

RETURN FROM HOSPITAL: HOW CAN I SUPPORT MYSELF

MODULE 1: RECOVERY

Meeting 3: basic structure

HOW TO RECOGNISE WHAT DO I NEED AND WHAT HELPS ME

Objective: The aim of the meeting is to help participants to gain information about how stress can affect people, how it affects our experience, thinking and behaviour. The aim is also to help understand how we perceive the world around us and within ourselves so that the participant can find personal ways and strategies to relieve pressing emotions or thoughts. In the session, we focus on creating a space, a "stopping place" for participants to become aware of their current experiences and needs while trying some of the short, safe techniques for calming down.

Programme	Instructions	Time schedule	Conditions and equipment, notes
Welcoming	Welcoming, introduce the trainers and context of the group (see recommendations for the opening of the session in the Guide for trainers).	5-10 min	
Group agreements	Recall and add if necessary (see recommendations for creating safe atmosphere and group agreements in the Guide for trainers).	5-10 min	



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CENTRUM PRO ROZVOJ PÉČE O DUŠEVNÍ ZDRAVÍ
CENTRE FOR MENTAL HEALTH CARE DEVELOPMENT

<p>Warm up and introduce each other</p>	<p>We sit ideally in a circle. Trainers introduce themselves and can ask: <i>"What did you take away from the last meeting? What brought you here today?"</i></p> <p>Trainers will introduce the topic of the meeting: How to recognise what do I need and what helps me</p> <p>The topic can be stated as: <i>"In previous meetings, we have covered the topic of recovery and what is important for recovery. We have talked about how admission to hospital an important point on the road to recovery can be, even though it may not seem so at first and we may experience many doubts. You may have thought about what you are already doing for your recovery and what you need most for your recovery. We are glad that you are with us today and are willing to continue. Your story and your views are very important to us, and we want to tailor the meeting to make it as useful as possible for you."</i></p> <p><i>"It is important for recovery to be in touch with myself, to be aware of what I am experiencing and also to know myself well, to be aware of what I need to be comfortable. Today we would like to focus on the way we perceive what is happening around us, but also what is happening inside ourselves, to know our needs and to think together about some practices to face a situation when we are overwhelmed by thoughts or feelings, for example, and it is too much."</i></p> <p><i>"You are now in hospital and can be overwhelmed by new events and feelings. Your daily routine has changed dramatically from one day to</i></p>	<p>5-10 min</p>	<p>Equipment: Small papers to write down any expectations (if needed).</p>
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the next, you have found yourself in an unfamiliar environment and there can be a lot to take in. You may feel exhausted, 'off', disconnected, maybe the way you experience things has changed, it's too much. Or conversely, someone may feel that he/she doesn't feel anything, doesn't want to deal with anything right now, or doesn't want to talk to anyone or about anything. Perhaps you yourself would add what else you can think of that you now perceive in yourself? In such a moment it is important to first stop, to come back to yourself again and to get some distance from what is happening."

"Let's pause together and tune in to how we come together here today, the mood each of us comes in and the level of energy we feel within ourselves."

Trainers also participate in the exercises.

We will introduce the exercise **MOOD AND ENERGY TEMPERATURE** which can reflect the current state of mind of the participants, the level of energy in the group and normalize the fact that we may all feel differently and that is okay.

Exercise: MOOD AND ENERGY TEMPERATURE

- The exercise is instructed in a group (everyone points at the same time).
- If we want people to introduce themselves to each other and strengthen individual awareness and appreciation of each person's needs, it is possible to ask participants to introduce themselves individually and show energy and mood.

- It is also possible to ask each participant individually first and at the end to ask the group to show the level of energy and mood at the same time, so that the overall mood of the group can be seen.

1. *"With your left hand, please indicate (while pointing up and down with your left hand), from the ground up, what level of energy you are feeling now. Here at the ground (pointing) there is no energy at all and up here, this is the most, you have energy to give."*
2. *"With the other hand, the right hand (we show again the up and down movement of the right hand, while holding the left hand in the position already taken), please show what mood you are in, the higher the hand, the better the mood."*
3. *"Please hold on for a moment. Look at your hands, where they are now, what mood and what energy you perceive in yourself today. How does it feel for you?"*
4. *"Now look around you to get an idea of how others are doing. It's our starting point today. Now you can put your hands down again:-)"*

Give thanks for sharing and reflect on the overall energy level and mood of the group.

"Thank you very much for sharing how you feel your mood and energy level today. (reflecting on what mood and energy showed up in the group) I see that..., you mentioned that..., it was mentioned several times here..., it seems that... etc. These things are changing.

Sometimes we feel more energy, sometimes less, and our mood changes in relation to different things, this is normal and human, and it is important to know how I feel myself, right now, in this moment. In order to think about it more, and more importantly to influence how we feel, we need to gain perspective, distance, it's easier to think about it with perspective."

Participants' expectations and needs: finding out what people need, what they are interested in and what they came to today's meeting with.

