

## Promote functioning in daily activities and strengthen social support

- Provide the person support to continue regular social, educational and occupational activities as much as possible.
- Strengthen social supports and try to reactivate the person's social networks.
- Identify prior social activities that, if reinitiated, would have the potential for providing direct or indirect psychosocial support (e.g. family gatherings, visiting neighbours, community activities, religious activities, etc.).
- Facilitate inclusion in economic activities.
- Offer life skills training, and/or social skills training if needed.
- For this step, you can use the examples from the activity boxes below.
  - at least one pleasant activity; something enjoyable that the client used to do but has stopped doing (any activity from the first three boxes) and
  - at least one task; essential tasks for daily living for improving the client's sense of achievement (any activity from the last two boxes).
- Having a balance between activities that give pleasure and those that improve the client's sense of achievement can be very helpful for improving mood. Be aware of keeping this balance.
- In other words, try to avoid having the client only take part in pleasant events unless they already carry out everyday tasks without difficulty.
- Many clients might have their own suggestions about what activities they would like to take part in again.
- However, if the client needs some help in identifying activities, give examples from the boxes below or activities you consider appropriate for the client.
- It is up to you and the client to decide together how many activities would be manageable for the client in a week.
- But you want, as best you can, to make sure that the client will have some success so they can increase their confidence.

## Breaking down the task into smaller steps

- It is important to break the overall task down into smaller and more manageable steps.
- Remember, this is so that the client does not feel overwhelmed with the task and to make sure that they experience some success in completing the task.
- This will encourage self-confidence and begin to influence their mood.

For example, “cleaning your apartment or hut” might be a major task. Breaking this task down by choosing small sections of the apartment or hut to clean (e.g. cooking area, sleeping area and so on) makes it more manageable and achievable for the client.

### **Schedule in tasks**

- Be very specific with the client about choosing a day and a time when they will plan to do the activity, and write this information.
- You may only start with small goals, such as completing the activity once in the next week.
- Using reminders might be a helpful way of making sure that the client completes the desired tasks. For example, alerts on their phone (if they have one), matching tasks with community activities or meal times, or asking a friend or family member to remind them.
- You may also find it helpful to use the calendar worksheet to help the client remember to complete their activity or task.

| At least one pleasant activity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <b>Time to yourself</b> <ul style="list-style-type: none"> <li>• Eat a favorite meal or food</li> <li>• Read a book</li> <li>• Relax and meditate</li> <li>• Pray</li> <li>• Cook</li> <li>• Listen to music</li> <li>• Sing or play music</li> <li>• Dance</li> <li>• Do some art (e.g. drawing, painting)</li> <li>• Read magazines or newspapers</li> <li>• Pick or arrange flowers</li> <li>• Write a poem, journal or story</li> <li>• Visit a nice place</li> <li>• Look at old photos</li> <li>• Weave or knit</li> <li>• Go fishing</li> </ul> |
| <b>Connect</b> <ul style="list-style-type: none"> <li>• Visit a friend or family (for a meal or an activity)</li> <li>• Visit or join a local church, mosque or temple</li> <li>• Call or talk to a friend, neighbor or family member</li> </ul>                                                                                                                                                                                                                                                                                                       |

- Invite your neighbor over for coffee or tea or share food with them
- Join a local community gathering
- Make a gift for someone
- Play a game with the family or a neighbor

#### **Self-care**

- Get out of bed each day at the same time you used to
- Have a bath
- Change your clothes
- Brush your hair

#### **At least one task; essential tasks for daily living**

##### **Go Active**

- Go for a walk alone or with friends or family
- Try an activity you have not tried before
- Get off the bus one stop earlier than your usual stop
- Dance
- Play actively with children

##### **Achieve**

- Wash clothes
- Sweep the floor (choose one area)
- Make beds
- Shop for food or other needs
- Tidy areas of the house (choose one area of the house, not the whole house)
- Cook a meal
- Child-care activities – give details: \_\_\_\_\_
- Mend clothes
- Pay bills
- Read mail
- Do farm work
- Help children with school work
- Build or repair structures, furniture, part of the house and so on
- Employment duties (tasks to earn a living) – give details: \_\_\_\_\_
- Tasks needed for community organization (or similar) – give details: \_\_\_\_\_

## Case example

A client had excessive feelings of hopelessness about unemployment, poverty and high rates of violence in his community, which made it unsafe for his family to leave the house. He often said in sessions, *"Life will never improve. I cannot do anything to change this; my children will grow up in poverty because I cannot change anything."* He had begun to withdraw significantly from his family, due to feelings of extreme worthlessness and guilt that he could not provide a better life for them.

His helper said to him, *"This situation sounds difficult for you and your family. And I think it's understandable that to some extent you would feel hopeless about it and also upset about how it might affect your children. But I can also see how these feelings may actually be keeping you stuck in this situation because they are very strong. Although you cannot change the whole problem of poverty and violence in your community, there are often small things you can do to help improve your situation or improve your mood, so that when situations change you can act on them, because you are feeling more positive. For example, taking small steps to get going now will make it easier to find a way to make a living if an opportunity becomes available. Acting on this kind of opportunity can be too difficult to do when you are feeling very hopeless or worthless."*

*"These feelings of hopelessness and worthlessness are common for people who live in situations like yours. And it is very common for people to begin to withdraw from their usual activities, such as doing enjoyable things with their family, because they feel so negative or tired. But over time a cycle of inactivity develops and actually makes your mood worse, so that you may feel depressed or completely unable to act in a positive way on practical problems. I want to talk with you now about a strategy that aims to increase your activity again so that your mood and feelings of tiredness will improve. You may also find that you are better able to face these difficult practical problems once you start this strategy."*