# "No man (or woman, or child) is an island"

Vicissitudes of the refugee's personal social network throughout the ordeal

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THE PERSONAL SOCIAL NETWORK

is the sum of all the social relations that an individual perceives as personally relevant, all the social links differentiated from the annonimous mass of the "others."

- A good-enough PSN contributes to the individual's sense of identity, well-being, competency and agency

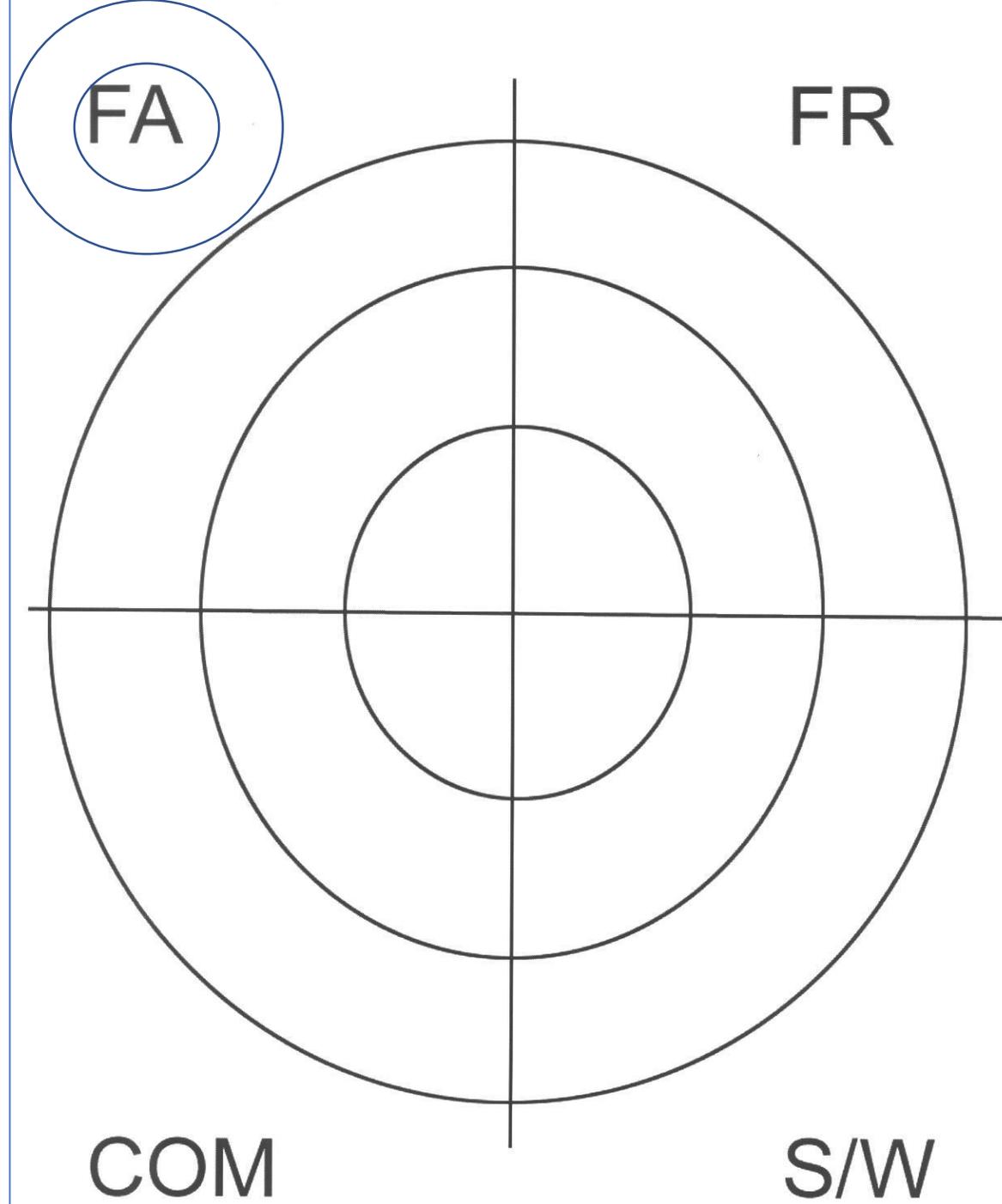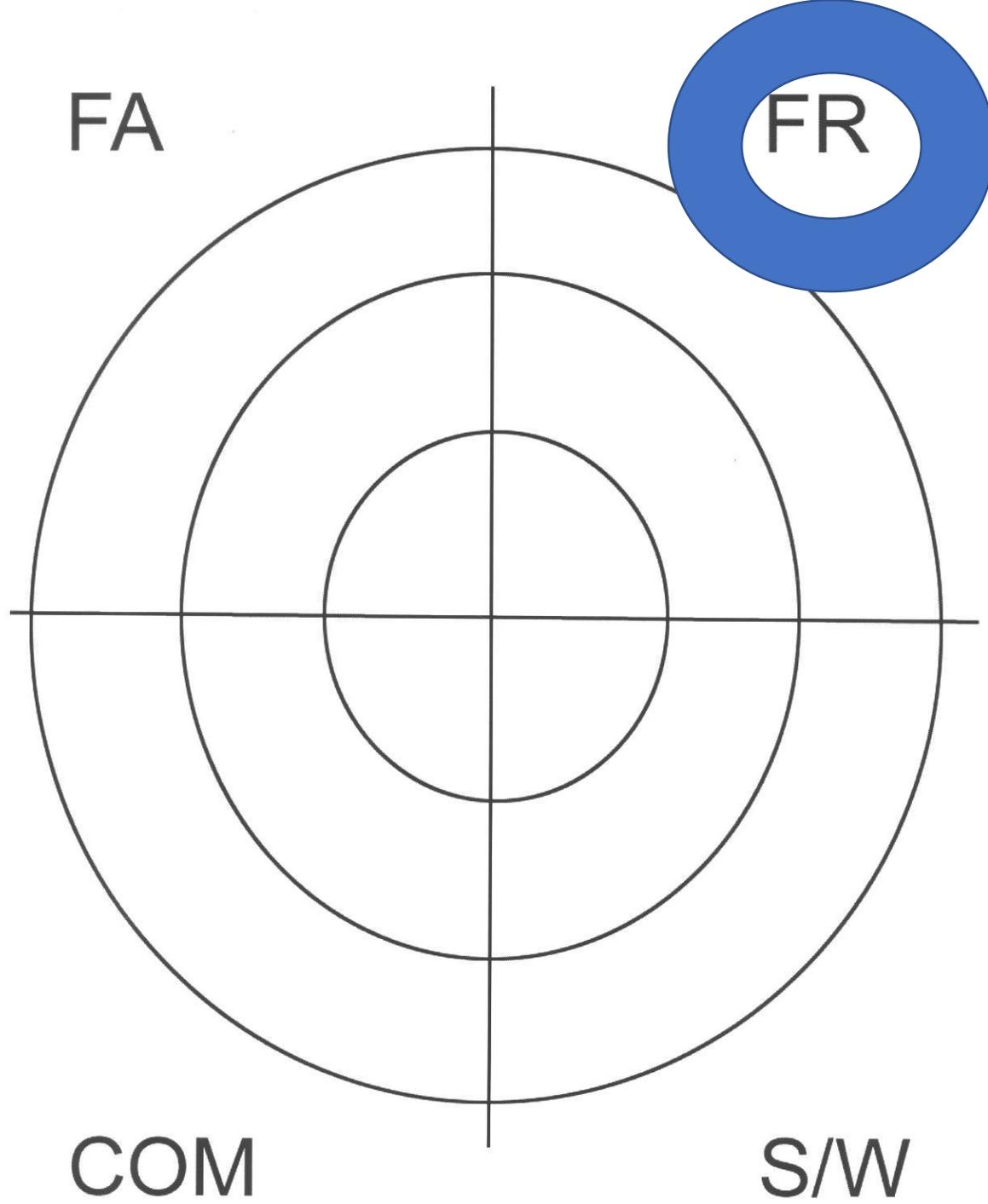- It buffers stress and improves health, survival, and quality of life

