

ZERO COERCION



ERASMUS + EUROPEAN PROJECT

TRAINING MATERIALS_6

2019-1-ES01-KA204-065856



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ZERO COERCION IN MENTAL HEALTH

DETA 6_ PHYSICAL AND EMOTIONAL WELL-BEING AT HOME

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What we are going to do today

- ▶ We will watch a presentation on what mindfulness is, and facts about it.
- ▶ We will watch videos about mindfulness
- ▶ Clarifying questions can be asked after the presentation.

Practice mindfulness / relaxation alone or with my supports



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What is mindfulness?

- ▶ **Definition of mindfulness.**
- ▶ **According to Professor Mark Williams, mindfulness means “knowing directly what is going on inside and outside our selves, moment by moment”** (National Health Service, n.d., What is mindfulness section, para. 1).
- ▶ **Pali word “sati”, meaning “*having awareness, attention and remembering*”** (Bodhi, 2000; as cited in Davis & Hayes, 2001, p. 198).
- ▶ **It is originated from Eastern traditions** (Shapiro, Carlson, Astin & Freedman, 2006).
- ▶ **It can be described as a type of mental training** (Bishop et al, 2004).

Background of “mindfulness”

- ▶ **Professor Jon Kabat-Zinn**
- ▶ **Philosophy of Buddhism**
- ▶ **“Mindfulness-Based Stress Reduction” program**
- ▶ **Disconnection from Buddhism**

(Shea, 2018).

Can mindfulness be helpful?

- ▶ It can be helpful to appreciate the world around,
- ▶ understand our selves,
- ▶ to live new things,
- ▶ to become aware of the “*stream of thoughts and feelings*” (as Professor William noted),
- ▶ to take distance from our thoughts and realize their motifs,
- ▶ to perceive thoughts as “mental events”
- ▶ to manage various issues

(National Health Service, n.d., How mindfulness helps mental wellbeing section, para. 3 & 4).

More evidence

A study by Chien & Thompson (2014), investigating outcomes of a mindfulness-based psychoeducation programme for patients with schizophrenia, showed hopeful data.

- ▶ positive effects in the improvement of psychiatric symptom
- ▶ in psychosocial functioning
- ▶ in insight
- ▶ length of readmissions.

Another study by Wang, Chien, Yip and Karatzias (2016). illustrating the positive clinical outcomes of mindfulness-based psychoeducation group program, showed

- ▶ better functioning
- ▶ reduction in psychotic symptoms,
- ▶ positive effects in recovery process
- ▶ positive effects in illness insight

A recent systematic review by Hodann-Caudevilla, Diaz-Silveira, Burgos-Julian and Santed (2020) reported that

- ▶ Interventions have positive effects in various aspects of the disease.
- ▶ Studies have also investigated the role of mindfulness-based treatments, in the management of aggression (for further reviews see Fix & Fix, 2013, and the references therein).

- For a further review on the benefits of mindfulness, see Davis and Hayes (2011).

