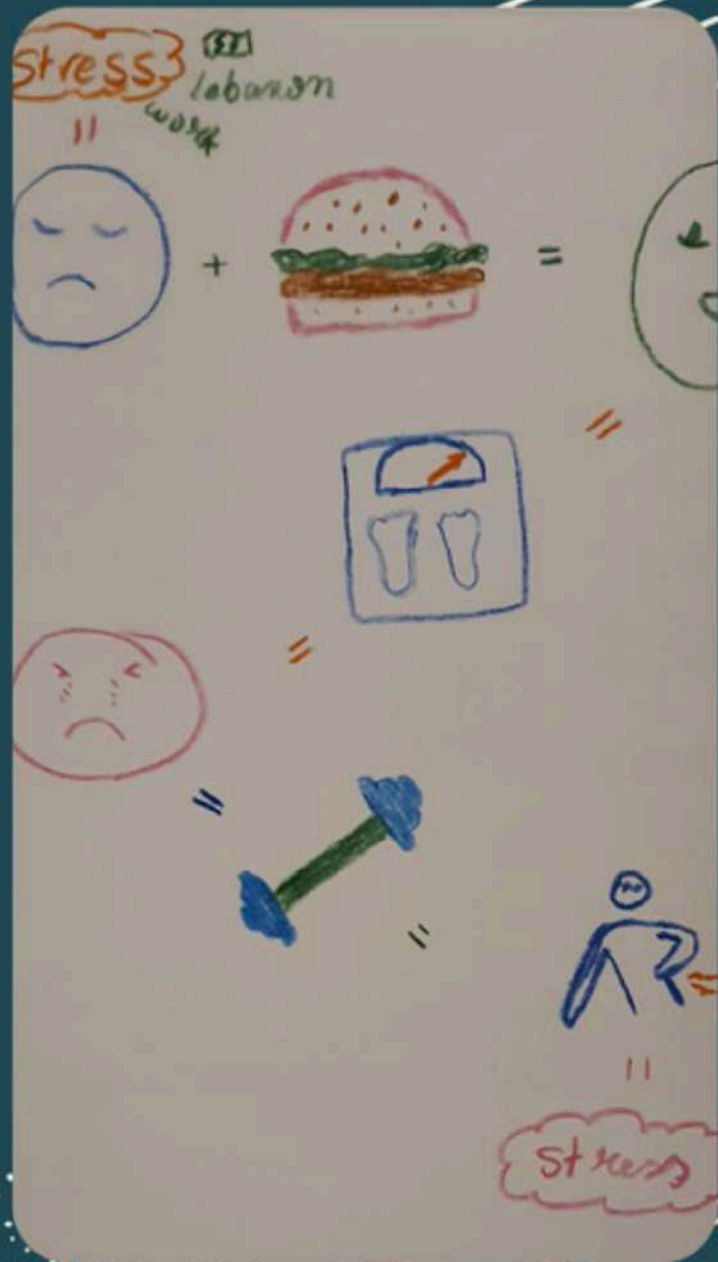
ELA AYDIN

TURKEY

When I am stressed, I open some music and draw things and people I like. I like to keep the drawings and look at them later to remember the day I drew them as well.

