



Expat Wellbeing guide

LYON





Introduction

There are huge benefits to be gained from being an expat. Living and working abroad are life changing experiences and as result expats are often some of the most creative, interesting, resilient, open minded and empathetic individuals you can meet.

However expats are also at much higher risk of developing mental health issues than their equivalent domestic peers. Expats often experience a large volume of stress when they move abroad, but they also experience particularly difficult types of stress that they don't encounter in their home countries. Read our blog about expat mental health for more information.

Sleep, exercise and social support have been shown to be the most effective ways of preventing stress related mental health issues. Sojourn's aim is to help expats from around the globe to meet up, to talk and share things together. We provide frequent opportunities to meet other expats and find your new social support network.

We provide resources for practical advice on moving to Lyon and now we are providing this Expat Well-Being guide to ensure expats can find the support and services they need, in English, for their improved mental health.

English speaking psychologists and therapists

Meriç Duranson – Sophrologist

Meriç works with her clients to help them with change management (acceptance and adaptation) by taking a step back from obstacles, working on objectives, strengthening autonomy and becoming positively integrated into a new environment.

<https://mericduransonsophrologue.com/contact-meric-duranson/>

Email: mericdsophrologue@gmail.com

Dr Emmanuelle Niollet – Psychologist

Dr Emmanuelle Niollet offers support for the departure, duration of stay and return of expatriates and their families.

<https://psyexpat.wordpress.com/about/>

Email: eniolletmetcalfe@yahoo.fr

Antoine DUCHON - Psychologist

As a native French but English speaking psychotherapist, Antoine has personal experience of expatriation himself and has many expat clients.

<http://psychologue-lyon.antoine-duchon.com/>

Email: contact@antoine-duchon.com



English speaking psychologists and therapists

Online/ Video link therapy services

Kristin Duncombe – Psychotherapist

Kirsten is an American therapist, life coach, and author working with international and expatriate individuals and families.

<http://www.kristinduncombe.com/>

Email: kristinlouiseduncombe@gmail.com

Dr Dana Nelson - Psychologist

Dr Dana Nelson works with English-speaking expats who want to strengthen their emotional resilience, develop greater self-awareness and self-compassion, build more authentic, satisfying relationships, and deepen the sense of meaning in their lives.

<http://www.dananelsoncounseling.com/>

Email: dana@dananelsoncounseling.com

She also has a podcast 'Mindful Expat':

<https://podcasts.apple.com/us/podcast/mindful-expat-with-dana-nelson-ph-d/id1206735105>

Eutelmed

Consult with a healthcare professional via video, in your own language and culture

<https://eutelmed.com/en/>

Better help

English speaking online counsellors

<https://www.betterhelp.com/>

7Cups

Online counselling and therapy services including free listening

<https://www.7cups.com/>

Kati Morton

Kati is an American licensed therapist making Mental Health videos. She has the largest following on youtube for the mental health and psychology community.

<https://www.youtube.com/user/KatiMorton>

Where to go for gyms and yoga in Lyon



Yoga

Bewa

Bewa provides access to a wide selection of Yoga / Pilates classes, Meditation, Stretching, Sophrology classes in Lyon thanks to the partnerships created with the Lyonnais studios as well as the teachers.

<https://www.bewa-lyon.com/>

Zuluna Yoga

Alessa is a qualified yoga practitioner and expat herself. She speaks English among many other languages and is a certified Ayurvedic yoga massage therapist. She has a special interest in supporting women in their wellbeing through yoga, massage and meditation. She offers pregnancy Thai massage and Postnatal herbal massage.

<https://alessazuluna.wordpress.com/>

Email: alessazuluna@gmail.com

Where to go for gyms and yoga in Lyon



Yoga in English with Nina

Nina lived in Thailand for 12 years while learning her trade. She provides private tuition and group classes on Saturdays.

<https://www.facebook.com/ninayogafrance/>

Email: Ninayogafrance@gmail.com

Slow Lyon Yoga

Kata proposes free weekly yoga session in English in the park during the summer time.

<https://www.facebook.com/SlowLyonYoga/>

Email: slowlyon.yoga@gmail.com

Where to go for gyms and yoga in Lyon

Gyms

L'Appart Fitness

Ten locations in Lyon. Courses and Activities:

- Cardio and strength training, aqua courses, zumba/dance, yoga/pilates, kid's classes, martial arts, and more.
- Pricing Trial course = 19€, Member card = 65€ one-time fee;
- Monthly inscriptions vary for individuals and families.

<https://www.l-appart.net/>

Neoness

Two locations in Lyon. Courses and Activities:

- Cardio and strength training, zumba/dance, yoga/pilates, and more.
- Pricing Trial course = 10€
- Monthly inscriptions starting at 10€ plus inscription fees.

<https://www.neoness.fr/>

Wellness Sport Club

Five locations in and around Lyon. Courses and Activities:

- Cardio and strength training, biking, dance, yoga/pilates, pool and spa area, and more.

Pricing:

- Reserve a meeting for a trial course.
- Offer = 49€ per month without engagement.

<https://www.wellness-sportclub.fr/>



Apps, websites, online resources



Headspace

An app and website committed to providing mindfulness meditation through clinically-validated research. <https://www.headspace.com/https://www.headspace.com/blog/>

Calm

The number 1 app for Sleep, and awarded an Apple BEST OF 2018 award. <https://www.calm.com/>

Project Happiness Global

An online initiative to provide scientifically proven techniques to improve the quality of life of everyone around the globe. There are free resources, a book, online course and even an award winning documentary. <https://projecthappiness.org/>

School of life

School of life is a movement headed by English philosopher Alain DeBotton. Read articles, take online courses or watch the youtube channel for psychological advice on all elements of life. <https://www.theschooloflife.com/https://www.youtube.com/user/schooloflifechannel/featured>

Aetna International

Aetna International is an international health benefits provider. They produce annual reports on the subject of expat health and have a number of freely accessible reports and support guides relating to expat mental health. <https://www.aetnainternational.com/en/about-us/explore/workplace-mental-health-support-resource.html>

Thank you to our contributor: Philippa Crichton



Philippa is social psychologist MSc with a corporate background. She works with companies to help them understand social issues challenging their development, working with them to communicate effectively and create a positive change in the behaviour of their employees and clients.

She is an experienced in multicultural communication and has worked internationally as well as living in Italy and France. She's passionate about raising awareness of mental health in expats.



Do you have some questions? Contact us!

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