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A Balanced Life Facilitator Notes

Main Learning Points from last session: *Going Back to School: Transportation*

1. If you manage your illness, you can succeed in school.
2. If you go back to school, it may take longer to finish because you may need to go at a slower pace.
3. You will need to use good stress management skills if you decide to go back to school.
4. If it's available, you can learn to use public transportation.

Review Personal Practice Options from last session.

Remember

You can refer to the two-sided laminated “*Facilitator’s Delivery Checklist*” when using Team Solutions materials as a reminder of important facilitator tips.

Tips for this Session

In this session, the participants will fill out a fairly long self-evaluation. As each person completes it, say with a warm smile, “Good job!” and hand that person a small reward. Prizes and incentives are an effective motivational tool. (Suggested prizes; small bags of popcorn, granola bars, sugar-free drinks, decks of cards, coffee mugs, etc.)

When should you give prizes?

- A.** To acknowledge attendance milestones—for example, after getting five and ten attendance checks. Discuss this policy at a staff meeting to gain input and establish consistency.
- B.** To acknowledge participation—for example, announce at the beginning of a workbook and again at the halfway point (Session 7 in this workbook) that participants who’ve done a Personal Practice Option for each session will have a special party.
- C.** To acknowledge completion of something that took extra effort, like today’s self-evaluation.
- D.** To acknowledge an “extra mile” contribution (you’ll know it when you see it).

What not to give

Don’t give prizes that are unhealthy, such as sweets (but reduced calorie, sugar-free treats are fine). Don’t give things that participants don’t value.

Suggestion for Topic Introduction and Relevance to Participants

“Who can tell me what the expression ‘worn out’ means?”

(Call on a couple of people whose hands are raised. Reflect what they say and summarize by saying:)

“You may hear that clothes or a vehicle are ‘worn out.’”

(Probe for example of a person saying that he is tired or “worn out.”)

“So it sounds like you’re telling me that a person can do too much and it takes a lot out of them. They don’t feel good. They are tired and worn out from overdoing it.”

“Has anyone here been worn out in the past month?”

(Get several responses)

“Did being worn out affect your symptoms?”

“It sounds like pacing yourself and getting the right mix of activities and rest really matters in your lives. Well, today our session is about balance, about getting that right mix of the activities and rest we need to be comfortable and stay healthy.”

“Let’s review the main points from our last session and answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”

Topic Assessment Answer Key

1. B 2. B 3. B 4. C

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 8: Going Back to School: Transportation



Main Learning Points of Session 8

What were the main learning points of Session 8? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. If you m_____e your illness, you can succeed in school.
2. If you go back to s_____, it may take longer to finish because you may need to go at a slower pace.
3. You will need to use good stress m_____t skills you decide to go back to school.
4. If it's available, you can learn to use public t_____n.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

1. Yes. How did it go? _____

2. No. What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. I didn't choose a personal practice option.

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. I need at least 6 hours per night sleep.

- A. True B. False

2. Sleep is important for personal comfort but not for relapse.

- A. True B. False

3. I may choose a stimulating activity to help me relax.

- A. True B. False

4. An example of restful activity is:

- A. Watching an action movie on TV before getting ready for bed.
- B. Talking on the phone with a friend.
- C. Reading a book.
- D. Doing 15 minutes of exercise before getting ready for bed.

5. I feel confident that I can balance activities and rest in my life.

- Strongly Disagree Disagree Neither Agree Nor Disagree Agree Strongly Agree Unsure

6. This information is important for me to know.

- Strongly Disagree Disagree Neither Agree Nor Disagree Agree Strongly Agree

Topic Assessment



At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

Strongly
Disagree

Disagree

Neither Agree
Nor Disagree

Agree

Strongly
Agree

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Finding the Right Balance for Your Life

Objectives for this Session

1. Identify the relationship between a balanced life, stress, and relapse.
2. Define the difference between “relaxing” and “restful” activities.
3. Decide whether your life has the right balance of sleep, work, relaxing activities, and restful activities.