ALI MAHMOUD

LEBANON



ALI MAHMOUD

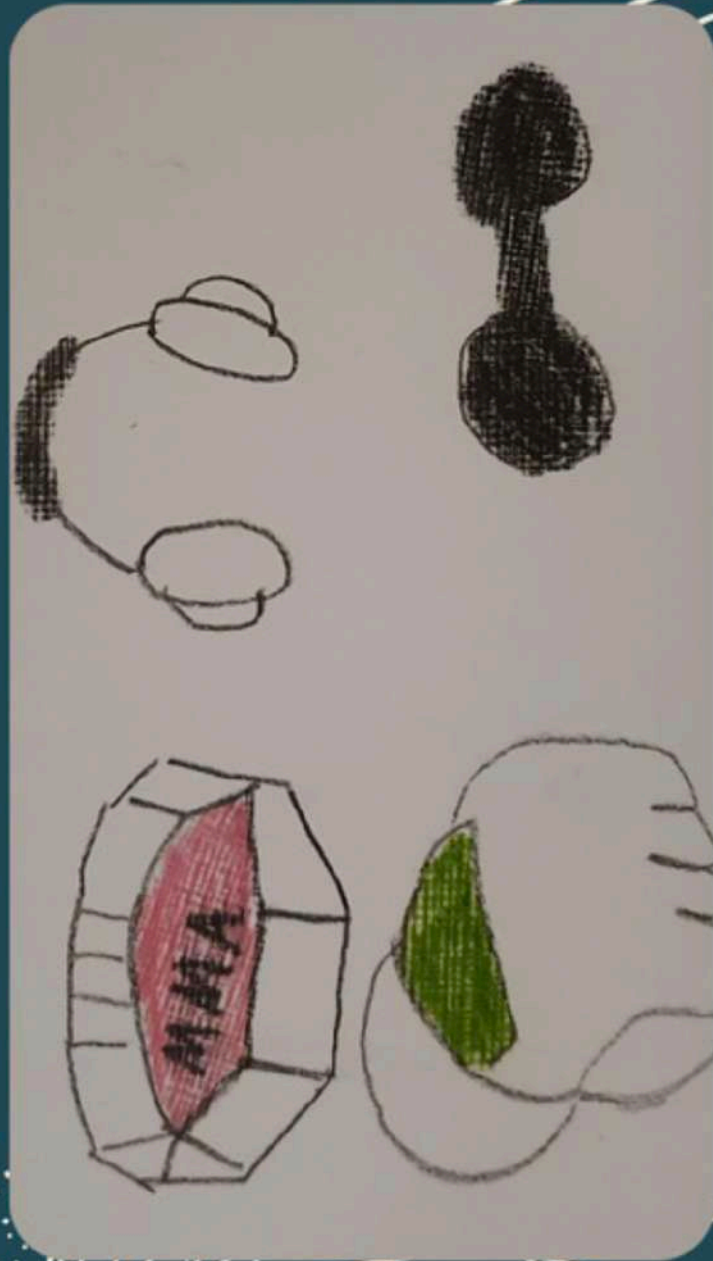
LEBANON

"It is okay not to be okay"

I keep reminding myself that we are human beings and it is beautiful to be "powerfully vulnerable" so being sad, angry, anxious are valid and you and I have the right to express those feelings.

KUBILAY
KIZILKAYA

GERMANY



KUBILAY
KIZILKAYA

GERMANY

When I am stressed, I do sports to calm down, also listening to music helps me.

YOAN PORTAROV

BULGARIA



YOAN PORTAROV

BULGARIA

To fight the burnout, I usually play games with my friends and just spend time with them. Music is also the other thing that comforts me and it is of great help in combating the problem. Another thing is nature and animals especially horses. They are my spirit animal that gives me strength to overcome anything.

SEYMA KOKSAL

TURKEY



SEYMA KOKSAL

TURKEY

Sometimes I feel so stressful, and I am feeling like I can't fo over it. It's disturbed me and suddenly I am closing myself from others. I am staying in my bed and crying my eyes out. But I know there is hope.

