

??? ??????, ??? ? ? ????????????? ????????

????????? ??? ?????? ?????????? ??? ?????????? ? ??? ?????. ??? ?????????? ??????, ??????? ????????. ??? ?????? ?????? ?????????? ?????? «CALM» ? ?????????? ???, ?????? ? ?????????????? ?????? ??????????????. ? ?????????? ? ?????????????? «CALM» ?????????? ?????????? ?????????????????? ? ?????????????? ??????????.

C – Connect (????????)

????????? ?????????? ? ??????, ?????? ??? ??????. ?????????, ??? ?????? ?????????????? ?????? ?????????????? ?????? ?? ??, ??? ??? ?????????????.

- ??? ?????? ???, ? ?????????? ?? ?????? ? ?????????? ??????. ?????????, ??? ?????????? ?????????????, ????????????? ?????????? ??? ?????? ?????????? ?????????, ?????????? ?????????????????? ?????? ?? ?????? ??????.
- ?? ?????? ?????? ?????????? ? ?????????????? ?????????? ? ?????? ??????. ?????????? ?????????????? ??? ?????????? ? ?????????? ?????? ?????? ?????? ???? ????.
- ??? ?????? ?????????? ?????????????? ??????????. ?????????????? ?????????? ??? ??????????????, ?????????? ? ?????? ?????????? ??????, ?????????? ?????????, ?????????? ??????, ?????????? ?????? ???, ??? ??? ?????????????? ??? ?????????? ??? ?????????? ? ?????????????.

A?— (be) Active (???? ?????????????)

?????????, ?? ?????????? ?????????????? ??? ?????????? ?????? ?????????, ?????? ??? ??????. ?????????????? ?????????????? ?????????????? ?????????????????? ?????????? ? ??????????????????, ? ??? ?????? ?????????????? ?????????? ? ??????. ?? ?????? ?????????? ?????????????? ?????? ??? ?????? ?????????????? ? ?????????? ?????? ? ?????????????????? ? ?????????? ?????? ?????????? ??????????????, ??? ?????????? ?????? ?????? ?????????????????? ? ?????????? ?????????? ? ?????????????????? ?????????? ??????????????????.

**L?— Let?Out (?????????? ???? ??????, ??????? ???? ???????????
???????????)**

??? ??????? ??????? ?????????? ????? ????????, ??? ??????? ??? ? ??????? ??????????. ????
?????????? ????? ??????????????, ??????? ?? ?????? ?? ??????????????. ??????????:

- ??????????;
- ??????;
- ??????;
- ??????;
- ????????????????? ???.

? ??????? ???????...

?????? ????????????? ??????????, ?????? ??? ??????? ?????? ??? ????????, ?????????? ???????
?????????, ??????? ?????????? ?????? ??????? ?????? ???????????.

??— Meditate/mindful (??????????/????????????)

????? ?? ?????????????? ??? ????????????? ????????????? ???????, ?????? ?????????? ?????????? ???
????? ?????????????? ????????????? ? ?????????? ?????? ???????.

?????????, ?? ?????????? ?????????????? ?????????????? ?????????????, ?????????? ??????????
????????????????? ? ?????????? ??????????. Childline ?????? ? ?????????????????? ?????????????????
?????????????, ?????????? ?????????? ??? ? ??????.

????? ?????????? ?????? ??????? ?????? ??????? ? ??????????. ?? ??????? ????????????? ? ??????????
?????????? ??? ?????????????? ? ?????????, ?????? ?????????????????, ??? ???????.

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[Your wellbeing matters \(UASC\) - Urdu.pdf](#)

[Logo for Asylum Migration and Integration Fund](#)

[Logo for Refugee Integration Yorkshire and Humber](#)

Contact for WYR

For more information, you can get in touch with us via:

wyr@migrationyorkshire.org.uk

[@WelcomingYoungRefugees](#)

Source URL: [*https://www.migrationyorkshire.org.uk/refugee-integration-yorkshire-and-humber/our-translated-resources/your-wellbeing-matters*](https://www.migrationyorkshire.org.uk/refugee-integration-yorkshire-and-humber/our-translated-resources/your-wellbeing-matters)