

# COURSE I



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# Course I – Unit 3: Physical and Mental Health

The pre-course aims to prepare newly resettled immigrants and refugees with no or little education for the learning process of a new language. Getting a basic introduction of how to master life in a new country, allows the participants to have more focus on the process of learning.

# Unit 3: Physical And Mental Health

After finishing unit 3 of the Pre-Course, participants should have gained a basic knowledge of the health system in their new country and obtained basic understanding about their own physical and mental health.

# Introduction

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# PHYSICAL AND MENTAL HEALTH

- Personal hygiene
- Diet and nutrition
- Illness education
- Basic Health Examinations and yearly check-ups
- Health checks for children
- Vaccination
- Dental health
- Mental health and wellbeing
- The migration process and emotions
- Preventative health considerations

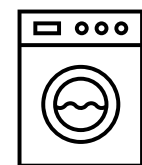
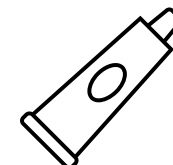
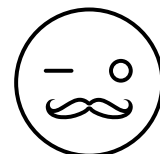


# PERSONAL HYGIENE

- Personal hygiene is important for our well-being and is also important for preventing disease.
- The standard of our personal hygiene affects our social life and the people around us.
- Personal hygiene is a private and intimate area that can be difficult to talk about.

## Daily personal hygiene:

- Washing and care of skin and hair
- Oral and dental care
- Care of hands and nails
- Shaving
- Washing clothes
- Wearing deodorant



# DIET AND NUTRITION

- The diet of a new country can be an exciting and challenging experience.
- When moving to a new country it is important to be conscious of how you adapt your diet.
- Remember that each country has its own dietary habits and traditions. Being open to new tastes and dining experiences can enrich your life and give you a deeper understanding of the culture you are part of.
- **Some general tips:**
  - Explore local cuisine: Sample traditional dishes and local ingredients. This not only gives you a taste of the culture, but also the nutrients you need.
  - Learn about dietary habits: Study how locals eat. What are regular meals? What foods are popular? This gives you insight into healthy cooking.
  - Varied diet: Try to include different foods from all food groups. Vegetables, fruits, grains, proteins and dairy products should all be part of your diet.
  - Know what you're eating: Sometimes foods can have different names in different languages.



# ILLNESS EDUCATION

The main rule is:

See the doctor if:

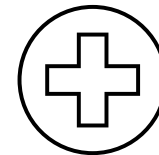
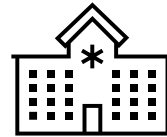
- the symptoms don't pass in a few days.
- you have a symptom you haven't had before.
- you have high temperature/fever more than 3 days
- you are dehydrated

- You don't need to see the doctor if you have:
- a cold
- vomiting sickness
- low temperature/fever



# BASIC HEALTH EXAMINATIONS

It is recommended that all refugees, asylum seekers and family reunifications have a health examination within three months after arrival in a new country, in order to indentify their state of health and any need for mental and/or physical follow-up.



The health examination is usually performed by a nurse and may include assessment of tuberculosis, early health screening, newborn screening, hearing screening and vaccination.

# Annual health check-up

- An annual health check can be a wise investment in your own health. By carrying out regular check-ups with your doctor, you can detect serious illness early and take measures for better health. Here are some important points that should be included in an annual health check-up:
  - Blood pressure
  - Weight, waist circumference and BMI
  - ECG
  - Lung function test
  - Urine test
  - Mammography for women over 50.
  - Sight and hearing
  - Blood test to check blood count, sedimentation rate, blood sugar, cholesterol and metabolism

# HEALTH CHECKS FOR CHILDREN

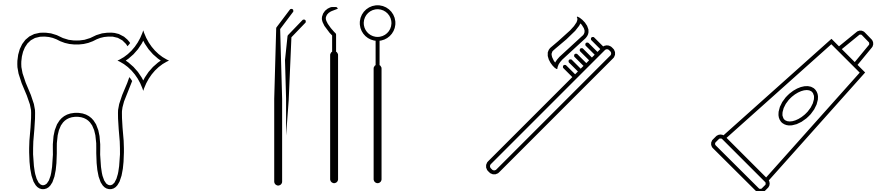
- Health examination for children involves:
  - Measurement of the weight and length of the child.
  - Examination of the child's overall development, including body, hearing/vision, language, contact and movements.
  - Examination of the skin, mouth, skeleton, stomach, testicles (if male), heart and lung by the doctor.
  - Vision and hearing test.
  - Observation and examination of the child without clothing, possibly in underwear and/or jersey.
- When?
  - 6 weeks
  - 6 months
  - 1 year
  - 2 years
  - 4 years
  - 1. grade
  - 8. grade

