



Psikologien Sosiaalinen Vastuu ry PSV
Finnish Psychologists for Social Responsibility FiPSR

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Report 3 /2018

Stress reduction – training workshops and exercises in the nature for social workers since 2014 and hiking with children in cooperation with hiking guide and local social workers of partner Beit Atfal Assumoud, Lebanon

Psychologists Ms Nina Lyytinen, Ms Sirpa Partinen and Mr Markku Andelin
20.10-27.10.2018 from Finnish Psychologists for Social Responsibility (FiPSR)

20.10.2018 Workshop Stress Reduction techniques,

The 12th annual mental health conference Psychological Wellbeing and Mental Health. Interaction between Children, Parents and Environment. 19-20 October 2018, Saint Joseph University – medical Sciences Campus.

Conference abstract by Ms Kirsti Palonen Psychologist, Psychotherapist, Ms Nina Lyytinen Occupational health psychologist

Workshop Stress Reduction

Enhancing stress reduction skills is important for employees who work with emotional distress. When employees learn to promote recovery, resilience and coping-skills they can be more efficient, they feel better and they expand well-being to their co-workers, clients and their social environment.

This workshop will introduce and offer the possibility to practice some stress reduction exercises that can be applied in daily work and other stressful situations. The aim of the workshop is to learn ways to decrease stress and sometimes increase the arousal level. Short introductions to stress, stress reduction and recovery will be given to participants. Various exercises such as breathing, walking meditation and mindfulness will be implemented followed by sharing of experiences.

Stress reduction workshops and outdoors training for social workers of Beit Atfal Assumoud 22.-27.10.2018

The change in perceived stress level was measured for the long-term monitoring before the workshops by The Perceived Stress Scale (PSS) of Sheldon Cohen (0 no stress, 10 highest stress). All the participant also evaluated their stress level before and after the training using single-item evaluation scale (0 no stress/neutral, 10 highest stress)

Monday 22nd stress reduction training for social workers, south

12 participants, stress level change from 6,5-3,4

Tuesday 23rd, north, 5 participants, stress level change from 8 to 3,5.

Wednesday 24th, Beirut, Ein el-Helweh, Saida FGC and Baalbeck, 11 participants, stress level change from 4 to 1.

Saturday 27th the workshop took place in the nature. The 19 participants from all camps hiked from Douma to Tannourine. On the way they did stress relief exercises and enjoyed the company of each other.

Friday 26th, children's hiking in Darb el Sama, 14 participants from Shatila and Bourj el-Barajneh camps

There were 6 staff members with children, and all were guided by professional hiking guide.

Intern of Shatila social work, Ms Evelina Sironen from Tampere University, Finland, participated the hiking tour with children.

The feedback of children was very positive, they were all happy with the experience (feedback with visual scale – facial expression)

24.10.-27.10.2018 Nina Lyytinen's blog Psykologi vapaaehtoistoissa Libanonissa (Psychologist in voluntary work in Lebanon).

2.11.2018 Nina Lyytinen, Kirsti Palonen: Libanonin pakolaisleireissä työskentelevien sosiaalityöntekijöiden stressinhallintakeinojen vahvistaminen. (Strengthening the stress management skills of social workers working in refugee camps) Traumaterapiakeskus, Suomen Psykologiliitto: Toinen valtakunnallinen kriisi- ja traumakonferenssi 1.-2.11.2018 Finlandia-talo, Helsinki.