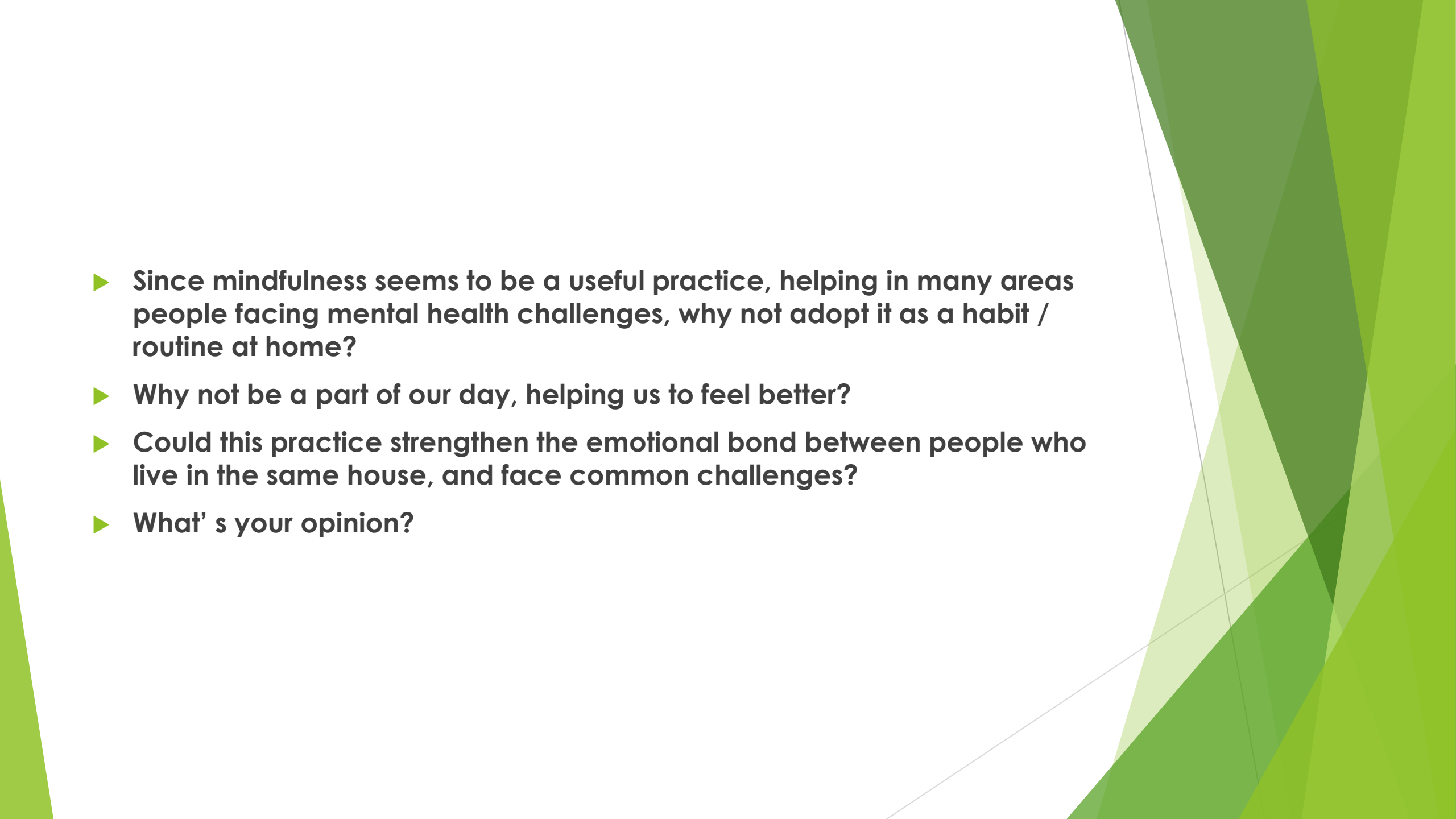


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VIDEO

- ▶ Example: <https://www.youtube.com/watch?v=yWuPJFAx3rA>

- 
- The background of the slide features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the slide, creating a modern, layered effect. The left side of the slide is white, providing a clear space for the text.
- ▶ **Since mindfulness seems to be a useful practice, helping in many areas people facing mental health challenges, why not adopt it as a habit / routine at home?**
 - ▶ **Why not be a part of our day, helping us to feel better?**
 - ▶ **Could this practice strengthen the emotional bond between people who live in the same house, and face common challenges?**
 - ▶ **What' s your opinion?**

References/ further study

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- ▶ Chien, W. T., & Thompson, D. R. (2014). Effects of a mindfulness-based psychoeducation programme for Chinese patients with schizophrenia: 2-year follow-up. *The British Journal of Psychiatry*, 205(1), 52-59. doi: 10.1192/bjp.bp.113.134635
- ▶ Davis, D. M., & Hayes, J. A. (2011). What are the benefits of mindfulness? A practice review of psychotherapy-related research. *Psychotherapy*, 48(2), 198. doi: 10.1037/a0022062
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DETA 6_ PHYSICAL AND EMOTIONAL WELL-BEING AT HOME

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What we are going to do today

- ▶ We are going to do an activity, in order to “break the ice”.
- ▶ We will participate in a mindfulness session so that we have the experience of how it is.
- ▶ We will make an introduction to relaxation techniques / breathing techniques.
- ▶ We will have an open discussion about our impressions in relation to the experience of today's session.
- ▶ We will complete an assessment questionnaire, the purpose of which is to evaluate the part of the training we participated in.

