

## Session 4: 'Meaningful and manageable activities'

In today's session we followed up our discussion of setting goals, breaking them down into small steps (chunking), and then scheduling time to complete each step. We talked about the importance of the goals you set yourself being meaningful and the steps you take being manageable.

To help you to practise during the week we have provided you with handouts to help you to identify tasks to schedule. Now that you've made a start on one goal we think that you will probably find it beneficial to try to work on a number of goals at the same time, if that feels like we're going at the right pace for you.

Specifically people find it useful to think about what they'd like to achieve in a number of areas. There are some examples at the end of this section if you'd find it helpful to look at them.

Firstly, we'd like you to consider activities to do with your daily routine. This can include personal care and home management: things like keeping your home clean, doing the shopping or cooking, opening post, paying bills and so on.

Take a moment to ask yourself: what would I like to be doing more of to take care of myself and my home? Then ask yourself: what would be the positive consequences of doing these things? Write your answers below:

Personal care and home management tasks	Predicted positive consequences for me and others

When Tess wrote down her answers they looked like this:

Personal care and home management tasks	Predicted positive consequences for me and others
<i>Showering every day</i>	<i>Feel like I'm looking after my appearance</i>
<i>Clean the bathroom once a week</i>	<i>It might cheer me up and make me feel more in control of things</i>
<i>Cook a meal from scratch 3 times this week</i>	<i>Rediscover old recipes and feel like I'm getting back to my old self</i>

Secondly, we'd like you to think about your private leisure activities. This means things you do predominantly alone, such as exercise, reading, gardening, playing an instrument, arts and crafts and so on.

Take a moment to ask yourself: what would I like to do more of? Or: what have I been meaning to start doing but not got round to? Then ask yourself: What would be the positive consequences of doing these things or starting a new interest? Write your answers below:

Private leisure activities	Predicted positive consequences for me and others

When Tess wrote down her answers they looked like this:

Private leisure activities	Predicted positive consequences for me and others
<i>Listening to music</i>	<i>Could rediscover some of the songs I haven't listened to for ages - it would remind me of good times</i>
<i>Go to the gym once a week</i>	<i>Feel more fit and have more energy</i>
<i>Get a 1,000 piece jigsaw</i>	<i>It would be relaxing and help me to concentrate</i>

Thirdly, we'd like you to think about work and study. This means both paid work and voluntary work and any study you're doing or hope to do, from a part-time evening class to a full-time post-graduate qualification.

Take a moment to ask yourself: what would I like to achieve in work and study? Then ask yourself: what would be the positive consequences of attempting these things? Write your answers below:

Work and study tasks	Predicted positive consequences for me and others

When Tess wrote down her answers they looked like this:

Work and study tasks	Predicted positive consequences for me and others
<i>Approach my manager about a project she mentioned to me the week before and tell her I'd be interested in helping with it</i>	<i>Scary but I'd feel more involved with things and more connected</i>
<i>Enrol on Spanish conversation class again</i>	<i>I would enjoy seeing the people again and would feel encouraged to think about taking a short break in Spain when I can afford it</i>

Fourthly, we'd like you to think about your social leisure activities. This means anything that you do with other people for social reasons (as opposed to work or family). It can include going to parties or the pub, outings with friends, entertaining and so on.

Ask yourself: which people would it be good for me to see and what social activities might I enjoy? Then ask yourself: what would be the positive consequences of doing these things? Write your answers below:

Social activities and people	Predicted positive consequences for me and others

When Tess wrote down her answers they looked like this:

Social activities and people	Predicted positive consequences for me and others
<i>Helen asked me over for the evening - text her to say I'd like to see her on Thursday</i>	<i>It would be good to catch up and I'd feel like I'm being the friend I want to be</i>
<i>Colleagues go for a drink after work on Friday, I'd like to go along</i>	<i>I'd like to get to know them better and I'd feel as though I'd be part of things again</i>

Lastly, we'd like you to think about family and close relationships. This can include parents, children, spouse or partner, or other people you live with.

Ask yourself: what would I like to be doing more of with the people I most care about and who most care about me? The ask yourself: what would be the positive consequences for me and for them? Write your answers below:

Family and close friends	Predicted positive consequences for me and others

When Tess wrote down her answers they looked like this:

Family and close friends	Predicted positive consequences for me and others
<i>Call my sister Carrie this Sunday evening</i>	<i>I know she's been worried about me so it would reassure her and make me feel closer to her</i>
<i>Go to Mum and Dad's for Sunday lunch - they keep asking me</i>	<i>I know it's not always easy to see them but it would help break the ice and I'd really like us to get along better</i>

How do your answers compare with the ones Tess filled in? Pause a moment and go back over your answers. Is there anything else you'd like to add?

Did you notice any change in how you felt as you answered those questions? Do the activities seem manageable? If not, how can you make them easier to achieve, or break them down into smaller steps? Did they seem meaningful? Will they make a difference to your life or to your relationships?

We'd like you to choose two or three new activities and write down what they are, when you'll do them and what makes them meaningful to you, using the worksheet below. We've given you space to plan up to six new activities but we're not expecting you to do them all, just what feels right to you.

Here's an example of what Tess wrote:

### Activity 1

Activity I'm planning to schedule

*Buy and complete a 1,000 piece jigsaw*

What makes this activity meaningful to me?

*I'm sick of just watching rubbish TV - if I can do a jigsaw it will help me concentrate. I used to really like doing jigsaws.*

How manageable is this activity right now?

*I can get a jigsaw from a shop in town at lunchtime or even online if they haven't got anything and then do it in the evening.*

What do I need to do to make it more manageable?

*Even if they don't have something I like I could always go to a few charity shops and see what they've got - that would be nice and will keep me busy*

The last part of the exercise is to fill in your activity schedule. This version has space for five activities a day – we're not expecting you to fill every slot but try to plan a mix of activities through your week. Include your regular commitments or things you're already doing as well as the new activities that you've decided you'd like to try.

Try to schedule a variety of activities: mix up a few chores (e.g. washing, cleaning), some necessary tasks (e.g. opening and paying bills), some private leisure activities (consider exercise), some social activities (e.g. phoning or meeting a friend), and some time with those close to you (e.g. family or a good friend).

Come and let us know how you get on. Until we see you 'Good Luck'

## ***Meaningful and manageable activities***

### Activity 1

Activity I'm planning to schedule

What makes this activity meaningful to me?

How manageable is this activity right now?

What do I need to do to make it more manageable?

### Activity 2

Activity I'm planning to schedule

What makes this activity meaningful to me?

How manageable is this activity right now?

What do I need to do to make it more manageable?

### Activity 3

Activity I'm planning to schedule

What makes this activity meaningful to me?

How manageable is this activity right now?

What do I need to do to make it more manageable?

#### Activity 4

Activity I'm planning to schedule

What makes this activity meaningful to me?

How manageable is this activity right now?

What do I need to do to make it more manageable?

#### Activity 5

Activity I'm planning to schedule

What makes this activity meaningful to me?

How manageable is this activity right now?

What do I need to do to make it more manageable?

#### Activity 6

Activity I'm planning to schedule

What makes this activity meaningful to me?

How manageable is this activity right now?

What do I need to do to make it more manageable?

## ***Activity Schedule***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 1							
Morning 2							
Afternoon 1							
Afternoon 2							
Evening							