Let's ask:

- what brings them to today's meeting, what attracted them
- if they have ever thought about their needs and what helps them to be in touch with themselves, to know what they are experiencing, what they feel, what they need
- what they would like to know about the **topic How to know my needs and what helps me (e.g. to manage urgent thoughts and feelings)**, what they need, what questions they have

We can state, for example:

"Thank you for introducing us to each other. Thanks to that we know what energy and mood you come with. Today we would like to explore with you what needs are important to you, how to be aware of them and how to fulfill them."

"We'll talk for a while about what stress actually is and how it affects us, we'll share experiences of what can help and what we can do for ourselves and our wellbeing, and together we'll be able to try some short exercises that can help calm urgent thoughts and feelings so that we can gain time and distance to think and take control of our actions."

"Maybe one of you brings up a specific question, maybe there's something you're more interested in. It's important for us to base the meeting on what you're interested in, what you would need for yourself right now, we can tailor the meeting to that."

"What would you be most interested in? What would you like to do? What would you like to add? Do you have a question? What would you like to hear/experience/share here today? What is important to you today?"

We will summarize what we want to talk about at the meeting.

If it is difficult for participants to express themselves on the topics, we can hand out papers on which they can write their expectations anonymously.

If there are any specific questions, we repeat them, thank them for the question and confirm its importance.

Main topic
1. part

Objective: Normalize that people may have different feelings, different levels of energy and commitment to their recovery during hospitalization and that it is important to see this as a personal journey and to be in touch with what they need most for themselves right now.

Finding a way to be in touch with themselves and their needs, and to assist participants in becoming aware of options to take care of their needs.

Topic: How to recognise what do I need and what helps me

1. Introduction

- It is important to be in touch with ourselves, **to be aware of what needs we have and what helps us the most** – there is not just one option, in different situations (e.g. illness) our needs differ (not only can each person need something different in a certain situation, but the needs also change for each of us personally, e.g. in relation to the stages of illness and how we recover, we are affected by the circumstances that affect us, etc.).
- We will explain what is meant by "human needs" and how stress can affect a person.

*"By **human needs** we can imagine a state of certain lack or excess that we experience. It is something that often arouses discomfort and tension in us and motivates us to change in order to experience well-being and personal equilibrium again."*

5 min

Group
discussion
10-15 min

Equipment:

- workbook
- writing materials
(pens or markers)

Think about the personal experience of the two lecturers being different and offering a wider range of issues so that the same example is not set by both.

If the discussion brings up current topics about what people are experiencing and need, we can follow up by focusing directly on the

*"The basic needs are, for example, **physical needs, sleep, food or a sense of security**, but we also have higher needs, such as the **need for self-determination and respect**, and at the top of the pyramid is the **need for self-realization, for a higher meaning.**"*

"In general, we first need to have our basic needs fulfilled in order to start fulfilling the 'higher' ones."

2. Sharing personal experience

- Personal experience – how we do it to be in touch with our own needs, how they differ in different situations, what it means for us to name and meet our own needs. Each trainer will say for themselves what is important to them now (e.g., what do I need now here during the meeting, etc.).
- **The peer trainer will share his/her own experience** - the peer trainer's narrative of his/her experience in the hospital and what was "challenging" for him/her, what he/she was experiencing, what feelings were coming up and what was the level of energy, what needs he/she had, etc.

Both lecturers will share their experience of what is important to them personally, especially in the recovery process. They will discuss how they are in touch with their own needs and what helps them. What values have they found in this that are essential to them and how does this help them?

senses and short exercises and switch the order of topics - depending on what is relevant to the group.

We can state, for example:

"I started thinking about my needs at a time when, ...".

"... helps me to be aware of what I am experiencing and what I need at the moment."

"The most important need for me is... because..."

We then **ask the group** what their biggest challenge is now when they are in hospital. This could be anxiety, helplessness, lack of energy or feeling like I know everything and don't need to be here anymore, and the challenge is to persevere with treatment, being in contact with people etc.

We want to direct the topic to them, to make the meeting as much as possible about what they currently need, to stress that the meeting is about them and their needs, we are here for them.

- The question of what the challenge is they are facing now.
For example: *"What starts to happen to you when your emotions are too strong, when you are afraid, anxious, angry, and you get distracted, overwhelmed?"*
- If they wish, they can share what is already helping them now, what they are already doing to manage this condition. What practices they have, what they are already doing to meet their needs, what or who is helping them.

- If they already know the techniques from the workbook that we want to offer later, we would appreciate and learn more about how they work for them and encourage them to share how it helps them and their experience with it in the long term.

BREAK



**Main topic
2. part**

Objective: To help participants become aware of their own current needs and connect them to their own values (awareness of their own values). Offer short exercises that can relieve tension or activate.

