

RETURN FROM HOSPITAL: HOW CAN I SUPPORT MYSELF

MODULE 3: SAFETY

Meeting 3: basic structure

WHAT IS GOOD FOR MY BODY AND SOUL?

Objective: Focus on what we can do for ourselves every day to feel good and support our mental and physical well-being. Emphasise the importance of movement and physical activity, focusing on the body and our senses. Introduce mindfulness.

Programme	Instructions	Time schedule	Conditions and equipment, notes
Welcoming	Greetings and a brief introduction of today. What topics are we discussing, to remind the pause. We also ask if anyone has anything special about today.	5 min	
Group agreements	Ask the participants to recall the group rules, everyone is free to recall the rule that suits him.	5 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>The trainer asks the participants to say 5 things that make them feel good.</p> <p>Participants can freely express themselves in the circle.</p>	<p>5 min</p>	<p>The trainer and peer trainer also say what makes them feel good.</p>
<p>Main topic 1. part Objective: Wellbeing. What I can do for myself to feel good: physical activity, body and mind.</p>			
	<p>Short lecture by the trainer.</p> <p>Exercise, sociometrics: How do I rate taking care of my mental and physical health?</p> <p>The trainer explains the content of the exercise. A mental and physical well-being scale is marked down and the trainer asks each participant to think about the extent to which the participants take care of their mental and physical health. The trainer asks to move along the line on the floor and find a place that suits him/her and stay there.</p> <p>The trainers asks:</p> <ul style="list-style-type: none"> • <i>Why are you standing on that spot?</i> • <i>What do you do for your mental and physical health?</i> <p>Each participant says his number and explains why he/she chose this place and what he/she does for himself/herself.</p>	<p>25 min</p>	<p>The trainer's introduction to the topic, see the text in the workbook.</p> <p>You will need: tapes or strips with numbers 0, 25, 50, 75, 100.</p> <p>The trainer sticks tape or draws an imaginary line on the floor with 0 at one end and 100 at the other, and places the slips of paper with 0 at one end and 100 at the other on the line.</p>

The trainers also asks the question:
What number would you like to be on?
 The participant says the number. The trainer asks the participant to remember the numbers (or write them down).
 Participants move back to their seats.



BREAK



**Main topic
2. part**

Objective: What feels good for my soul and body, what else I can do.

Trainer's introduction to the topic: what else to do to be balanced what you can do for your mind and body, what you would like to bring into your life?

Exercise: Things what might be good to my soul and body:

Participants will find activities on the worksheet that can be good for both body and soul. Each participant finds suitable activities (up to 10) and marks these activities.

If the activities are marked (e.g. underlined), the participants think:

- Which activities are realistic to bring into your life

15 min

The trainers explain how to complete the worksheet.

	<ul style="list-style-type: none"> • How to carry out the necessary activities (search for information, resources, financial resources, time, transport, etc.) <p>The trainer asks for feedback from the group and asks each participant to introduce 1-2 activities that they found on the worksheet and how they try to bring more of it into their lives.</p> <p>The trainer asks if the 5 things that make them feel good have been marked.</p> <p>The trainer asks if the activities that are planned to be done help to reach the desired value on the self-care scale (the scale that was chosen in the sociometrics exercise).</p> <p>Participants answer the question during an open conversation.</p>		
	<p>Mindfulness</p> <p>The trainer introduces the principle of mindfulness and exercises to bring the body and mind to a state of calm.</p> <p>Background: Neuroplasticity is the ability of the brain to change itself. In MRI studies, SPECT scan studies and EEG studies, mindfulness's ability to change temporal structures and also brain functioning is confirmed. Studies show improvements in self-regulation, mood, well-being, self-esteem, focus, sleep, health, addiction, memory, and much more. Therefore, mindfulness practice is a great way to unleash positive neuroplastic changes in the brain.</p>	20 min	The trainer's introduction to the topic, see the text in the workbook.

	<p>Exercise</p> <p>The trainer introduces mindfulness exercises and the participants can experience it practically.</p> <p>Trainer:</p> <ul style="list-style-type: none"> • <i>Sit in a chair, or on the floor with a cushion for support.</i> • <i>Straighten your back, but not to the point of stiffness.</i> • <i>You could close your eyes</i> • <i>If in a chair, place the soles of your feet on the ground. If on the floor, cross your legs.</i> • <i>Let your arms fall naturally to your sides, with your palms resting on your thighs.</i> • <i>If your pose becomes too uncomfortable, feel free to take a break or adjust.</i> <p>More instruction is on worksheet in the end of this document.</p>		<p>The trainer guides the pre-tuning, the peer trainer takes care of a more or less quiet environment.</p> <p>A small bell would be necessary.</p> <p>The trainer rings the bell at the end of each exercise.</p>
<p>Closing the topic and reflection</p>	<p>The trainer encourages the participants to share the experiences gained while doing the exercise.</p> <p>The trainer may ask questions:</p> <ul style="list-style-type: none"> • <i>Did you notice when your mind wandered and thoughts came to your head?</i> • <i>Were you able to observe the movement of air through the nostrils and from there into the stomach?</i> • <i>Did you notice any sensations in your body?</i> 		<p>Participants share what is happening in themselves, what happened to their thoughts, feelings.</p>

Evaluation	The trainer introduces the feedback sheet and asks everyone to fill it out.	2–5 min	Feedback sheets.
Goodbye	The trainer thanks the participants and reminds them of the next meeting time.	2–5 min	

Mindfulness meditation

The goal of mindfulness meditation is simple: to pay attention to the present moment, without judgement. However, as you practice, you'll find that this is easier said than done.

