

Discover the Recovery College

Hope, Control, Opportunity

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Outline of this Session

- Lived experience of mental health challenges and recovery
- Exploring what a Recovery College is
- Overview of the recovery ethos in mental health
- Strengths-focused practice
- Co-production in mental health
- Questions and answers



THE LIVED Experience

Belfast Recovery College

- Ethos: hope, control and opportunity through education



So What Is Recovery?!



No decision about
me without me.

Andrew Lansley

quadracy

So What Is Recovery?!

Anthony, 1993:

*...a way of living a satisfying, **hopeful** and contributing life **even within the limitations** caused by illness...a **deeply personal**, unique process of changing one's **attitudes, values, feelings, goals, skills** and hopes. Recovery involves the development of new **meaning and purpose** as one grows beyond the catastrophic effects of mental illness.*

Shepherd, Boardman and Slade, 2008:

*Recovery is about **discovering** or rediscovering a sense of personal **identity**, separate from illness or disability.*

Strengths- and Recovery- Focused Practice



WRAP Wellness Recovery Action Plan



Hope.
Personal Responsibility.
Education.
Self-Advocacy.
Support.

Strengths- and Recovery- Focused Practice



Belfast Recovery College 028
9504 3059



HOPE CONTROL OPPORTUNITY



Take 5 steps to improve
your Emotional Wellbeing

www.makinglifebettertogether.com

Recoverycollege@belfasttrust.hscni.net

Any Questions or Comments?



Thank You for Listening 😊

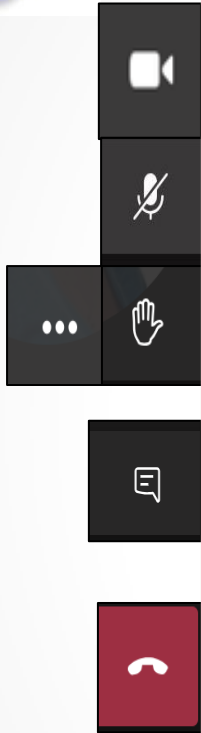




Guidance For Using MS Teams

- For a better learning experience turn on camera, if you choose not to, we will still support you.
- Mute yourself when you are not speaking to eliminate any background noises during the session.
- Please use the 'hand' icon to indicate that you have something to ask/ share with the group. (if you are unable to see a hand icon press the 3 dots as the option may be hidden on different devices)
- You can type or follow Comments/Questions in chat function which is visible to everyone, respect confidentiality.

Ensure you press the end call button at the end of the course/video call(not during a break).



Compassion and Self Care



Taking care of the self and Remaining
Compassionate

Belfast Recovery College

Tutors

Thomas Fisher



From the Compassionate Mind

Gilbert(2010)



“Compassion can be defined in many ways, but its essence is a basic kindness , with a deep awareness of the suffering of oneself and of other living things , coupled with the wish and effort to relieve it” .

“Compassion has also been seen as a major healing process for our turbulent minds and relationships”



Compassion



- While all major religions encourage compassion, it forms a central part of Buddhism
- It is not religious doctrine it can be secular as well
- Many major scientific studies have proven the benefits of compassion (and self compassion)
- Some teachings suggest it is the highest form of love and to “serve others” is one of the greatest forms of human virtue



If your compassion does not
include yourself, it is incomplete.

Buddha

quote fancy



Is there a flip side ?



- Compassion fatigue/stress is a process ~ it develops over time and may take weeks, months or years to surface.
- It is a low level chronic clouding of caring and concern for others (and self) whether it is in a personal or professional capacity
- Over time, your ability to feel and care for others becomes eroded through overuse of your skills of compassion. You also might experience an emotional blunting – whereby you react to situations differently than one would normally expect.”



Compassion fatigue/Stress

1

HOW THIS MAKES ME FEEL EMOTIONALLY

- ❖ overwhelmed
- ❖ anxious or panicked
- ❖ tearful
- ❖ guilt
- ❖ anger and irritability
- ❖ mood swings
- ❖ scared / petrified
- ❖ vulnerable
- ❖ sadness feel very flat emotionally
- ❖ stressed
- ❖ hopeless / helpless

HOW THIS IMPACTS ON PHYSICAL WELL-BEING

- ❖ delusions
- ❖ headaches or muscle aches or pains or dizzy
- ❖ crying
- ❖ panic attacks / sweating / numbness
- ❖ everyday sound unbearable / too loud
- ❖ unexplained aches and pains
- ❖ nausea / gastrointestinal
- ❖ palpitations
- ❖ chronic fatigue
- ❖ lack of energy
- ❖ overeating / loss of appetite / weight loss / gain

