

WELLBEING FOR MIGRANT WORKERS

# Self-Care Toolkit: The Qatar Blueprint

A Journey of Resilience, Connection, and Protection.

ILO & ITF

WORKERS SUPPORT

GULF GOOD VIBES

## PART 01

### **Current State & Anxiety**

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Understanding the unique pressures of working in the Gulf and how they impact your peace of mind.

# The Weight of Distance

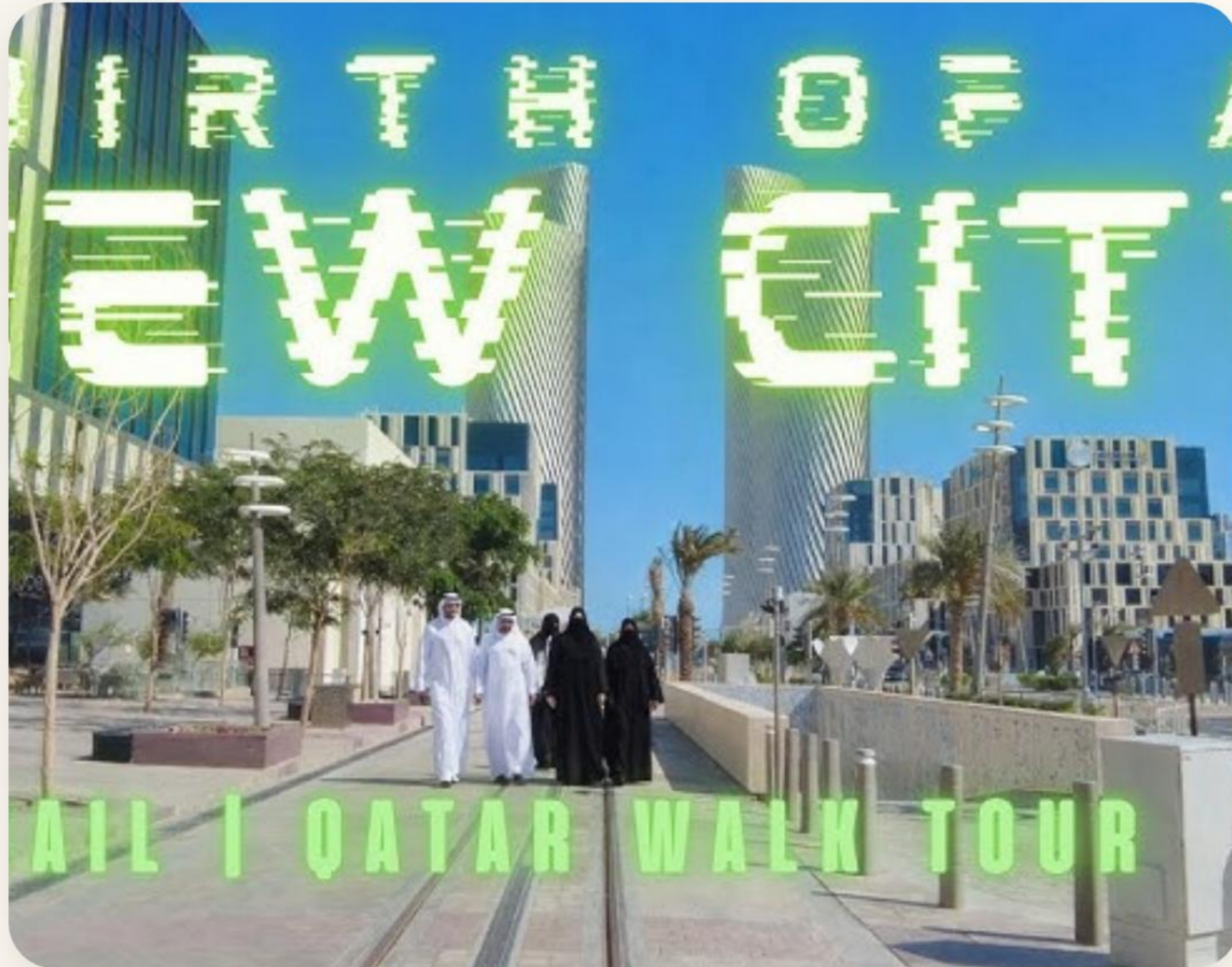
## Living Between Worlds

Being thousands of miles away from family is a primary cause of **deep isolation**. You may feel like you are missing milestones or carrying your burdens alone.