Videos

Relaxation-breathing techniques

Examples

- ▶ <https://www.youtube.com/watch?v=GqfrbGtorBE>
- ▶ <https://www.youtube.com/watch?v=-afotcdpdAw>
- ▶ <https://www.youtube.com/watch?v=RgOeC2Jrlbg>

Sources

- ▶ Coventry and Warwickshire Partnership NHS trust (2013, August 8). NHS Videos-relaxation-Breathing Techniques. [Video file]. YouTube: <https://www.youtube.com/watch?v=GqfrbGtorBE>
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What we are going to do today

- ▶ We will watch a presentation on sports and physical activity and their relationship to mental health.
- ▶ We will watch a video in relation to the above topic.
- ▶ Clarifying questions can be asked after the presentation.

Why it is a good idea to do some sports or exercise?



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Introduction

- ▶ Benefits from sport and physical activity
- ▶ Additional intervention
- ▶ Effects in wellbeing
- ▶ Spend our free time pleasantly
- ▶ An opportunity to socialize and make new friends

Physical activity and mental health

- ▶ Benefits of physical activity in psychiatric conditions (Peluso& Andrade, 2005).
- ▶ There is an increase in recommending exercise to people who have or not a disease, to ameliorate their quality of life (Peluso& Andrade, 2005).
- ▶ World Health Organization (2019) reports that physical activity can be applied with other methods of treatment as an additional method for the prevention and the management of mental health conditions
 - a) decreasing the symptoms
 - b) making slower their manifestation.

Sports, physical activity and schizophrenia

- ▶ World Health Organization (2019), reports that physical activity can have positive effect in:
 - ✓ overall symptoms
 - ✓ quality of life
 - ✓ negative symptoms
 - ✓ it can control some complications of antipsychotic medication

Some further facts!

A systematic review conducted by Holley, Crone, Tyson and Lovell (2011), highlighted some possible gains in psychological well-being from the engagement in physical activity

- ✓ “*autonomy*”
- ✓ “*social interest*”
- ✓ “*wellbeing*”
- ✓ “*self image*”
- ✓ “*decrease of “anxiety” and “tension”*”

*(for further review see Holley et al, 2011 and the references therein).

A review on exercise intervention in schizophrenia patients, showed that:

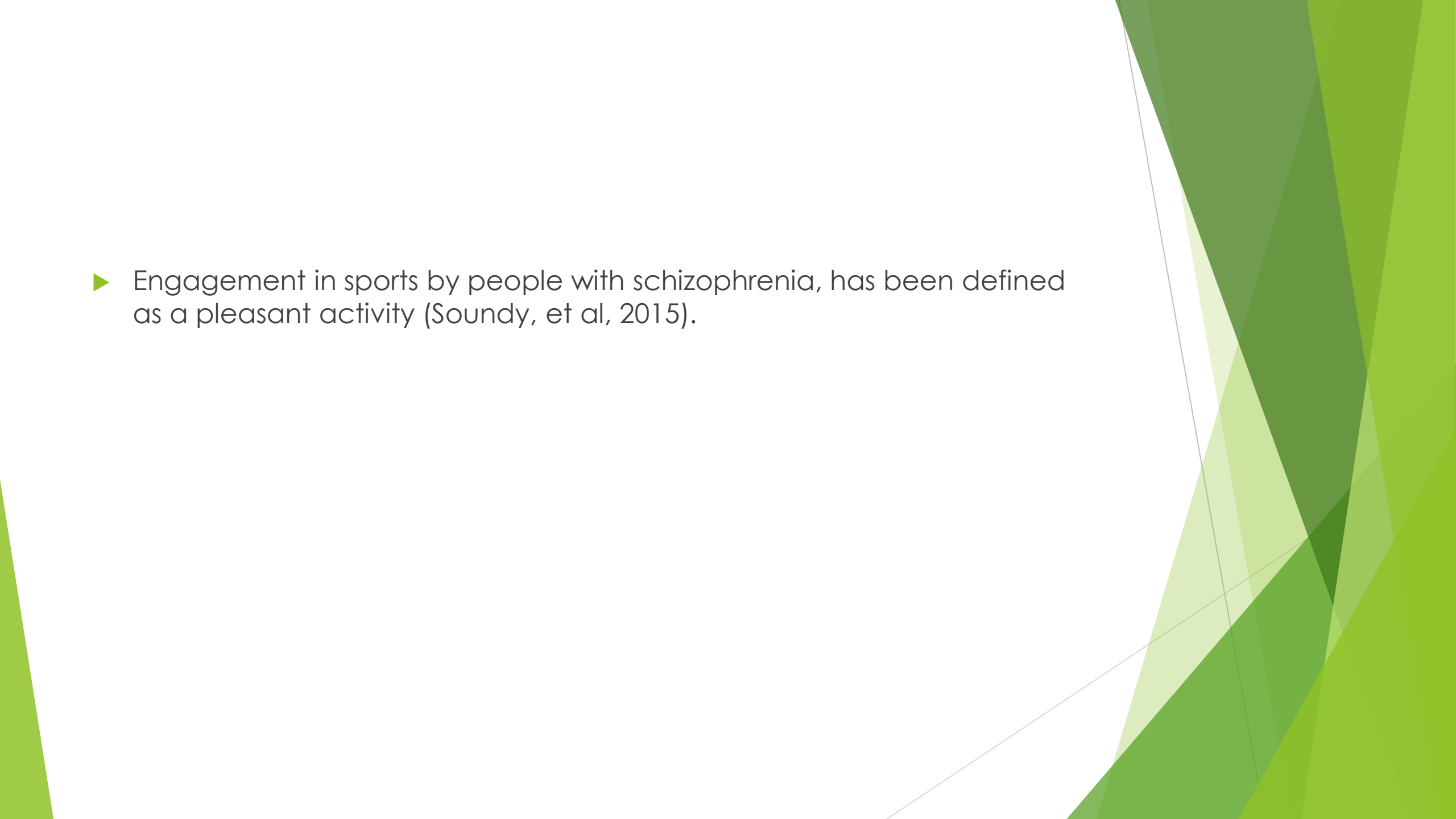
- ✓ “*cardiometabolic risk*”
- ✓ “*functional disability*”
- ✓ “*psychiatric symptoms co-morbid disorders*”
- ✓ “*neurocognition*”