HOW THIS IMPACTS ON MY THOUGHTS

- ❖ very sensitive
- ❖ self-criticism and self-blame
- ❖ negative thoughts overplaying in my mind
- ❖ mind overloaded / racing / concentration issues
- ❖ thoughts of death and suicide
- ❖ indecisiveness and confusions
- ❖ rumination
- ❖ flashbacks
- ❖ disassociation
- ❖ depressed
- ❖ excessive fear

HOW THIS IMPACTS ON MY BEHAVIOUR

- ❖ mistrusting / avoidance
- ❖ phobic or OCD
- ❖ smoking more or increased use alcohol / drug use
- ❖ hyper-vigilant
- ❖ pacing
- ❖ unable to carry out work, multi-task & social roles
- ❖ isolation
- ❖ crying
- ❖ lack of sleep or sleeping too much
- ❖ vivid dreams or nightmares
- ❖ difficulty in relationships at home or at work
- ❖ self-care issues or changes in appearance
- ❖ missing appointments or losing track of time



WHAT IS SELF-COMPASSION?



Mindfulness

Self-compassion involves recognising when we're stressed or struggling without being judgmental or over-reacting.



Self-Kindness

Being supportive and understanding towards ourselves when we're having a hard time, rather than being harshly self-critical.



Connectedness

Remembering that everyone makes mistakes and experiences difficulties at times. We are not alone!



Self compassion is not...



- Self indulgence
- If we feel self-pity we may become immersed in our own problems
- That we have to evaluate ourselves by constantly comparing and judging ourselves to others
- Being passive
- Being hard on ourselves so that we can find motivation for change



Self compassion



- Self-compassion involves showing warmth, consideration and understanding to oneself , rather than being critical and ignoring our inadequacies.
- We should recognise that we are not meant to be perfect and that if we fail at times this is part of the challenges in life
- We should try to be gentle to ourselves rather than getting upset and frustrated. If we neglect to show kindness to ourselves it can manifest in the form of stress, anxiety and self-criticism and self-loathing



Self compassion is...



- Recognising and accepting our own suffering/wellbeing needs as well as the needs of others.
- Self-compassion is the realisation that we are not perfect and accept that we are only human and we will make mistakes at some time or another. why should I be any different?

A moment of self-compassion
can change your entire day.
A string of such moments can
change the course of your life.
↳ Christopher K. Germer



Self care is not self Indulgence

- The practice of taking care of our own physical and emotional needs with the goals of remaining healthy and resilient
- Essential for our survival and a means of finding more joy and meaning within our busy lives
- An ongoing daily practice and not just now and then
- About being in tune and trusting our inner-self and recognising when we need to take action to meet those needs
- The actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness



Self Indulgent Compassion

Self

I am just
messed up!

I deserve
this! It's my
own fault!

What's
wrong
with me?

What's going
to happen
next?

It's just the
way
my life is...

Why does this
keep
happening to me?

Every time
something
happens
I start to think
of all
the old stuff...

Why should I
care about
myself!

Would I speak to
someone I cared
about the way I
speak to myself?

I am looking at
the problem or
focusing on how
it makes me feel?

If my friend was
going through
this what advice
would I give?

I should give
myself a break
and not be too
hard on myself

I should remind
myself that I am
only human

Can I get
support to
deal with
this?

I should think
of all my good
qualities and
not focus on
any insecurities

Its ok not to know
everything...

...what am I
learning ?

Will this matter
next week, next
month, next year,
so why let it take
hold?

...**TAKE A
BREAK**



**We need to learn how to stop negative
thoughts from taking hold**

Self Care

- 1. It takes self effort, *but the reward is worth it.*
- 2. Self-care versus *self-Sabotage* .
- 3. Balance, *we all can have an un healthy balance from time to time.*
- 4. Relationships, *Taking care of ourselves means looking after the relationship with ourselves and our relationships with others.*
- 5. Engaging in healthy activities, *Enjoy the discovery of what is best for you*

A teal rectangular box containing handwritten-style text in red and blue. The text reads: "An empty tank will take you exactly NOWHERE. Take time to refuel." The word "NOWHERE" is in large, bold, blue capital letters, while the rest is in red cursive script.

An empty tank
will take you exactly
NOWHERE.
Take time to refuel.

What Springs to Mind When you Hear the Word Nourishment ?

- Your senses are the entry point through which the external world enters your internal world.
- Hear. *Listen to nature , good music that we enjoy can uplift or soothe*
- Touch* *Wear nice things that feel good on you , stroke pets if you have one*
- See *Look for the beauty in nature —landscapes, a forest, the ocean, or the starry night sky*
- Taste *take time to taste your food ,Eat good food that you enjoy with balance , discover new foods.*
- Smell *Specific aromas can have a powerful influence on mind-body states and balance.*



Back 15 Mins

Respect your body

when it's asking for a break.

