

02

**WHY DIASPORA
STRESS IS UNIQUE**

“Multi-layered Emotional Load”

Diaspora life often includes:

- Pressure to “make it” abroad
- Responsibility for family across borders
- Worry during natural disasters and emergencies
- Cultural loneliness
- Adjusting to new norms, expectations, and systems
- Feeling “in-between” and never fully belonging
- Maintaining two emotional identities: the one abroad and the one at home

These layers accumulate quietly and can lead to exhaustion.

The “Invisible Weight” Many Diaspora Individuals Carry

- Financial remittances
- Emotional support for relatives
- Immediate responses during crises
- Serving as the family problem-solver
- Representing the pride and hope of the family
- Internal pressure: “I must make their sacrifice worth it.”

For many, there is little room to rest.