can be benefited by exercise

(for further review see Firth, Cotter, Elliott, French and Yung, 2015 and the references therein).

- ▶ A systematic review by Soundy, Roskell, Stubbs, Probst and Vancampfort (2015) reported
 - ✓ Decrease in body mass index
 - ✓ Positive effects in symptoms (both positive and negative)

as a result of the engagement in sport.

- 
- The background of the slide features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, ranging from light lime to dark forest green. These shapes are concentrated on the right side of the slide, creating a modern, dynamic feel.
- Engagement in sports by people with schizophrenia, has been defined as a pleasant activity (Soundy, et al, 2015).

Video

Example

- ▶ KSDEO EDRA (2018, November 30). Documentary of the EVENTS project. [Video file]. YouTube: <https://www.youtube.com/watch?v=ErPO-IJy7y0>

Are interested in more information about sports, physical exercise and mental health?

- ▶ Check the site of MENS project: <https://mensproject.eu/>

So why not include sports in our daily routine, so that we can be both physically and mentally healthier?

References/ further study

- ▶ Firth, J., Cotter, J., Elliott, R., French, P., & Yung, A. R. (2015). A systematic review and meta-analysis of exercise interventions in schizophrenia patients. *Psychol Med*, 45(7), 1343-1361. doi:10.1017/S0033291714003110
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- ▶ **M.E.N.S. project**
Mental European Network of Sport Events
- ▶ Website: <https://mensproject.eu/>
- ▶ “12 policy papers on the connection of mental health with sport and physical exercise” in various languages: <https://mensproject.eu/policy-papers/>



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What we are going to do today

- ▶ We will watch a presentation with sports and activities, that can be practiced at home.
- ▶ We will “investigate” our preference, with an activity and through discussion.
- ▶ We will complete an assessment questionnaire, the purpose of which is to evaluate the part of the training we participated in.

YOGA

What is yoga? How yoga is practiced at home ?

- ▶ -Yoga mat
- ▶ - Yoga pants/ comfortable clothes
- ▶ - Online yoga classes



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Hula Hooping

What is hula hooping?

- ▶ Plastic or wood hoop
- ▶ Videos with hula hooping workouts



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Indoor Golf

Golf without grass?

- Portable indoor mini golf



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Darts

How can I play darts safely?

- ▶ Darts
- ▶ Dart board
- ▶ Score sheet



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Cycling

Cycling at home?

- ▶ Exercise bike
- ▶ Turning my bicycle into an exercise bicycle with a stand
- ▶ Stop watch



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Treadmill

What is treadmill?