**Impact:** Chronic homesickness mimics physical pain and can lead to withdrawal from your peers in Doha.



# Geographical Stress & Anxiety



## The Rapid Gulf Pace

The current geographical situation—working in a fast-evolving city—often leads to **job anxiety**. Concerns about contract renewals, financial targets, and the high-speed environment are real stressors.

**Reality:** Anxiety is your body's alarm system. It is okay to admit you are feeling the pressure.

# The Self-Care & Anxiety Wheel



## Balancing The Pillars

As detailed in our structural model, self-care is surrounded completely by **\*\*Anxiety Management\*\***. When you build strength in these areas, you systematically reduce psychological stress.

**How to Support Self:** If any slice of your personal wheel feels broken or empty due to work pressure, use our community tools to refill it instantly.

# 1. Physical & 2. Emotional Care



## 1. Physical Management

**Blueprint Protocol:** Body Scans, Slow Conscious Breathing, and Progressive Muscle Relaxation.

- Release physical tension built up during long operational shifts.
- Splash cold water on face/wrists to halt adrenaline spikes immediately.



## 2. Emotional Reframing

**Blueprint Protocol:** Cognitive Reframing, Identifying Core Triggers, and Daily Gratitude.

- Catch negative feedback loops early. Check your feelings systematically.
- Name one small daily victory before sleeping to signal safety to your mind.

# 3. Social & 4. Spiritual Care



## 3. Social Connections

**Blueprint Protocol:** Scheduled Quiet Time, Peer Support Networks, Conflict Resolution Tools.

- Actively protect scheduled slots to disconnect from digital noise.
- Avoid isolated living patterns by participating intentionally in site peer dynamics.



## 4. Spiritual Alignment

**Blueprint Protocol:** Guided Mindful Meditations, Nature Immersion, Value-Based Actions.

- Keep connection with your anchoring deep internal moral framework active.
- Immerse your senses intentionally in open green ecological environments.

## 5. Personal, 6. Space & 7. Work



### 5. Personal Mastery

Creative Outlets, Goal-Setting, Building Mastery in Hobbies separate from work profile.



### 6. Space Sanctuary

Sensory Soothing Objects, Safety Drills, Financial Planning Tools for secure environments.



### 7. Work Boundary

Prioritization Matrix, Peer Mentorship, and building structured Communication Skills.

# Triple L: Laugh, Lunch & Learn

## Community Connection

Isolation ends when we gather. **Triple L** is a community initiative designed to bring you back to yourself.

- ✔ **Laugh:** Stress release through humor.
- ✔ **Lunch:** Sharing a meal breaks barriers.
- ✔ **Learn:** Skills for a better life in Qatar.



# Walk & Link: Grounding

## Nature is Therapy

Don't stay confined to your room. Qatar has beautiful parks where you can reset your nervous system.

**Coping Tip:** Take off your shoes in the grass or focus on the breeze on your face. This is called "Grounding."



# The 5-4-3-2-1 Anxiety Puzzle



## 5 See

Identify 5 things you can see right now.



## 4 Touch

Touch 4 things near you.



## 3 Hear

Listen for 3 distinct sounds.

## 2 Smell

Find 2 different scents.

## 1 Taste

Focus on 1 taste.

# The Buddy Program



## Don't Walk Alone

Peer support is the strongest safety net. When you join the **Buddy Program**, you are linked with someone who understands your journey.

**Message:** It's okay to reach out. Sharing a burden makes it lighter. Connect with your site buddy today.

# Professional Support Network

Type of Support	System / Number	Hours & Availability
<b>Mental Health Helpline</b>	National Helpline: <b>16000</b>	Daily coverage (Peak: 7PM - 8PM)
<b>Company Assistance</b>	Employee Assistance Program (EAP)	Check your HR/Welfare portal
<b>Legal &amp; Rights</b>	ITF Doha / ILO Office	During standard business hours
<b>Crisis Support</b>	Gulf Good Vibes Buddy	Immediate Peer Response

# | Emergency Response

# 999

**Immediate Crisis**

## **When to Call 999**

For medical emergencies, immediate danger, or accidents, do not hesitate. Qatar's emergency services are here to protect all residents.

**Right to Help:** You have a fundamental right to professional assistance, regardless of your job role or nationality.

# You are the Heart of Qatar.

Take care of yourself. Support your buddy. Reach for the wheel.

**24/7 SUPPORT AVAILABLE**

16000 National Helpline | 999 Emergency | Site Buddy Program

# Image Sources



<https://www.amnesty.org/en/wp-content/uploads/2023/12/294573-1468x710.jpg>

Source: [www.amnesty.org](http://www.amnesty.org)

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