TEODORA V.
NIKOLOVA

BULGARIA



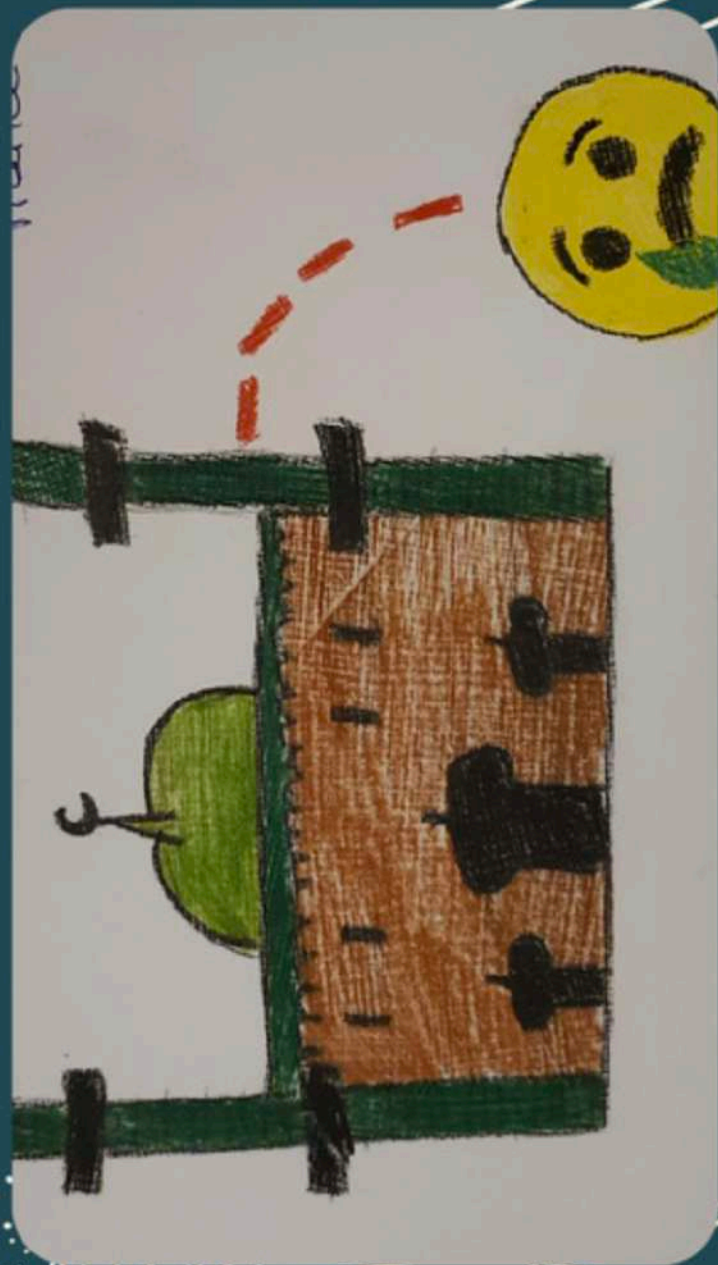
TEODORA V.
NIKOLOVA

BULGARIA

While listening, at the same time putting ourselves into the situation (perspective) of others. Also, trying to understand the feelings and emotions in order to get the point of view of others.
I meditate to release stress.

MURAT GOCERT

FRANCE



MURAT GOCERT

FRANCE

For me, the place where I go when I feel sad is the mosque, because I am too impulsive, and the mosque is a place where I manage to control myself and calm down.

I pray and make invocations for God to give me patience. Thus I feel less sad and less upset.