- ▶ treadmill
- ▶ Work out programs
- ▶ * alternatively, why not running on the spot?



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Weightlifting

Creating my personal gym!

- ▶ Dumbbells
- ▶ Fitness equipment
- ▶ Workout program
- ▶ Online personal training services



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Calisthenics

What Calisthenics are?

- Minimal equipment



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Aerobic

What it is considered as aerobic exercise?

- ▶ Aerobic clothes/ comfortable clothes
- ▶ Videos with aerobic workouts



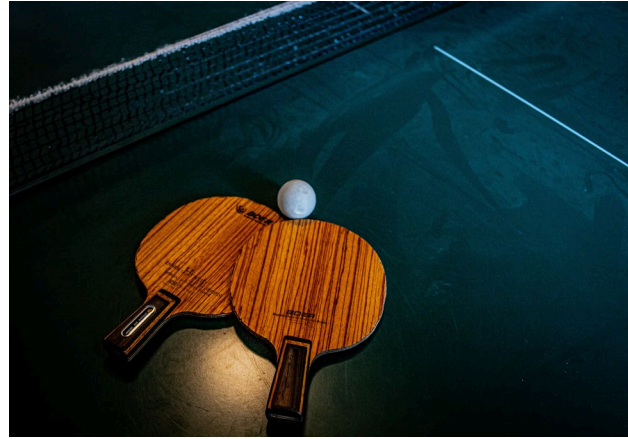
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Ping pong

What I need to play ping pong ?

- ▶ Two or four players.
- ▶ Table divided by net
- ▶ Rackets
- ▶ Ping pong ball
- ▶ * Even if a ping pong table is not available, there are nets that can be adapted to home tables.



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Boxing

Boxing / shadow fighting/ punching bags

- ▶ Boxing gloves
- ▶ Punching bag
- ▶ Stopwatch
- ▶ Music



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Basketball /shooting game

- ▶ How basketball can be practiced at home?
- ▶ Making my yard a mini basketball court
- ▶ Basketball hoop
- ▶ Indoor basketball game



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Sports via video games

Can video games help me to work-out?

- ▶ Video game console, supporting pointing device, which detects body movement



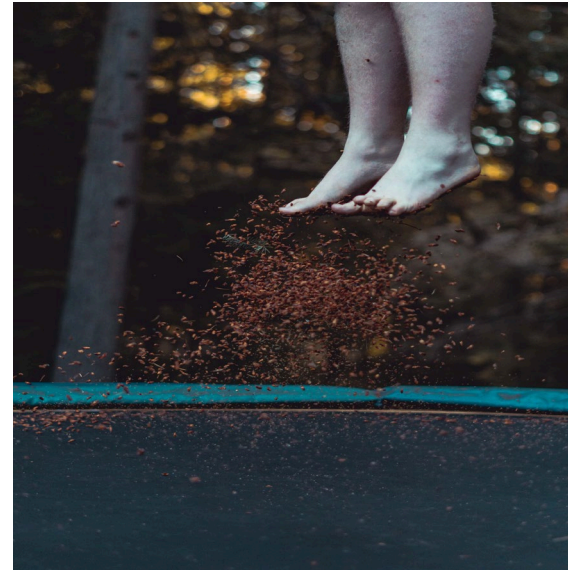
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Trampolining

What is trampolining? Why is it so much fun?

► Trampoline



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Crossfit

CrossFit at home

- Equipment depends on the program.



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Sports/activities that can be practiced at home

Please list in order the sports/activities that you prefer or think that suit you best, noting the corresponding number. For example, the sport/activity that you think suits you best, mark "1", to the next "2" and so on.

___ Yoga

___ Hula hoop

___ Indoor golf

___ Darts

___ Cycling

___ Treadmill

___ Weight lifting

___ Calisthenics

___ Aerobic

___ Ping pong

___ Boxing

___ Basketball/shooting game

___ Sports via video games

___ Trampolining

___ CrossFit

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DETA 6_ PHYSICAL AND EMOTIONAL WELL-BEING AT HOME

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What we are going to do today

- ▶ We will watch a presentation on ICT tools that could be helpful.
- ▶ Their function and how we can have access will be explained.
- ▶ We will do an activity “my wellness map”.
- ▶ We will complete an evaluation questionnaire, the purpose of which is to evaluate the part of the training you participated in.

