

Tips in dealing with injustice

Many refugees report injustices before and during their flight. They are driven from their homeland by wars or other crises and are usually treated very badly during the flight itself. Unfortunately, refugees are not always welcomed with open arms in their place of refuge. You may also encounter these injustices, as you are directly confronted with them when caring for refugees. The following tips will tell you how you can fight injustice and deal with it.

Tip 1: Set a good example

There are enough injustices in the world. But there are also people who **work hard for justice**. And you are definitely one of them! By taking in refugees, you have taken the first step toward more justice. You gave people a place to stay. While it's hard for one person to single-handedly bring about all the justice in the world, **even in a small circle you can make a big difference**.

Raising awareness and exposing injustices can also help defeat them. Often it is not even obvious that injustice is prevalent. Subjective feelings express this: while person A thinks he or she is completely in the right, person B may see it quite differently. Therefore, **communication and addressing injustice is of great importance**.

Tip 2: Classify injustices

If one deals with the refugee situation, one can quickly get the impression that everything and everyone is against refugees: Countries abandon a country in crisis, refugees are turned back at borders instead of receiving support, and in the place of refuge, an unnecessarily complicated bureaucracy makes it difficult for refugees to integrate. Socially, there also seems to be **a headwind against refugees**. One quickly **feels abandoned** in the care of refugees.

But as so often in life, there are **two sides to the coin**. Countries may not support a country in crisis because their hands are tied for unknown reasons. Border guards are given instructions to act against refugee flows, even though it is repugnant to themselves.

Or so the bureaucracy is important for many states to be organized. In addition, many states are striving to simplify and make low-threshold refugee integration processes. **Things are not always what they seem**.

This realization can help to take a more nuanced view. Not behind every injustice is someone who is up to no good. Sometimes injustices are **based on problems of understanding, false prejudices or ignorance**.

Tip 3: Let your anger about injustice run free

To put it in a nutshell: **Physical violence is never a solution!** Just as little as venting your anger on uninvolved third parties. However, in order to demonstrably **calm the anger**, it can be quite helpful to **write down your negative emotions**. Whether in the form of a journal or letters, writing down anger can help it pass. It is perfectly normal to react to injustice with **anger or sadness**. Therefore, do not hold back these emotions, but give them the space to unfold.



Bonus tip: Psychological counseling (online) in dealing with injustice

Injustices drag us down, we feel bad. Often we cannot understand why there are so many injustices in our world. In **psychological counseling session**, you can talk about injustices together with a psychologist and develop strategies to cope with them. Instahelp's online psychological counseling offers the advantage that you can get in touch with your psychologist anywhere and **work through acute crisis situations**.

Psychological counseling online at Instahelp

The **Versicherungskammer Group** with its approximately 7000 employees is **deeply affected by the warlike events in Ukraine**.

They show in a painful way that basic democratic rights and sovereign coexistence cannot be taken for granted, that even peace throughout Europe is in danger. Our thoughts are with the victims and the countless people who are suffering as a result of the current conflict in Eastern Europe.

The current time presents us all with a great mental challenge. That is why we are **encouraging helpers who have taken in refugees with an online psychological service** in cooperation with **Instahelp**.

You can find more information about the commitment of the Versicherungskammer Group here: <https://www.vkb.de/content/services/ukraine/>