NURHAYAT
KARADAG

TURKEY



NURHAYAT
KARADAG

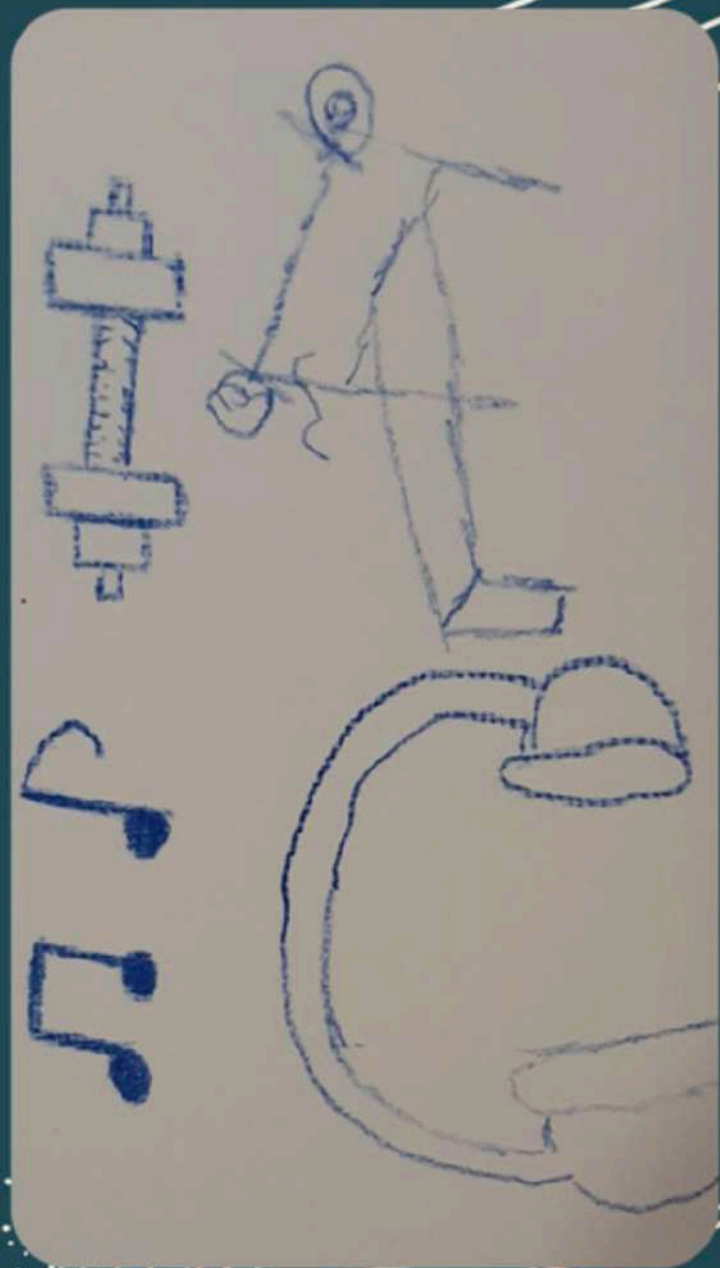
TURKEY

When I am stressed I like to:

- Listen to music
- Go for long walks
- Meditate
- Exercise

BOAZIZ SAMI

GERMANY



BOAZIZ SAMI

GERMANY

When I am stressed, I like going to the gym or listen to music. Both help me calm down and feel peace.

BESTE AYDIN

TURKEY



BESTE AYDIN

TURKEY

When I get stressed out I usually go for a walk or I workout. I like to listen to music while I'm doing those. Other times when I feel stressed out I like to get under my blanket and watch Netflix while eating sweets.

IHAB AL ZAHED

LEBANON



IHAB AL ZAHED

LEBANON

When stressed, I tend to do one of the following:

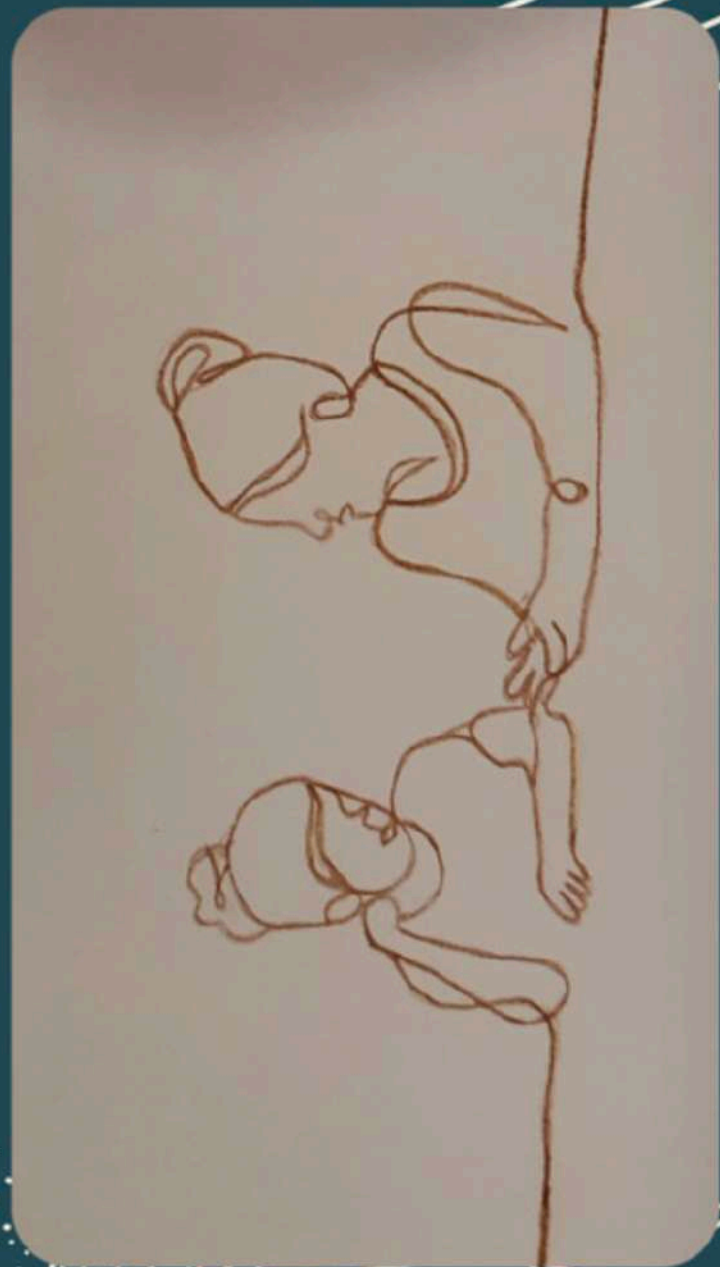
- I keep it in. I do not talk about it or discuss it with anyone. It goes away eventually.