Introduction

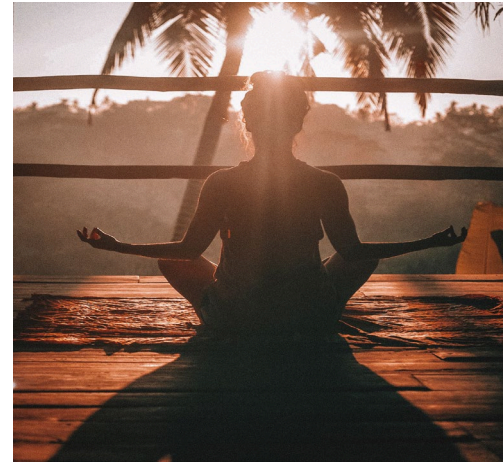
- ▶ Can ICT be help my well-being ?
- ▶ How?
- ▶ Purpose of the presentation

What ICT tools can I use?



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Mindfulness/ meditation



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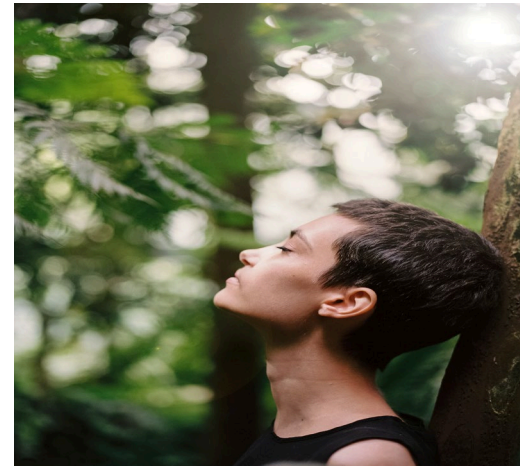
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- ▶ Online guided meditations.
- ▶ Websites and apps (cell phones and tablets)
- ▶ Recorded mindfulness and exercises to practice at home
- ▶ Examples:
 - a) Guided meditations:
https://play.google.com/store/apps/details?id=com.spotlightsix.zentimerlite2&hl=en_US
 - b) Apps for mindfulness:
https://play.google.com/store/apps/details?id=com.mobincube.mindfulness_based_living&hl=en_US&gl=US

Deep breathing

- ▶ Deep breathing exercises
- ▶ Online video tutorials for deep breathing exercises
- ▶ Example:

Breathing techniques: <https://www.youtube.com/watch?v=GqfrbGtorBE>

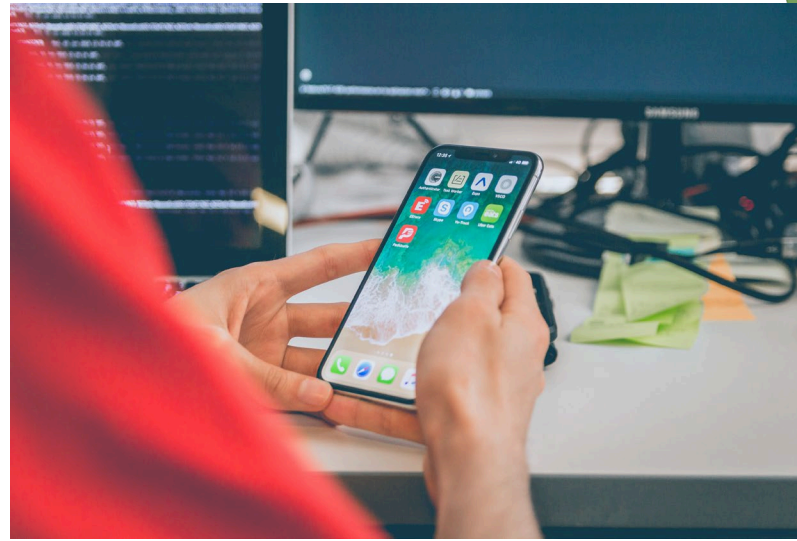


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Mental health apps

- ▶ Self-care apps
- ▶ Mood tracker apps
- ▶ Cognitive behavioral therapy apps



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Examples:

- Self care:
https://play.google.com/store/apps/details?id=eu.smartpatient.mytherapy&hl=en_US&gl=US
- Mood tracker:
https://play.google.com/store/apps/details?id=net.daylio&hl=en_US&gl=US
- Cbt app:
https://play.google.com/store/apps/details?id=com.moodtools.cbtassistant.app&hl=en_US

Streaming music/ online radio

- ▶ Apps with streaming audio
- ▶ Online radio stations
- ▶ Example:
 - a) Spotify, youtube music etc.
 - b) iHeartRadio, pandora radio etc.