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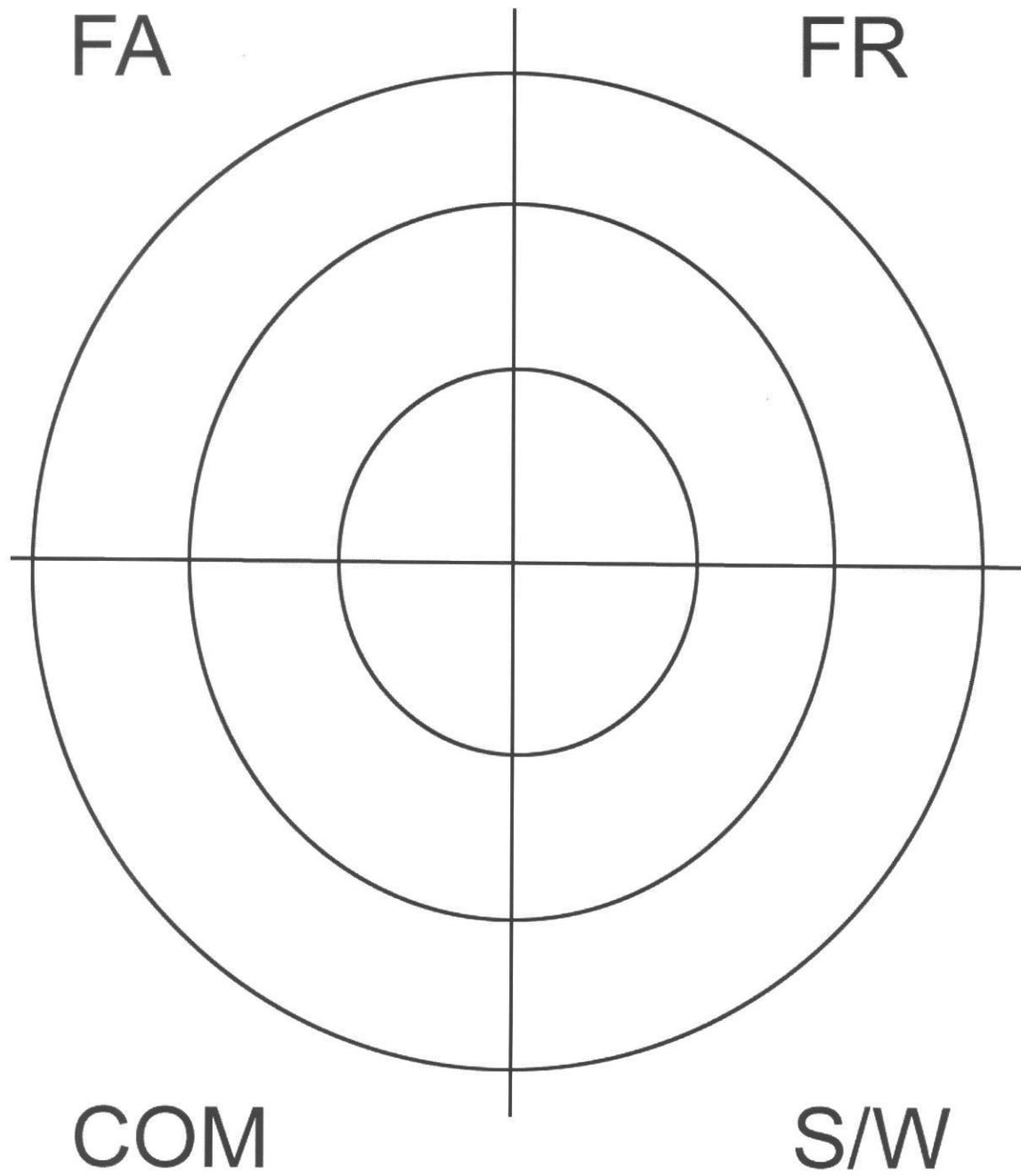
