

Report on Virtual Mental Health Program for Migrant Nepalese - Session 4

Program Title: “Resilience and Emotion Regulation for Migrant Workers”

Date: April 10, 2026

Mode: Virtual (Online)

1. Introduction

The session focused on enhancing understanding of mental health, resilience, and emotion regulation among migrant workers. It began with a relatable story of a migrant worker facing stress, highlighting the importance of coping skills and emotional awareness.

2. Objectives of the Session

- To develop understanding of mental health and emotional wellbeing
- To build skills for managing stress and challenges
- To enhance resilience and coping capacity
- To promote healthy emotional expression and regulation

3. Session Summary

The session focused on building understanding of mental health, resilience, and emotional regulation among migrant workers. It began with a check-in activity using weather symbols, followed by a pre-assessment and group discussions based on real-life case scenarios.

Participants learned about resilience as the ability to cope, adapt, and recover from challenges, supported by the Think–Connect–Act model and various protective factors such as social support, routines, and a safe environment.

The session also introduced practical tools including the 3-step emotion regulation technique (Notice, Name, Manage), the 5-4-3-2-1 grounding method, positive self-talk, and behavioral activation. A case study highlighted how small changes in thinking, connection, and daily actions can improve emotional wellbeing. Overall, the session provided simple, applicable strategies to manage stress, regulate emotions, and strengthen resilience.

Key Components of the Session

- Check-in activity using weather symbols to express emotions
- Pre-assessment (True/False) to understand existing knowledge
- Group discussion based on real-life migrant worker case scenarios
- Concept of resilience (cope, adapt, bounce back)
- Think–Connect–Act model
- Protective factors (individual, social, behavioral, environmental)
- Emotion regulation (Notice, Name, Manage)
- 5-4-3-2-1 grounding technique
- Positive self-talk
- Behavioral activation (small actions to improve mood)
- Case study learning for practical understanding

4. Participants Overview

- **Target group:** Non-Resident Nepalese (foreign employment, study, and long-term residence abroad)
- **Total participants:** 38 (19 males, 13 females, 6 unknown)
- **Geographical spread:** Participants joined from multiple destination countries like Bahrain, Hongkong, Malaysia, Qatar, UAE, UK, USA, Oman, S. Korea and Nepal.
- **Participation mode:** Audio, chat, and interactive discussion
- **Engagement level:** High engagement observed through chat responses and one-word reflections.

5. Questions and Concerns Raised by Participants

Participants raised reflective and practical questions, including:

- Management related to suicide

These questions reflected strong interest deeper understanding in emerging mental health issues.

6. Challenges Identified During the Session

- **Time-zone barriers:** Different time zones affected being fully present during the session.
- **Emotional sensitivity of topics:** Discussing emotionally sensitive topics such as suicide, distress, challenges, and depression required careful facilitation and individualized emotional support, which was difficult to provide effectively in a large virtual audience setting.
- **Stigma and fear:** Participants expressed hesitation in openly discussing mental health concerns due to fear of judgment or employment consequences.
- **Limited-service linkage abroad:** Participants highlighted many suicidal, and severe mental health issues and was concerned about accessibility of mental health support in host countries.
- **Technical issues:** Minor issues while opening full screen, changing slides and showing up in video call was addressed.

7. Key Learnings

- Migrant Nepali individuals face emotional stress from separation, work pressure, domestic issues, and cultural adjustment.
- Safe spaces and storytelling help participants open up and reflect.
- Many struggle to express challenges within families, highlighting the need for supportive platforms like virtual sessions and small groups.
- Participants prefer simple language, relatable metaphors, and practical coping strategies.
- Ongoing mental health awareness and support programs are essential.