3. Opening the topic "The needs of the soul"

First, let's start by explaining: when we have distance, we are able to realize what is important to us throughout our lives – it can be comforting, it's something we can come back to. Needs and values are related, and it is important to get clear on our priorities, which can help in decision making, direction, etc.

Then we will ask the participants how they perceive it:
"Try to stay with yourself for a moment and think, what do you need now? It could be anything, peace, 'survival', a caress, understanding. Sometimes we focus on the practical issues in life,

5 min

3, cards with needs, worksheet "What I need now" (workbook)

what to do and how to do it, or we consider others and overlook what our inner needs are. What are your inner needs, what are your personal needs for your own well-being?"

Exercise "Cards of needs"

We lay out the "need cards" face up in the middle of the group area, each person picks a card at random (sometimes things come into life randomly), the trainers also pull out a card each. Allow a moment for reflection and then ask questions:

"What does the concept mean to you?"

"Is it relevant to you?"

"How important is it to you in your life?" etc.

We then share our answers as a group, wondering what card each person pulled and how they think about the topic.

In the case of a small group, when we have more time, we can repeat the exercise one more time.

Participants can **make a note in their workbook on the worksheet What I need now.**

This is followed by **a joint reflection** – we think about our needs, the trainers refer to the workbook where participants can make notes in the worksheet What do I need now.

15 min

<p>Point out to participants that they can continue to work with the workbook after the meeting or return to the notes to compare them at different stages of their recovery and notice any differences in their needs.</p> <p>4. What is stress and how to work with it and "With all our senses – how we perceive the world"</p> <p>The workbook breaks down information on the topics of stress and stressors (pages 16-17) and senses and perception (pages 21-23). We explain that it is necessary to "know how to read" our body's signals, to be aware of what we are experiencing, to stop and take in what we see, hear, and feel in order to meet our needs. In illness, our senses can be dulled or very acute and it is important to learn how to understand the body's information.</p> <p>We will go through each sense in turn with the participants (or choose 2-3 with respect to time) and give space for them to note for themselves what feels good. We will point out that this focused attention can already be a tool (technique) to calm myself, e.g. find a point that feels good to look at, pick up a pleasant object to chew on, become aware of where my body is touching the chair, focus on the sounds I hear around me, etc.</p>	<p>10 min</p>	<p>4, Short exercises in the chapter "With all our senses - how we perceive the world" (workbook)</p>
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<p>5. How to create distance and space for thinking? (rehearsal practice)</p> <ul style="list-style-type: none"> • Then follow up and offer 1-2 exercises from the workbook (pages 17-21) for participants to experience and take notes on. • If any of the participants in the previous section described using the exercise, we invite them to say more about exactly how they do it or ask for additions from them during the exercise or as part of the reflection on the exercise. • The peer trainer will accompany the reflection on the exercises with his own experience, what helps him personally, when and what exercises he uses. • After each exercise, we ask the participants how it was for them. We can ask if they want to repeat the exercise to remember it more. <p>Notes for trainers – what to keep in mind during the exercises:</p> <p>Do not include any eye-closing exercises during the meeting.</p> <p>Do not involve introspection and delving into yourself. It is not recommended in the acute phase of the illness because of safety and health issues.</p> <p>We will always stress that the exercises are voluntary, they may or may not participate! Something different is good for everyone and it is important to respect that.</p>	<p>15 min</p>	<p>5, Four exercises on How to get distance and peace to think (workbook)</p>
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	<p>We can state, for example: <i>"Find an object in the room (or pictures, things on the offer in front of them) that evokes pleasant feelings in you and look at it."</i></p>		
<p>Closing the topic and reflection</p>	<p>At the end of the meeting, we will summarize what the meeting was about, what we covered, and summarize in points what we talked about together. We will invite the participants if they could say for themselves what was important for them at the meeting, what inspired them, what they realized when reflecting on their needs and what they feel they need further.</p> <p>We can state, for example: <i>"We want to thank you for meeting us today. We focused on how to perceive our needs and how to meet them better."</i> <i>"Maybe each of you has figured out something you can do for yourself now, right here on the ward in the hospital."</i> <i>"It is very valuable for us to hear how you perceived the meeting? What was important to you? What was the most interesting? Was anything difficult or too challenging for you? Is there anything that you would have needed differently from our side? What are you leaving with today? What was it like for you?" Etc.</i></p>	<p>5-10 min</p>	

	<p>Conclude with a comment or reflection on how needs are linked to personal values. That there are generally accepted values, what I think I should have and profess as values, and what my actual values are. If there is a conflict, often this can cause problems - you need to be in touch with personal needs, have space to be aware of them and take care of them.</p> <p>Ask what participants left with, what the meeting was like for them - evaluation.</p>		
Evaluation	See the Guide for trainers.	5-10 min	Have feedback forms printed out.
Goodbye	<p>The trainers will announce the date of the next meeting, its topic (meeting 4: What are my strengths and how can I use them) and who will be the next trainer.</p> <p>The trainers will personally say goodbye to each participant.</p>	5 min	

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