Respect your mind when

it's seeking rest. Honor

yourself when you

need a moment

for yourself.



tinybuddha.com



Switch off camera and sound.

Do not switch off **leave meeting** option

My role in my own self-care

PERSONAL ROLES & RESPONSIBILITIES

- ❖ work
- ❖ maintaining my health
- ❖ maintain good structure and balance
- ❖ healthy life style choices
- ❖ look after my family
- ❖ look after a pet
- ❖ maintaining my home
- ❖ managing finances
- ❖ volunteer role
- ❖ attend appointments

2

STRENGTH AND SUPPORTS

- ❖ personal resilience
- ❖ good structure
- ❖ friends and family
- ❖ good supports
- ❖ good knowledge and insight
- ❖ apply wellness toolkits
- ❖ attend wellness courses
- ❖ health professionals
- ❖ mindfulness and meditation
- ❖ learn from past experiences

SOCIAL LINKS

- ❖ friends, family
- ❖ neighbours
- ❖ local church
- ❖ community / leisure centres
- ❖ going shopping
- ❖ clubs and social activities
- ❖ college or work
- ❖ volunteering roles
- ❖ social media
- ❖ slimming world

HOBBIES & INTERESTS

- ❖ sports
- ❖ art
- ❖ reading books or newspapers
- ❖ tv or cinema
- ❖ cycling
- ❖ crosswords and Sudoku
- ❖ learning a language
- ❖ going to the gym
- ❖ cookery
- ❖ walking group
- ❖ music



Do not sacrifice yourself to help others, **Increase yourself to help others.**

Your service and caregiving is a gift that should be nurtured and preserved.

Be intentional and diligent in your own self care .Beverly Kyer

- Adversity can hit us hardest when we are at our lowest, don't let your emotional battery go flat
- Nourish your mental ,physical ,social and spiritual needs
- Practise self compassion
- Sometimes we cant do it all on our own, nor we should we always try, ask for support, it's a sign of strength and awareness
- Share your concerns with trusted others
- None of us know it all

Check Your Battery

How are you currently feeling?

Feeling great!
Keep meeting your needs and practicing self-care.

Feeling okay.
How can you make your day a tiny bit better?

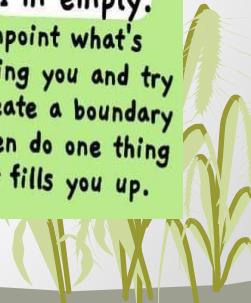
Struggling.
Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

Feeling good!
How can you maintain the levels you're currently at?

Meh.
How can you love on your -self today? Be extra kind to yourself.

I'm empty.
Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

BlessingManifesting



Resilience the 4 S,_s



Skills You drew on

Supports that kept you upright

Strategies that kept you moving

Sagacity that gave you comfort

Resilience, the 4 S,_s

- Skills

are things that we can access in times of need such as manage money, keep a sense of perspective, a sense of humour even with adversity

- Support

are the props that keeps us standing when it would be easier to drop, faith , family, friends, professional support etc

- Strategies

Flexible thinking to deal with feelings thoughts, routine, time out/self care etc.

- Sagacity

Wisdom and insight one holds from song lyrics, poetry, spiritual writings ,quotes from famous or grannys sayings or learning from ones own experience

Mindfulness



- Mindfulness is an important element in developing emotional resilience
- Mindfulness breathing can help calm the chattering mind, calm the nervous system, the cardio system and slows an over active amygdala
- Regular practise of mindfulness exercises can help us notice what is helpful or unhelpful thoughts and develop flexible thinking.
- Mindfulness doesn't control our thoughts but can help stop our thoughts controlling us
- Mindfulness can help us gain a different perspective

Thank you for taking part in today's course
we value your feedback.
If you would like a copy of today's course please
complete your feedback form.

Please stay safe





resources

- https://www.youtube.com/watch?v=0sNkfy_l3vY&feature=youtu.be
- www.youtube.com/watch?v=c9IZFbFadx8
- www.youtube.com/watch?v=3ThUrVXz9j0
- [/www.youtube.com/watch?v=1DPmBY4Pw](http://www.youtube.com/watch?v=1DPmBY4Pw)
- https://www.youtube.com/watch?v=JMGvuS_csRk

Resources



- Further reading:
- The Compassionate Mind, (Gilbert, 2010)
- Self Compassion, (Neff, 2011)
- Mindfulness, finding peace in a frantic world, (Williams & Penman n, 2011)
- Getselfhelp.co.uk
- Lifeline 0808 808 8000
- Recovery college 028 95043059

