

TIME	ACTIVITY	TOOLS
Make sure you have 30 mins available to prepare your group before it starts.	<p>Preparation before the session</p> <ol style="list-style-type: none"> 1. Ensure audio visual technology is set up 2. Flip chart or white board and markers 3. Print individual participants handouts for those who would like to do some further self-paced activity. <p>Allow up to ONE hour to complete your group.</p>	<p>Smart TV/Computer Print handouts if needed</p>
10 mins	<p>Acknowledgements – Welcome to Country and Lived Experience Facilitator Tip~ The act of self-reflection can be truly transformational and is a powerful tool that can help you to evaluate what you have accomplished. Through the experience of self-reflection, you can reconnect with your values and better understand yourself. The simple act of pausing and acknowledging your growth can go a long way</p>	<p>Butchers paper/white board</p>
5mins	<p>Discuss Aim and Objectives (display the slide for everyone to see or write on butcher’s paper/whiteboard):</p> <p>AIM: Determine own self-care priorities and demonstrate practical self-care activities.</p> <p>OBJECTIVES:</p> <ol style="list-style-type: none"> 1. Define own definition of self-care 2. Distinguish between unhealthy and healthy self-care activities. 3. Identify potential barriers to self-care and identify supports 4. Demonstrate self-care activities 5. Determine self-care priorities and apply to one’s own Individual Recovery Plan 	<p>PowerPoint slide can be displayed on smart TV/ computer, written on White-board OR printed out</p>
10mins	<p>Watch the video Self Care (Under 8 minutes in length): https://www.youtube.com/watch?v=zPsMB8EjtXQ</p>	<p>Computer or smart TV</p>
20mins	<p>After watching the video, complete Activity A. This is a time for open discussion. Be sure to read out each question/statement or encourage participants to do so. Each question should help prompt open and honest discussions.</p>	<p>-Participant Resource printed out</p>

	<p>After the discussion, complete Activity B. This is where we put our words into practice. The resource asks that participants compose their own self care chart. (Follow the resource steps to complete) It is recommended that you provide your own example to group first. On a whiteboard or paper.</p> <p>At the end of the activity is TWO questions. This is a time for your participants to reflect on what they have learnt.</p> <p>Extra resources: On the L2B website you will also have access to complimentary self-care resources available for you to print out and provide to your participants. These are intended for take home or to complete in their own time.</p>	-blank pieces of paper, coloured pens/pencils
5mins	<p>Reflection</p> <p>Come back to the outcomes and aim, ask your group the key messages they took away from the group.</p>	
5mins	Hand out feedback form and collect (scan and send back to L2B team after you group)	Feedback forms
5 mins AFTER YOUR GROUP	<p>Self-Reflection (This is time for you to reflect on your own strengths and challenges)</p> <ol style="list-style-type: none"> 1. What were the strengths of this group? 2. What could be improved on next time? How could I run this differently? 3. What area's might I need extra support in? how will I action this? 	Fill out in a workbook, diary or the space provided here.

Self-care

Aim:

Determine own self-care priorities and demonstrate practical self-care activities.

Objectives:

1. Develop own definition of self-care
2. Distinguish between unhealthy and healthy self-care activities.
3. Identify potential barriers to self-care and identify supports
4. Identify preferred self-care activities and apply to one's own Individual Recovery Plan.

Self-care – Participant Resource

ACTIVITY A – Self-care

You have now watched the Learning2B video on Self-care. As a group, let's discuss the statements and questions below.

1. As discussed in the video, some people can get confused between unhealthy and healthy acts of self-care. Can you identify some of the unhealthy self-care activities you might engage in? Can you make room for more healthy self-care acts you have not engaged in before? If so, what are they?
2. Self-care priorities don't always feel easy and can take a lot of motivation to do. As a group, discuss some of the barriers that might get in the way of your self-care needs.
3. Discuss some of the ways you can overcome these obstacles that stand in the way of a self-care practice or routine. Is there a person or service that you may need to help you do this? (Templates dedicated to self-care planning are available at the end of this resource).

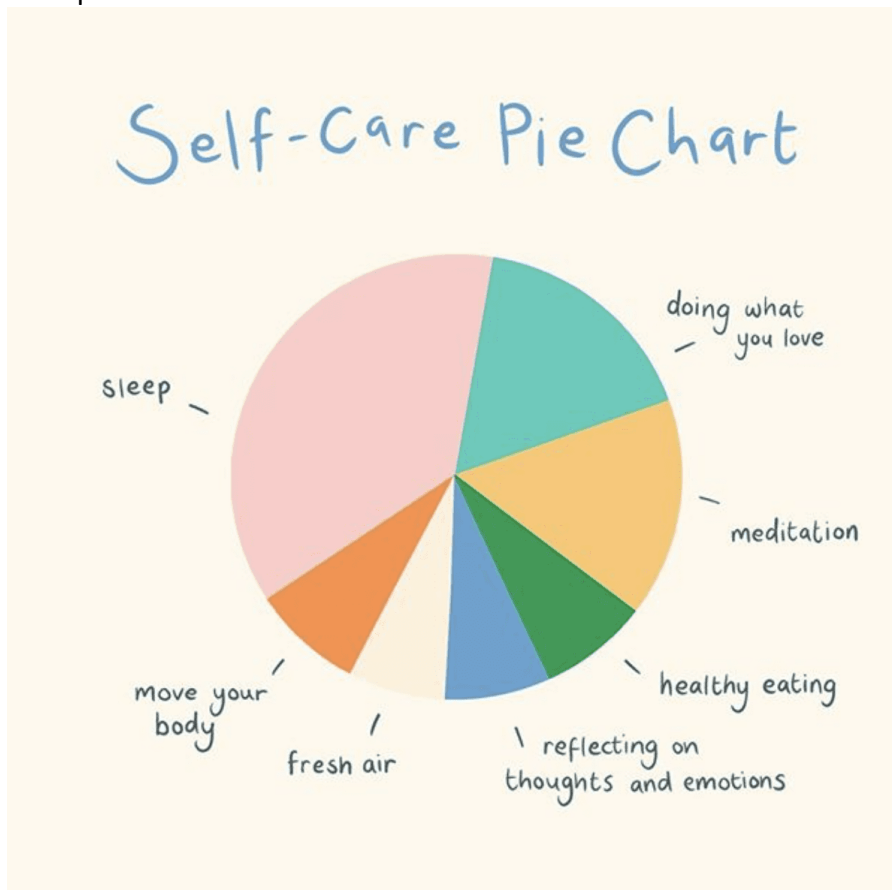
ACTIVITY B – Self-care

Down to the fun part. It's time to engage in a self-care activity. It is suggested that your facilitator provide their own example first. (Below you will also see another example to help guide you).

Using a piece of paper and pen or texter draw your own Self -Care Pie Chart. Easy steps are outlined below:

1. Draw a circle and divide into pieces that make up your daily activities. Be sure to provide spaces for important self-care activities you would like to start introducing into your life.
2. It is important you don't try to cram too much in. This is a moment for you to create a space to see things differently and make room for positive change.
3. This could mean you remove activities that you thought were helpful but after reflection are no longer serving you.
4. This may take a few goes (have a few pieces of paper to work with)
5. Remember as your journey changes and develops, so too do your self-care priorities. The chart you have created is not fixed in stone. Always revisit it and place up your newest version where you can see it!

Example



1. Having completed the activity, are you able to define self-care in a way that is meaningful to you?
2. If you were to revisit your Individual Recovery plan, what might you add to it based on what you have discovered in today's group session? What's your biggest take away from this topic?