



SESSION 7



EXERCISES

Connecting up: What I've learned about myself so far

Ask the students to think of one thing they have learnt about themselves so far in the course. Then ask them to share this with the group.



TUTOR NOTES

Encourage the students to think of positive things they have learnt about themselves – be strengths-based and draw on the exercises in the sessions. They will have more time in this session and the next to think about all they have learned so there is no need to worry about it only being one thing.



Laura's story

Show the short film Laura's story which can be found at

<https://www.youtube.com/watch?v=qhAwU2OmySl&feature=youtu.be>

This film was produced by MIND

Ask the students to consider:

- What helped Laura to think about her situation or story differently?
- What difference do you think this could make to you or others?
- How is Laura using her story to help others?



TUTOR NOTES

This short film is another example of someone sharing their recovery story- or an aspect of it. What is central for this session is Laura’s reframing or different understanding of her situation/story by moving from a narrative about what was wrong with her to what happened to her. This different approach helped her to make sense of a situation that she did not understand and where she felt little or no control. In addition, Laura’s story highlights that she is not only sharing her story but using her story to help others by influencing how they are supported. This is an example of story living. Students may think of using your story to help others in a direct way but there are many other opportunities such as influencing policy and practice or getting involved in recovery education.



My story so far

Using the worksheet provided or asking students to record their thoughts in writing or using the video function on their smartphone pose the following questions:

- Who am I?
- What has been my recovery journey?
- What have the turning points been?
- What have I learnt about myself?
- What do I do to stay mentally well and keep on my recovery journey?

This is an individual exercise but students may find it helpful to talk things through with others in pairs or small groups.



TUTOR NOTES

This is an opportunity for the students to review what they have learnt so far on the course and to start to think about developing their story. Remind them that they have lots to review from the exercises, any notes and handouts. Students will need some time for this exercise and it may be that they start it in the session and are asked to work on it and bring it back to the next session.



Sharing my story

Ask the students to think about the story they have developed or are developing in the previous exercise. What are the two or three key things they would like to share with others?



TUTOR NOTES

This exercise is to help students think through what they want to share with people. Encourage them to think about self-care and their own wellbeing but also what they think would benefit and inspire other people in their recovery journey.

Remind them of the videos shown over the sessions and that what they share does not need to be new or 'rocket science'. Sometimes it's great to hear someone share something that you have learnt or are doing to stay well.



HANDOUTS OVER PAGE



My story so far

WHO AM I

MY RECOVERY JOURNEY

MY TURNING POINTS

**WHAT I HAVE LEARNT ABOUT
MYSELF**

WHAT I DO TO STAY WELL AND ON MY RECOVERY JOURNEY



Sharing my story

What do I want to share?

Think about two or three key things from your story that you most want to share with others....

1.

2.

3.

Why is this important to me?

