

# 9

## Having Fun and Rewarding Yourself Facilitator Notes

### Main Learning Points from last session:

#### *Balance of Mind, Body, Spirit: A Holistic Approach*

1. If you have a positive outlook, you will enjoy life more.
2. Your physical health affects your ability to work at your best each day.
3. Your overall health is a combination of having a healthy mind, body, and spirit.

### Review Personal Practice Options from last session.

#### Tips for this Session

1. This session is an example of having fun and rewarding ourselves. Indicate to participants that the only rule of the next hour is that no one is allowed to complain about anything. However, compliments to each other are welcome.
2. Plan ahead and provide a snack or light meal for each participant. Take time to acknowledge something you know each member has done on his or her personal road to recovery. Tell them how much you admire their efforts, shake their hands, and enjoy the moment.
3. Share how you have seen their lives impact the lives of others. This can be the lives of the staff, family or friends, or other participants.

## Suggestion for Topic Introduction and Relevance to Participants

*“Sometimes people spend so much time dealing with their mental illness, they forget how to have some fun. Even worse, sometimes they forget how to reward themselves for their hard work. They may have trouble enjoying their lives.”*

*“It is important that you take pride in knowing what you have gone through and the progress you have made on your road to recovery. You need to be able to remember that you are NOT your illness. You have many roles other than just a person with a mental illness. Be proud of your progress and make plans to reward yourself along the way.”*

*“Today, no one is allowed to make a single complaint, but you may compliment other members of the group at any time you want. During today’s session, we will practice what we preach and enjoy ourselves!”*

*“In honor of today’s day of fun, we will not have pre- and post-Topic Assessments. We will do the feedback evaluation.*

*“Let’s review the main points from our last session before we start.”*

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

## Review of Session 8: Balance of Mind, Body, and Spirit: A Holistic Approach



### 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 have a p\_\_\_\_\_e outlook, you will enjoy life more.
2. Your p\_\_\_\_\_l health affects your ability to work at your best each day,
3. Your overall health is a combination of having a healthy mind, body, and s\_\_\_\_\_t.

### 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

**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 am confident I know how to have fun in safe and healthy ways.**

Strongly Disagree       Disagree       Neither Agree Nor Disagree       Agree       Strongly Agree       Unsure

**2. This information is important for me to know.**

Strongly Disagree       Disagree       Neither Agree Nor Disagree       Agree       Strongly Agree

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

**3. This session helped me.**

Strongly Disagree       Disagree       Neither Agree Nor Disagree       Agree       Strongly Agree

**4. What I liked about this session:** \_\_\_\_\_

\_\_\_\_\_

**5. How this session could have been better for me:** \_\_\_\_\_

\_\_\_\_\_

# Having Fun and Rewarding Yourself

## Objectives for this Session

1. Identify 1 obstacle you have overcome on your road to recovery.
2. Share a time of fun and shared support with other participants and staff.

**Life can be tough when you are managing a mental illness.** It is hard enough for people to live a good life. Many people struggle with the problems of everyday life and forget how to have fun. They may believe they do not deserve to be happy or they can't be happy. They may stop doing things that they enjoy.

Fun and laughter do not have to cost any money. Laughter is one of the best healing solutions we have. Has anyone ever had an experience when things went wrong and all you could do was laugh about it? Has anyone ever got caught in the rain before meeting someone for the first time?

Would any of you like to share something that made you smile or laugh recently, or do you have any funny stories you would like to share?

How do you feel when you laugh and share that experience with others?

**Main Learning Point #1**

**You deserve to have fun!**

**Interactive exercise.** Look around the room at your peers. Taking turns, we will each make one positive statement about the person on our right. Share something that you like about his or her kindness, support, or friendship. Or you may remember something he or she did or said one day that helped you. You may want to share a special memory.

## Having Fun and Rewarding Yourself

(continued)

It is also important to remember to give yourselves a pat on the back. You need to give yourself a treat every now and then, but it does not need to be a food treat. You can make plans with a friend to do something, or you can get a group of friends together. In fact, sharing time with others is very rewarding. By sharing time with friends, you give and get support. Being around others who understand you is comforting and provides natural support.

**Interactive exercise.** Let's work together to develop a list of self-rewards that we would enjoy, and we can find some things that we have in common that we like to do.

### Main Learning Point #2

**Sharing fun and good times with your peers can be very rewarding.**

**It is important to find the right reward for yourself.** This can take some time because the first thing you try may not work for you. If this happens, keep looking! Ask others what they do for good, healthy fun. Remember, it is not good to use alcohol or illegal drugs to feel better because the long-term effects will interfere with your recovery. Rewarding yourself in a way that is good for your mind, body, and spirit is an important part of your recovery.

### Main Learning Point #3

**Remember to reward yourself every day with something that you enjoy.**

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 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 inexpensive ways to have fun.
- 3. PRACTICE.** I will practice having fun with a friend. We will go to a movie, play cards, or share a meal together.
- 4. OTHER:** \_\_\_\_\_

### Take an “Extra Step Forward” (optional)

- 5. WRITE.** This week I will start a list and write down one positive thing about myself every day. I will then reward myself by doing \_\_\_\_\_. I will share what I did at the next session.