- I sleep on it. I go to bed for a nap to stop myself from overthinking and leave it till a later time with a clear head.

- I distract myself by overworking, building blocks, or playing video games to ease the tension.

SILVIA I.
TRIFONOVA

COUNTRY



SILVIA I.
TRIFONOVA

COUNTRY

Every time I'm stressed or worried, I talk to my mom. She always helps me and after our conversation I always feel reborn and ready to move on!

TALA B. AZZAM

LEBANON



TALA B. AZZAM

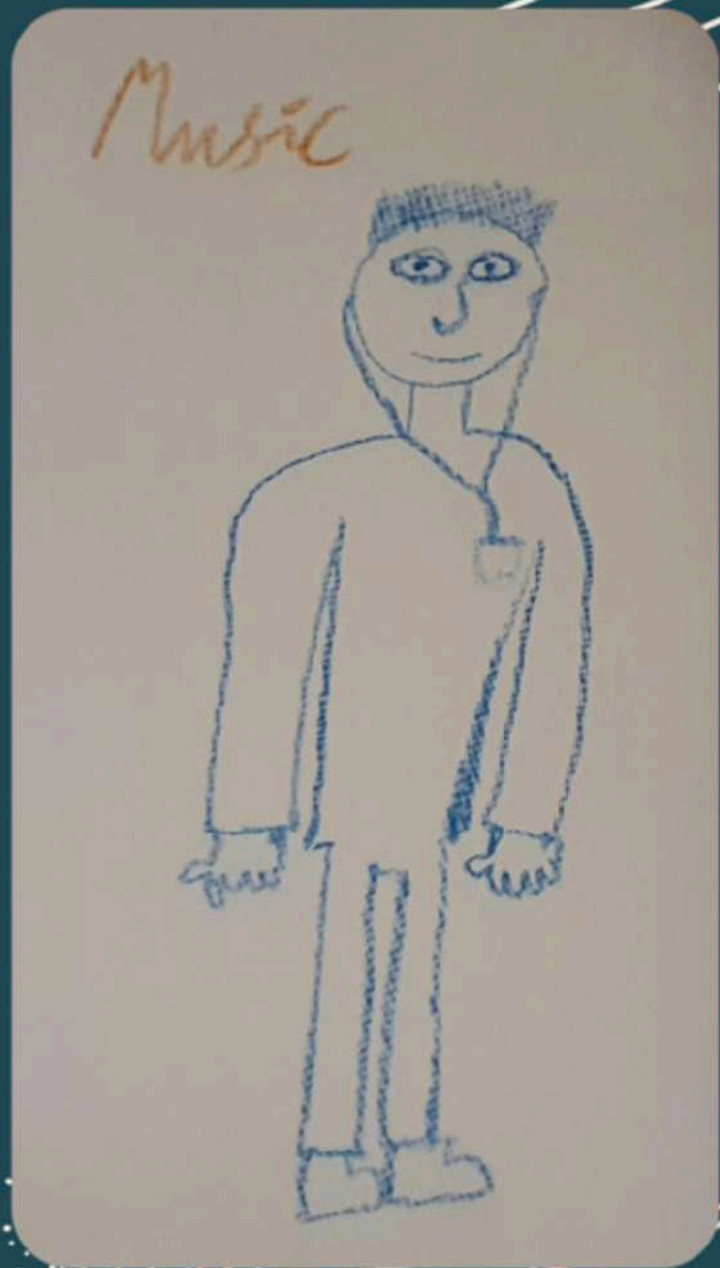
LEBANON

I deal with stress in different ways.

- Baking has always been a remedy for me. When I'm in the kitchen baking and decorating, it feels like the world is perfect for a moment. Feeling the dough between my fingers is so relaxing!