To add balance to each day, try to do:

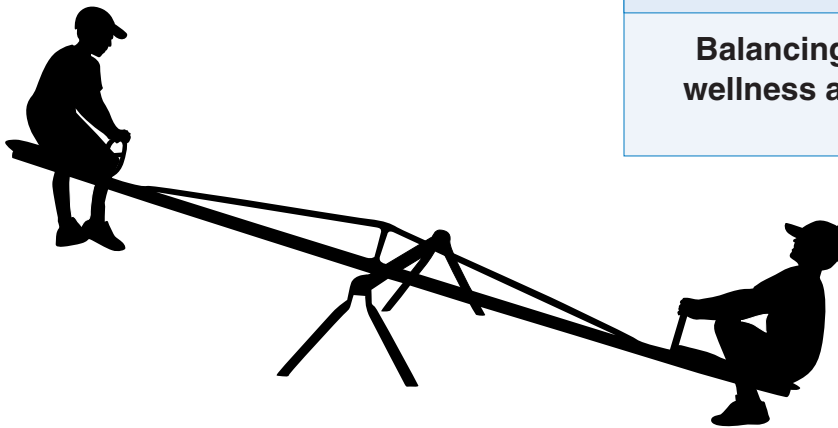
- Something productive, like work, school, or chores.
- Something nice for someone else.
- Something nice for yourself.

Balancing daily activities with enough time to rest is one of the most important things we can do for ourselves. Working or doing relaxing activities every day can help us feel better. But too much work or too much fun can add stress to life. And for people with a mental illness, too much stress can lead to a relapse.

To feel better and avoid relapse (and perhaps the hospital), you need balance in your life—the right amount of activity and the right amount of rest.

Main Learning Point #1

Balancing your life improves wellness and reduces relapse.



Do you have the right balance in your life?

To find out, answer the questions below:

Sleeping Habits

1. What time do I usually go to bed at night?
2. What time do I usually wake up?
3. How many hours of sleep do I usually get each night?
4. Do I feel rested or tired when I wake up?

Most people need between 7 and 10 hours of sleep during the hours when it is dark. A bedtime routine is important—try to go to bed at the same time every evening and sleep about the same number of hours each night.

Some people have to sleep during the day because of their work hours. Keeping this kind of schedule is usually not the best idea for people with mental illnesses. People with mood disorders may find it hard to have stable moods when they do not sleep at night. Individuals with this type of schedule should work very closely with their treatment team to plan a consistent schedule of sleep and awake time.



Main Learning Point #2

It is a good idea to go to bed at the same time every night and sleep about 7 to 10 hours.



My regular bedtime is _____ p.m.

Work Activities



1. How many days each week do I go to work, class, or group session?
2. How many hours am I there most days?
3. How do I feel by the end of the day?
4. I would like to work:
 - Fewer hours
 - The same number of hours
 - More hours

If you feel very tired by the end of the day, or if you feel very stressed, you should tell your treatment team. You may need to adjust your work schedule. Adjusting your sleep schedule may help, too.

Main Learning Point #3

The best choice is to work the right number of hours—not so long that you get very tired or too stressed.

Relaxing Activities and Restful Activities

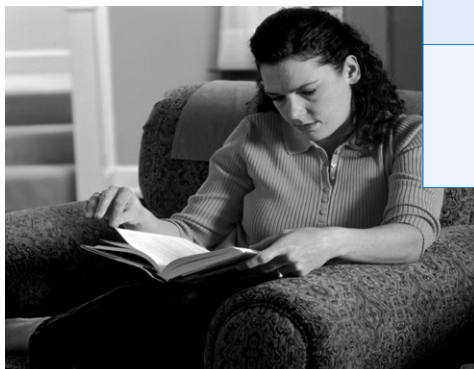


Relaxing Activities (These are activities you enjoy that you do by choice. They may be stimulating. They help you manage stress. They do not help prepare you for sleep.)

1. How much time each day do I take a walk, enjoy my hobbies, or do other activities I enjoy?
2. How do I feel about doing these activities?
 - I'd like to have more time for relaxing activities.
 - The time I have for relaxing activities is just right.
 - I spend too much time on these activities, and I'd rather do something else.

Restful Activities (These are activities you choose to slow down, calm down, or soothe myself. They also help prepare you for sleep.)

1. How much time do I usually spend reading, listening to music, or doing other restful activities?:
2. How do I feel about doing these activities?
 - I'd like to have more time for restful activities.
 - The time I have for restful activities is just right.
 - I spend too much time resting, and I'd like to do something more active.



Main Learning Point #4

Plan activities every day for enjoyment, relaxation, and rest.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____
4. _____

Move Forward—Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about how I balance the activities in my life.
- 3. LIST.** I will make a list of three “relaxing” activities I enjoy and three “restful” activities I enjoy. I will bring the list to the next session.
- 4. OTHER:** _____

Take an “Extra Step Forward” (optional)

- 5. PRACTICE.** I will try to do something *productive*, something nice for *someone else*, and something nice for *myself* every day this week. I will WRITE it down and report what I did and how it went at the next session.