8. Recommendations

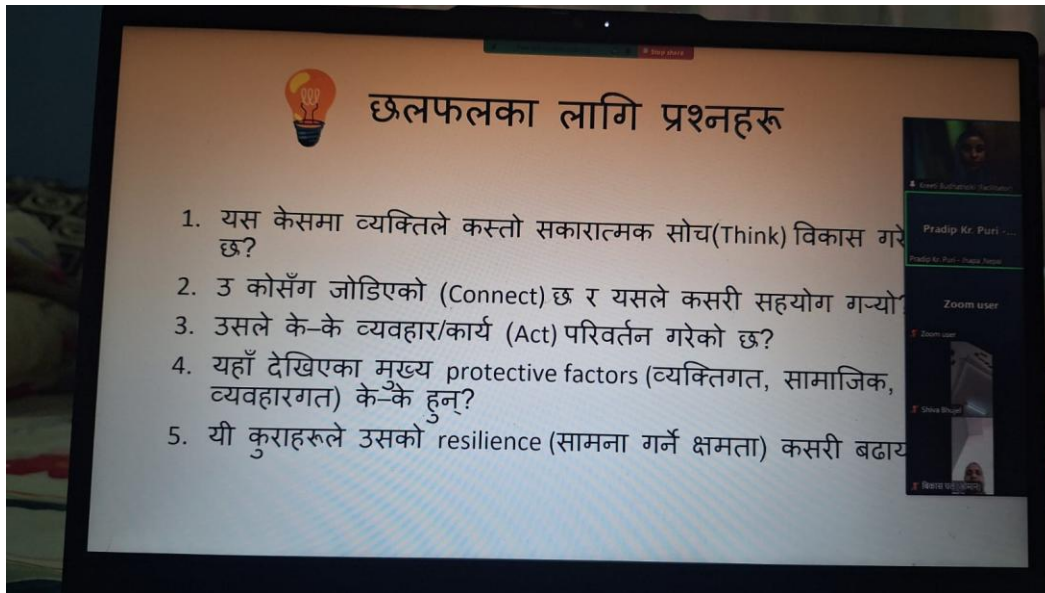
- Conduct regular sessions on key issues like workplace stress, family separation, substance use, trauma, suicide prevention, and relationship challenges.
- Establish clear referral systems connecting embassies, NRNA, and mental health service providers in Nepal and abroad.
- Strengthen peer support by training volunteers, migrant leaders, and NRNA representatives in basic psychosocial care and psychological first aid.

- Develop and share simple, culturally appropriate Nepali-language materials and resources.
- Promote mass awareness and advocacy campaigns to highlight the importance of mental health, reduce stigma, and encourage help-seeking.

9. Conclusion

The session successfully provided practical tools and simple strategies to help migrant workers manage stress, regulate emotions, and build resilience. It emphasized that while challenges are inevitable, individuals can develop the skills to cope, adapt, and grow stronger. Develop it as a session summary.

Some clips from the session



Meeting interface showing a "Feelings Chart" slide. The slide title is "Feelings Chart" and it asks "I am feeling". Below the title are six emoji icons representing different emotions: Hurt (blue sad face), Happy (yellow smiley face), Sad (purple sad face), Silly (yellow tongue-out smiley face), Excited (teal wide smiley face), and Angry (red angry face). A small notification box says "From Bishnu Parsad Baral GS Malaysia to everyone happy". The meeting controls at the bottom show 38 participants, chat, react, share, host tools, and more options.

Meeting interface showing a slide titled "Behavioral Activation (व्यवहार सक्रियता) के हो?". Below the title is a quote in Nepali: "मन नलागे पनि सानो-सानो सकारात्मक काम सुरु गर्ने तरिका ('पहिले काम, पछि भावना सुधारिन्छ' भन्ने सिद्धान्त)". A circular diagram illustrates a cycle: a sad face icon leads to "they feel sad", which leads to "they stay alone in their room all day", which leads to "they may feel even worse", which leads back to "they feel sad". A lightning bolt icon is next to "they may feel even worse", and a flower icon is next to "they stay alone in their room all day". A notification says "Arjun entered the waiting room". Meeting controls at the bottom show 21 participants, chat, react, share, host tools, and more options.