- Building LEGOs helps me get things off my mind and decreases my anxiety. However, be careful because this might turn into an expensive stress relief.

SINAN DIRIK

FRANCE



SINAN DIRIK

FRANCE

Whenever I feel stressed, I take a deep breath and try to rationalize the situation. After doing this, I am able to deal with any issue.

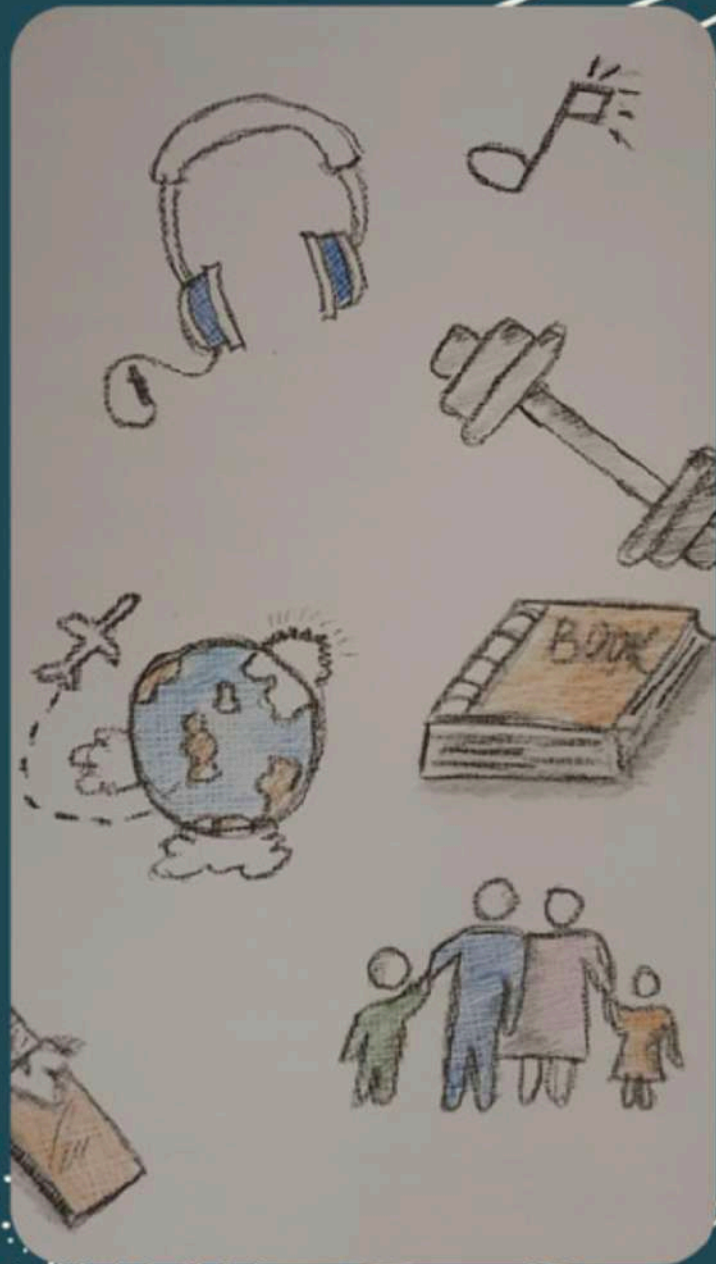


My top 4 ways to cope with stress:

- I cry my eyes out and then after that I try to fix the problem that created this situation.
- I meet and stay close with my loved ones to feel that I'm loved, protected, and blessed.
- Doing sports (gym/swimming)
- Traveling is the best. I try to stay close to nature.