# The childhood immunisation Programme in Norway

Age	Vaccination against:
6 weeks	Rotavirus disease
3 months	Rotavirus disease Diphtheria, tetanus, pertussis, poliomyelitis, <i>Haemophilus influenzae</i> -type B- og hepatitis B-infection (DTP-IPV-Hib-Hep B) Pneumococcal disease (PKV)
5 months	DTP-IPV-Hib-Hep B og PKV
12 months	DTP-IPV-Hib-Hep B og PKV
15 months	Measles, mumps, rubella (MMR)
2. grade (around 7 years old)	DTP-IPV
6. grade (around 11 years old)	MMR
7. grade (around 12 years old)	Human papillomavirus (HPV), 2 doser
10. grade (around 15 years old)	dTP-IPV
Children with parents from high-endemic countries	Tuberculosis (BCG)**

# DENTAL HEALTH

- Dental health is important to our overall health and well-being.
  - Public dental services in *Norway*:
  - The public dental health service in *Norway* provides free dental treatment to children and adolescents. Adults normally have to pay themselves, but there are exceptions.
  - Children receive free dental treatment through the public dental health service.
  - Adults may receive support for dental treatment in certain cases.
  - Dental health is part of our overall health, and it's important to take care of our teeth through good dental care and regular visits to the dentist.
- Prevention:
  - Good dental health is about prevention. This includes proper brushing, the use of fluoride toothpaste, a healthy diet, and restriction of sugary foods.
  - Regular visits to the dentist are important to detect and treat any problems early.



# MENTAL HEALTH AND WELLBEING

- Mental health and well-being are crucial to our overall health.
- **Self-care and stress management:**
- Take care of yourself by prioritizing sleep, healthy eating, physical activity, and relaxation.
- Learn stress management techniques, such as breathing exercises, meditation and mindfulness.
- **Social support:**
- Maintain good relationships with friends and family.
- Share your feelings and concerns with someone you trust.

## Activities that bring joy:

Engage in hobbies and interests that bring you joy and meaning.

Take breaks from work and commitments.

## Avoid isolation:

Isolation can negatively affect mental health. Seek social contact even if it's virtual.

## Professional help:

Don't hesitate to seek professional help if you're struggling with anxiety, depression, or other mental health problems.

Therapy and counselling can be very helpful.

# MENTAL HEALTH AND WELLBEING

- **Self-reflection:**
- Take time to reflect on your thoughts and feelings.
- Write down what worries you and explore solutions.
- **Limit screen time:**
- Too much time in front of screens can affect sleep and mental well-being. Take breaks and limit screen time.
- **Physical activity:**
- Exercise has positive effects on mental health.
- Go hiking, dancing, biking or do some yoga.
- **Acceptance and understanding:**
- Accept that it's normal to have bad days.
- Understand that you are not alone and that there is help.
- **Be kind to yourself:**
- Allow yourself to rest, fail and learn.
- You deserve care and well-being.

# THE MIGRATION PROCESS AND EMOTIONS

The migration process can be a complex and emotional journey for those moving to a new country. Here are some important aspects related to migration and emotions:

- Feelings before breakup:
- Peace of mind: Some feel safe and prepared for the new adventure, while others may be anxious.
- Chaos and fear: For many, it's a time of uncertainty and worry.
- Instability and sadness: Leaving familiar surroundings can be emotionally demanding.
- Emotions during breakup and landing:
- Breakup: This can be a time of grief and loss.
- Landing: Arriving in a new place can be both exciting and daunting.

Emotions related to role and status:

**Friend/colleagues: Some may feel part of the community, while others may feel left out.**

**Client, student, refugee and immigrant: Identity can affect emotions.**

**Status: Being known or unknown can affect self-esteem.**

**The right to live a free and independent life:**

**This is an important emotion for many who migrate. Having the opportunity to create your own life and make your own choices is crucial.**



# PREVENTATIVE HEALTH CONSIDERATIONS

Prevention is key to maintaining good health and well-being. Here are some important measures you can consider to prevent health problems:

- Regular physical activity
- Balanced diet
- Avoid smoking and alcohol abuse
- Sleep and stress management
- Vaccination
- Sexual health
- Annual health check-ups
- Take care of your mental health by asking for help when you need it