

Complementary social activities for the psychological well-being

LESSON 9

Perceptions of Inclusion, well-being and Identification with
the European Union in Ukrainian university students



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- Social connectedness is a key protective factor for mental health in populations affected by trauma and displacement
- Community involvement and sense of belonging are associated with better emotional regulation, fewer depressive symptoms, and increased resilience (World Health Organization, 2024)
- Tutors and university staff play a central role in facilitating peer interaction and group engagement

Practical Social Engagement Activities

- Student groups, collaborative projects, and informal gatherings promote interaction and mutual support
- Activities such as sports, music, and art enable nonverbal emotional expression
- Cultural initiatives, including Ukrainian-language events, support identity and familiarity
- These environments foster inclusion, intercultural exchange, and emotional stability

Peer Support and Cultural Integration

- Cultural and religious events strengthen community bonds and provide psychosocial support (EthnoMed, 2023)
- Group creative activities reduce stress and promote mutual support (Vitruk, 2023)
- Peer mentorship or buddy systems build trust and support adaptation to university life
- Social and recreational activities contribute directly to resilience, belonging, and psychological well-being

Thank you

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