STANISLAV R.
KISEV

COUNTRY



STANISLAV R.
KISEV

COUNTRY

"Go easy on yourself.
Whatever you do today, let it
be enough."

"Today, I will not stress over
things I can't control."

When I'm stressed, I:

- Listen to music
- Travel
- Eat chocolate
- Hang out with friends
- Read a book
- Go to the gym

SUDE OZDEMIR

TURKEY



SUDE OZDEMIR

TURKEY

We called this place the ducks, because there were ducks in this place.

This place is in Turkey. It is a good place for thinking, crying, listening to music, and talking with someone.

This place is my shelter. I share every emotion of mine with this place.

KALOYAN S.
GEORGIEV

BULGARIA



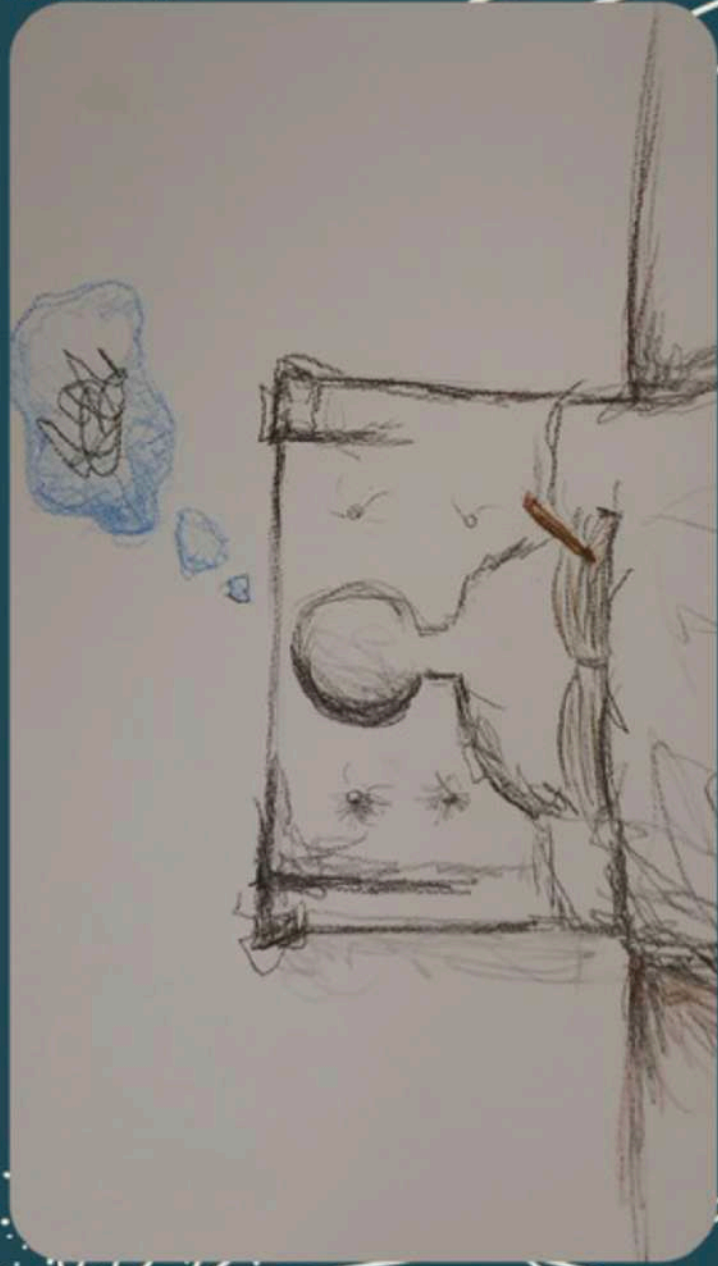
KALOYAN S.
GEORGIEV

COUNTRY

When I feel sad, the only thing that could help me get through the pain and sadness is my favorite album.