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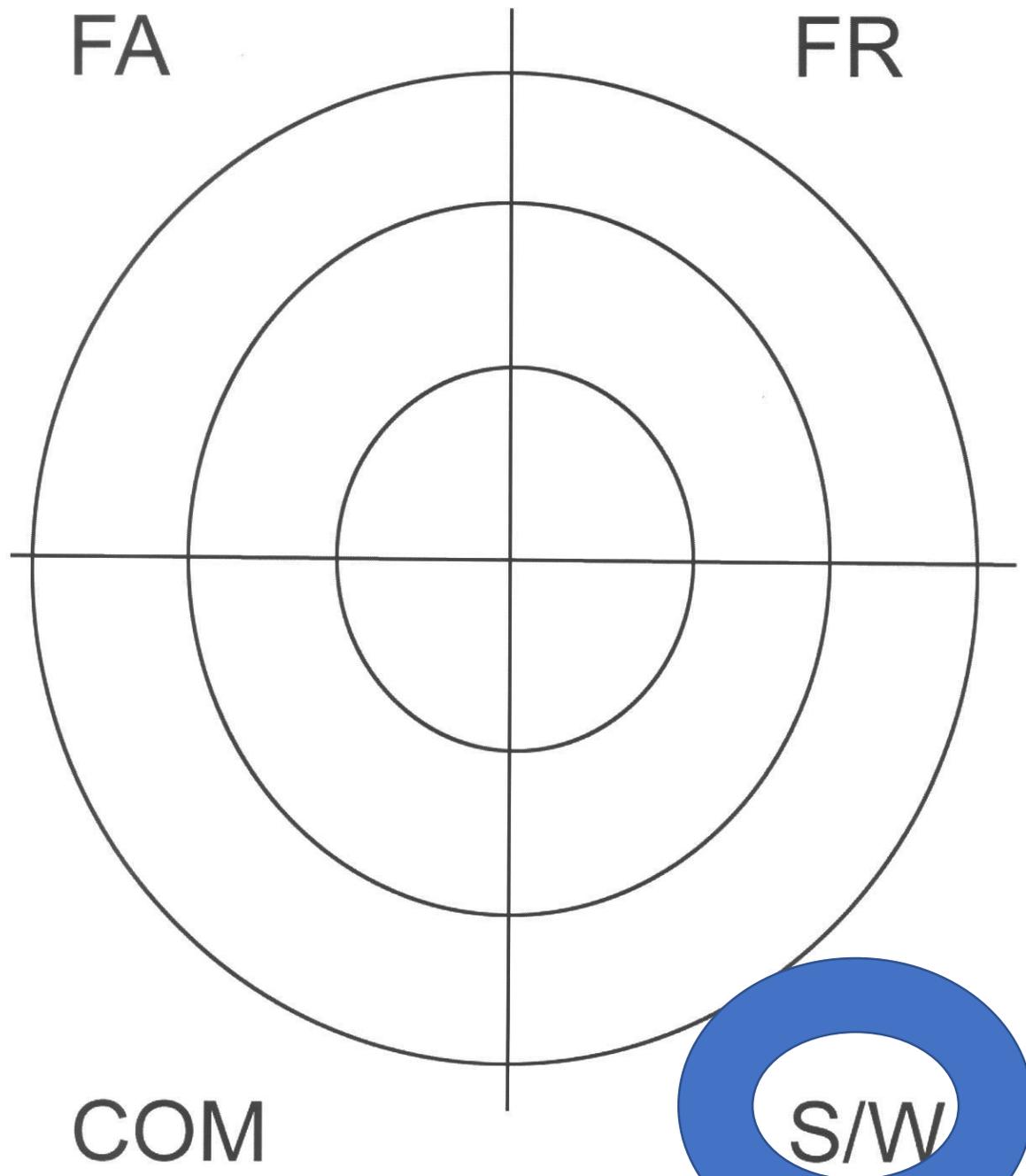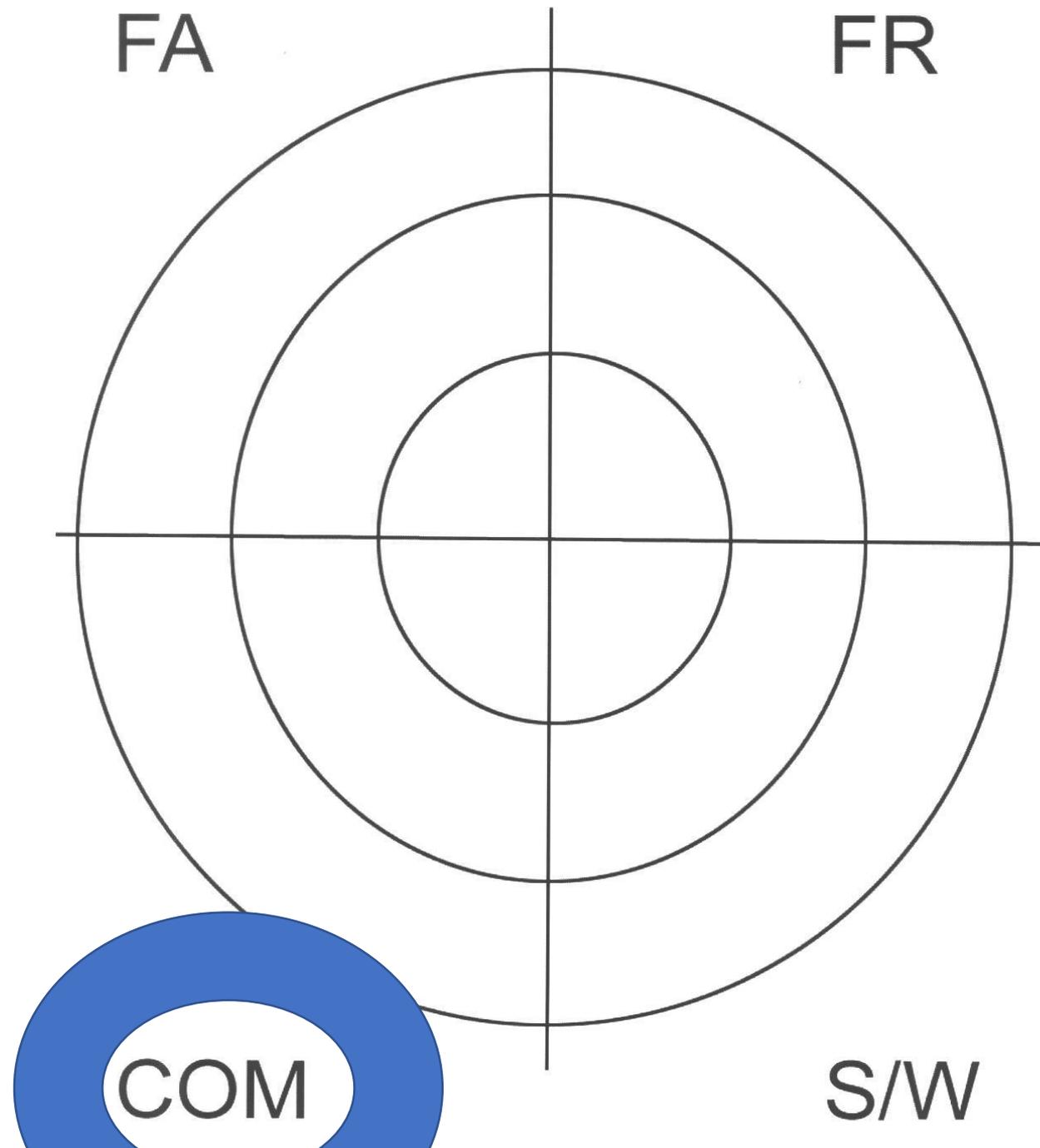FA   FR

