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Women's League Bulletin

If Lebanon was not my country, I would have chosen it to be. ***-Khalil Gibran***

Website: www.aub.edu.lb/women_league

WL Mission Statement

The Women's League is an organization of women from different Nationalities. Its purpose is to promote a broad acquaintance to socialize, learn and support one another and establish social network. Its wish is to secure a yearly scholarship fund for a disabled student at AUB.

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Letter from The President

Greetings to you all dear ladies,

A year has passed and here we are about to celebrate the Christmas season. The real meaning of Christmas is love " For God so loved the world that he gave his only begotten Son, that whosoever believeth in Him shall not perish but have everlasting life (John 3.16)".

Christmas is not a time nor a season, but a state of mind to cherish peace and goodwill, to be plenteous in mercy, to have the real spirit of Christmas, and also to remember that Christ is the reason for the season and not the commercial way of the celebration.

In this uprising that is taking place in the country for almost two months, we are happy to see the young men and women walking side by side and fighting peacefully for a new Lebanon. A Lebanon where they can have their rights and privileges and where they an be proud of being Lebanese citizens and live in their own country with dignity and respect without being scattered all over the world.

We hope this will happen with the beginning of the new century in the life of the Women's League.

I would like to wish you all a Merry Christmas and a Happy and peaceful New Year with the beginning of a new Lebanon hopefully.

Lamia Kawar

Announcement

Please welcome the newest board member Laila Zakka Allameddine who joined recently in the capacity of Vice President. We take this opportunity to thank the previous Vice President, Suad Khoury, for all her work and contribution to the Women's League.

October Lecture

The first General Meeting of the Women's League for the years 2019-2021 was held on October 7th, 2019 at West Hall, AUB. The presenter was Dr. Kamal Hamdan who addressed the economic situation facing Lebanon and suggested ways to prevent it.

October Monthly Trip

On October 16th, the trip chairperson, our dear Zeina Arab, organized a trip to Kfardebian. The participants visited the following spots: The Artist Forest, Faqra archeological Temple, The Stone Bridge, and Faqra Club. Finally the ladies had lunch at Al Erzal Restaurant. During the trip the president, Ms. Lamia Kawar, planted a Cedar tree at the Artist Forest on the occasion of the Women's League Centenial Year.

How to Stay Mentally Strong

Feeling overwhelmed or going through an emotional rollercoaster ever since the Thawra began? You're not the only one! The good news is that there are some things that you can do to help you survive (and maybe thrive?) during these hectic times.
Our mental health and well-being are affected by our political, social and economic environment. So giving that we're living pretty intense times these days, at some point you've probably felt overwhelmed with your emotions.
At the beginning of the Thawra you probably felt hope, exaltation, energy, joy, you felt like you belonged, you felt connected to people. One of the therapists we interviewed told us that her patients felt better at the beginning of the protests.
Problem is, as the protests continued and our dear politicians failed to address our needs, other emotions crept in: emotions such as fatigue, hopelessness, despair, anxiety, fear.
The good news is that there are ways to manage all these emotions. Below is an interview with one psychologist and one psychiatrist, and we share with you 8 tips they gave to manage all these emotions better.
The whole idea boils down to integrating the thawra in your new routine.

1- Be aware of the psychological war of the powers in place against the protestors

The therapists we interviewed highlighted the fact that the politically-owned media and the traditional political parties play on our fears (of the unknown, of chaos, of civil war, of an economic disaster) to discourage the protestors. Being aware of this can help you put things into perspective when you hear/read these messages of fear and hate.

2- Be -well- informed!

The best way to counter fear is to be well informed. And no, watching TV all day long does not count, as most TVs are politically owned or affiliated. Actually the people who stay all day long in front of their screens show more signs of depression and anxiety than the ones who take part in the protests.
There are lots of info circulating these days, most of them fake or inaccurate, and the level of panic is pretty high. Which is why knowing where and whom you can get your info from on social media and elsewhere is vital. Remember to check the source of the info you get (especially on WhatsApp!). And go see for yourself what happens on the ground (but stay safe please).

3-Go to the protests and talks

Protests are more than .. well, protesting. There are talks, conferences, debates, and interviews happening on a daily basis. You'll have access to better information and you'll be able to better understand the situation and the alternatives. You'll grow your political, economic and political knowledge. Daleel el Thawra publishes a daily calendar of events happening around you, check them out!

4- Acknowledge your fears and "negative" feelings

Fear, anxiety, fatigue, hopelessness… are part of the process. These "negative" feelings are a sign that something is wrong or bothering you. Don't ignore them; it will only make things worse in the long run. Try to acknowledge them, to name them, to understand where they come from, and then talk about them with people you trust and love.

5- Bond /connect with your friends and family

During hard times, it's more important than ever to stay connected to your friends and family. Sharing with them your fears, emotions, insecurities, will help you go through them; you will feel less lonely in your emotions. And your conversations don't have to be only about the thawra! Don't forget that you have a life outside of the revolts too, and that your love, friendship, family and work stories are worth sharing too!

6- Create a new routine

You probably changed your routine with the thawra. Protests take time! And listening to talks is more important than, say.. sports. Problem is, in the long run, it can make you feel destabilized. So try creating some kind of routine, mixing the protests and talks with stuff you used to do before the protests started and which make you happy/healthy (sports, music, coffee with your friends.. your pick).

7- Keep in mind that the thawra is a looooong process

Change is hard, and it takes time. Be aware of it, and arm yourself with patience. You most certainly will go through phases of hope, happiness, joy, followed by fatigue and frustration, anxiety, etc.
It's all part of change.

8- Take time off

And last but not least, you don't have to go to the protests every day. You don't even have to check the news (and yes, WhatsApp messages are part of the news) every day. Disconnecting from time to time will allow you to recharge your batteries and stay stronger longer.

Sources:
Hala Kerbage, psychiatrist USJ
Olivia Shabb, psychologist