"Swimming" by Mac Miller.

HOUDA AL JAYAT
LEKHAL
GERMANY



HOUDA AL JAYAT
LEKHAL
GERMANY

When I am stressed, I prefer to be alone and take time for myself to reflect and maybe write down my feelings.

SAHIL ANJUM
JAVAID
HUNGARY



SAHIL ANJUM
JAVAID
HUNGARY

When I feel stressed, I go for
a long run,
For me I think running
increases the rate of
breathing.
It makes me relaxed because
my focus becomes diverted.

MOHAMMAD
AZEEM
HUNGARY



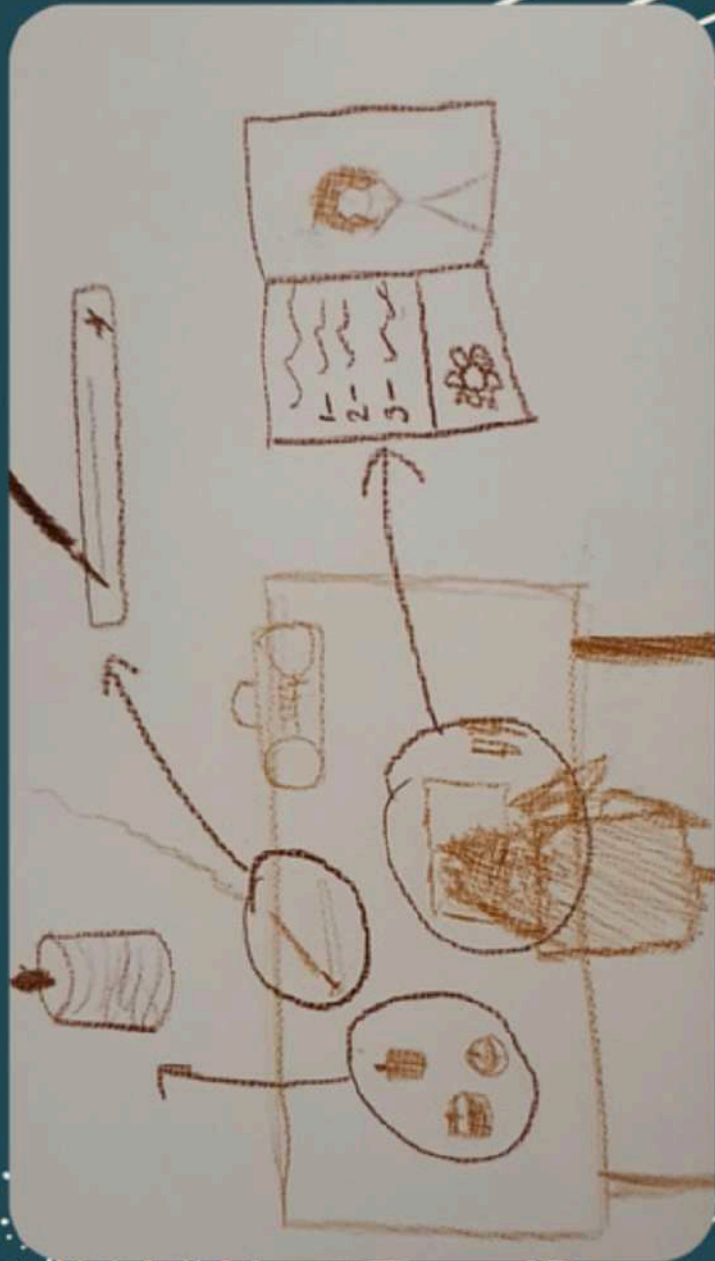
MOHAMMAD
AZEEM
HUNGARY

How I de-stress:

- Pray - Meditation
- Talk to my family
- Workout
- Sit alone
- Stop everything
- Examine the sky

ECEM ERTAC

TURKEY



ECEM ERTAC

TURKEY

I write about my feelings and what I am grateful for when I am stressed. I usually light candles and a scent to relax. This writing helps me recognize my feelings and gives me a chance to see my past feelings. I also draw to clear my mind.





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