During mindfulness meditation, you will focus on your breathing as a tool to ground yourself in the present moment. It's normal that your mind will wander. You'll simply bring yourself back into the moment by refocusing on your breathing, again and again. Follow the instructions below to begin practicing mindfulness meditation

Wandering Mind- it's normal that your thoughts will wander during mindfulness meditation. At times, it might feel like a constant battle to maintain focus on your breathing. Don't worry—that's normal. Instead of struggling against your thoughts, simply notice them, without judgment. Sometimes you might feel frustrated or bored. That's fine- these are just a few more feelings to notice. Your mind might start to plan an upcoming days, or worry about a responsibility. Notice where your thoughts are going, and accepting what's happening. Acknowledge that your mind has wandered, and return your attention to breathing. Expect to repeat this process again and again.

Whenever you are able to, return your concentration to your breathing. Continue this process until your bell rings (*show bell ring*), or until you are ready to be done.

Breathing

Begin by bringing your attention to the present moment by noticing your breathing. Pay attention to your breath as it enters and then leaves your

body. Before long, your mind will wander, pulling you out of the present moment. That's OK. Notice your thoughts and feelings as if you are an outside observer watching what's happening in your brain. Take note, and allow yourself to return to your breathing.

And becoming aware of the movement of the breath as it comes into your body and as it leaves your body. Not manipulating the breathing in any way or trying to change it, simply being aware of it and of the feelings associated with breathing. And if you feel comfortable with it, observing your breathing deep down in your belly. Feeling the abdominal wall as it expands gently on the in-breath, as it falls back towards your spine on the out-breath. And simply being totally here in each moment, with each breath. Not trying to do anything... not trying to get any place, simply being with your breathing. On an in-breath, or on an out-breath, and just observing...

Moving up close to your breathing and keeping the attention here... As if you were riding the waves of your breathing, fully conscious of the duration of the in-breath, and the duration of the out-breath, from moment to moment.

And every time you find that your mind has wandered off the breath, to just be aware of it is as soon as you can be. And gently bringing it back to your belly, and back to the present, back to the moment-to-moment observing of the flow of your breathing.

Ring the bell

Body Scan

During the body scan exercise you will pay close attention to physical sensations throughout your body. The goal isn't to change or relax your body, but instead to notice and become more aware of it. Don't worry too much about how long you practice, but do move slowly.

Begin by paying attention to the sensations in your feet. Notice any sensations such as warmth, coolness, pressure, pain, or a breeze moving your skin. Slowly move up your body to your calves, thighs, pelvis, stomach, chest, back, shoulders, arms, hands, fingers, neck, and your head. Spend more time on each of the body parts, just noticing the sensations.

After you travel up your body, begin to move back down, through each body part, until you reach your feet again. Remember: move slowly, and just pay attention.

Ring the bell

Five Senses

Ask to open eyes

Use the exercise to quickly ground yourself in the present when you only have a moment. The goal is to notice something that you are currently experiencing through each of your senses.

What are 5 things you can see? Look around you and notice 5 things you hadn't noticed before. Maybe a pattern on a wall, light reflecting from surface, or a knick-knack in the corner of a room.

What are 4 things you can feel? Maybe you can feel the pressure of your feet on the floor, your shirt resting on your shoulders, or the temperature on your skin. Pick up an object and notice its texture.

What are 3 things you can hear? Notice all the background sounds you had been filtering out, such as air conditioning, birds chirping, or cars on a distant street.

What are 2 things you can smell? Maybe you can smell flowers, coffee, or freshly cut grass. It doesn't have to be nice smell either maybe there's an overflowing trash can or sewer.

What is 1 thing you can taste? Pop a piece of gum in your mouth, sip a drink, eat a snack if you have one, or simply notice how your mouth tastes. „Taste“ the air to see how it feels on your tongue.

The number for each sense are only guideline. Feel free to do more or less of each. Also try this exercise while doing an activity like washing dishes, listening to music, or going for a walk.

The training and all materials were developed within the Erasmus+ funded project Education and Empowerment for Transition to Community, implemented by the Centre for Mental Health Care Development in collaboration with the Estonian Wellbeing and Recovery College and the Association for Psychosocial Support Susret in Croatia.

The project has been funded with support from the European Commission under the Erasmus+ Programme. This material however reflects the views only of the author, and the European Commission cannot be held responsible for any use which may be made of the information contained therein.