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Our personal social network

■I. family members,

■II. friends and acquaintances,

■III. work and study connections, and

■IV. relations that result from our participation in formal and informal social, religious, political, vocational, and health-related organizations.

Migration weakens or dissolves the social niche of the individual

Migrants leave behind the relational network from the country of origin:

- The reference group constituted by **friends and acquaintances**
- The reassuring world of the **extended family**
- Frequently the key support of the **core family**: spouses, brothers/sisters, parents
- The **familiar environment**, places as well as people, until then taken for granted
- Part of their own **history/stories**, their **memory**, their **identity**.

That also includes

- LOSS OF SOCIAL ROLES AND TIES

- LOSS OF (SHIFTS IN) FAMILIAL AND EXTRA-FAMILIAL STATUS & SOCIAL FUNCTIONS

- REDUCTION OF EFFECTIVE SKILLS TO DEVELOP AND RETAIN SOCIAL LINKS (CLUES ARE CULTURE-DEPENDENT)

- REDUCTION OF OPPORTUNITIES FOR NEW CONNECTIONS

Presence and « worked-through » losses

ABSCISSE emotional presence-absence
ORDINATE: physical presence-absence

Physical and emotional presence	
	Physical and emotional absence

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Evolution

ABCISSE présence-absence émotionnel
ORDINATE: presence-absence physique

Physical and emotional presence	Emotional presence BUT physical absence
Emotional absence BUT physical presence	Emotional and physical absence

