

# Impact Assessment for CARE's Psychosocial Support Program

## Strengthening emotional wellbeing



Coping with new realities

Giving them a sense of purpose



Building their self-esteem and resilience

Fostered a positive self-image



Providing a peer network

Developing positive outlook for the future



Increase the feelings of acceptance and belonging

Interaction with host community members without discrimination



Increase the feelings of competency

Develop creativity and increase self-expression



Support girls in defending their rights

Increasing women's participation in income generation opportunities



## Self-worth and personal development

- ◆ Transformation in overcoming extreme shyness and expressing themselves in public.
- ◆ Improving their communication skills.
- ◆ Increasing their confidence and self-worth.
- ◆ Feeling confident in making their own decisions.
- ◆ Saying no and maintaining healthy boundaries in their relations.



Self-fulfillment



## Healthy lifestyle



Practicing healthy lifestyle behaviors that promote psychological wellbeing.



Changing mothers' perception of self-care.



Practicing mindfulness-based exercises for stress reduction.

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- ➔ Becoming mindful of their behaviors and decisions in stressful situations.
- ➔ Adapting new strategies to cope with stress concerns.
- ➔ Adopting new relaxation techniques that encourage deep breathing.
- ➔ Cope with living in a camp environment.
- ➔ Challenging gender norms that related to acknowledging men's right to express their feelings.



**Strengthening social wellbeing**