SLUZKI – 2018, after PAULINA BOSS
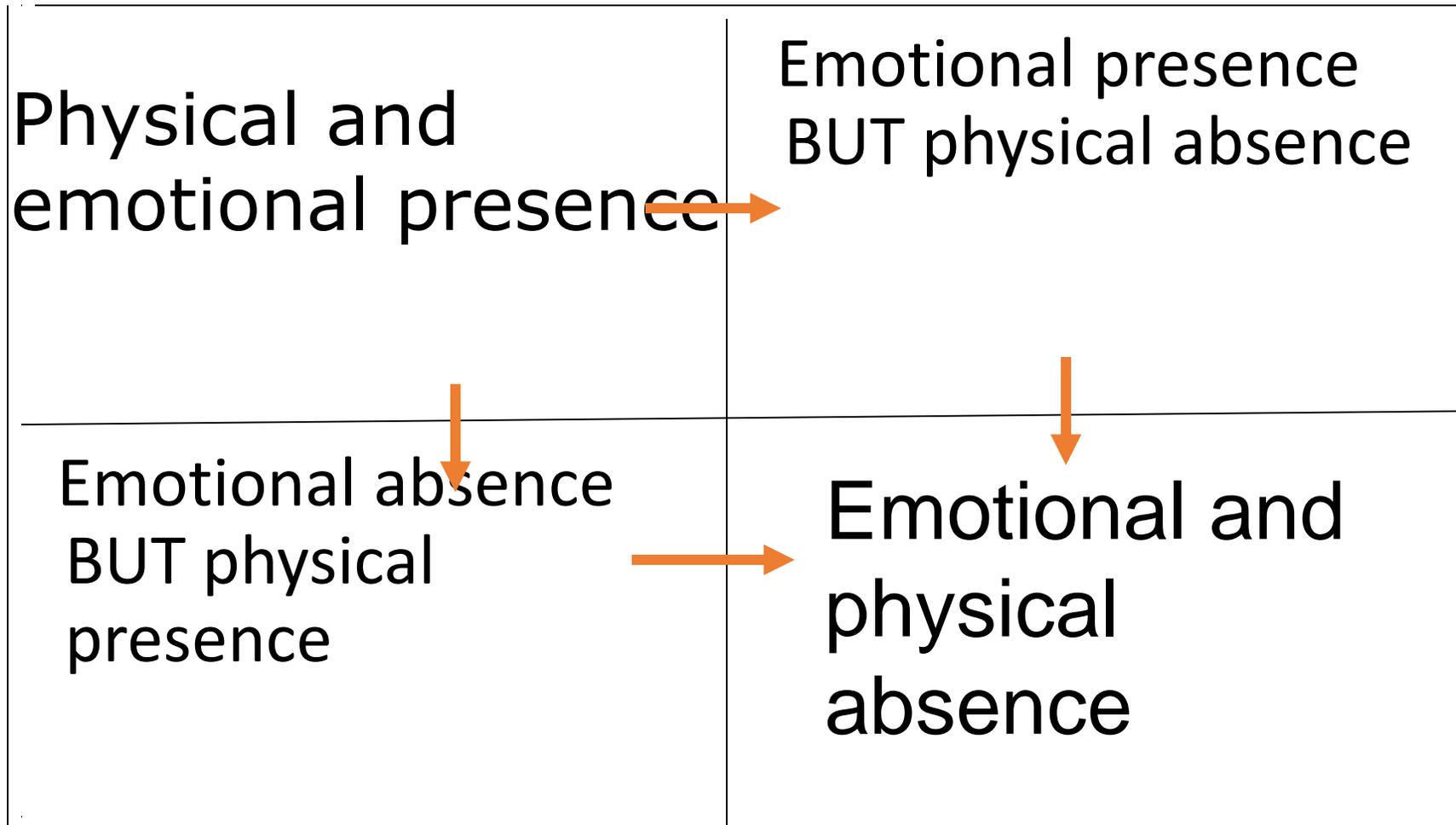
Ambiguous loss

ABCISSE présence-absence émotionnel
ORDINATE: présence-absence physique

	Emotional presence BUT physical absence
Emotional absence BUT physical presence	

SLUZKI – 2018, after PAULINA BOSS

CONSIDERATIONS ABOUT STRESS AMONG REFUGEES

- The less the agency or initiative by the individual, the higher the experienced stress *(LOCUS OF CONTROL)*

- The quicker the expulsion/migration decission, the higher the stress

- The higher the perceived risk (for self or family), the higher the stress

- The more risky the journey, the higher the stress

- The more collective the migration, the lesser the stress (except when collectivity increases the risk)

- The more the fragmentation of the social network during the process, the higher the stress

- The more supportive the receiving environment, the lesser the stress.

A FOCUS ON THE PERSONAL SOCIAL NETWORK

- Provides a rich optic to discuss the **alinating nature** of the migratory experience,

- Contributes to explain the **difficulty in the social insertion** in a new territory

- Provides an understanding of the impact of the migratory process on **identity**, **competence**, **resources**, **resilience,** and **physical and mental health**

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The end

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