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Direct link to photo: https://unsplash.com/photos/o6AAx9dl_Y

E readers

- ▶ Electronic devices in order to read digital e-books
- ▶ Having a data base with favorite books
- ▶ Example:

a) What is an e-reader: <https://www.youtube.com/watch?v=H24L99RAbUI>



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Direct link to photo: <https://unsplash.com/photos/3gC4gBnD3Xs>

Activity trackers/ smart watches

- ▶ Devices helping me to work out
- ▶ They monitor calorie consumption, heart beat and sport activities during the day etc.
- ▶ Example: fitbit



Credits: Photo by [FitNish Media](#) on [Unsplash](#)

Original link to photo: <https://unsplash.com/photos/jFzOZTf-9Yk>

Online drawing / sketching

- Why not sketching/ drawing?

Example:

a) https://play.google.com/store/apps/details?id=com.adsk.sketchbook&hl=en_US&gl=US

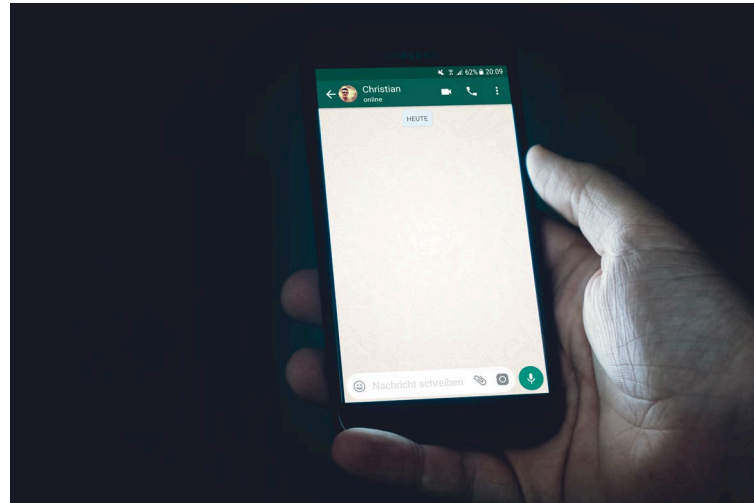


Credits: Photo by [AmélieMourichon](#) on [Unsplash](#)

Original link to photo: <https://unsplash.com/photos/wusO12uY6w>

Chatting / video conferencing apps

- ▶ Apps helping me to keep in touch with my friends
- ▶ Texting
- ▶ Video calls
- ▶ Example: Zoom, Skype etc.



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Original link to photo: <https://unsplash.com/photos/5BG-9id-A6l>

Video streaming services

- ▶ Watching movies and TV shows online
- ▶ Can be used on laptops, tablets, cell phones, smart TVs
- ▶ Examples: Netflix, YouTube, Prime video etc.



Credits: Photo by [Erik Witsoe](#) on [Unsplash](#)

Original link to photo: <https://unsplash.com/photos/GF8VvBgCJ4o>

Sources

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- ▶ Inquiry Health LLC. (2020). CBT Thought Diary - Mood Tracker, Journal & Record (4.1.11) [Mobile application software]. Retrieved from https://play.google.com/store/apps/details?id=com.moodtools.cbtassistant.app&hl=en_US&gl=US
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LET'S DISCUSS!



ZERO COERCION IN MENTAL HEALTH

*Thank
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DETA 6_ PHYSICAL AND EMOTIONAL WELL-BEING AT HOME

2019-1-ES01-KA204-065856



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"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

Activity: My “wellness map”

- ▶ The purpose of this activity is to consolidate the issues discussed in the previous sessions, as well as to combine the information and to give the opportunity to think about how the information obtained from the workshop could be applied in real conditions.
- ▶ We will create a collage, which will present an overview of the activities that can be done at home.

Instruction 1

- Think about the floor plan of your home, and draw it on a piece of paper.

Instruction 2

- ▶ Divide the floor plan of the house into rooms, and enter the name of the room (e.g. kitchen, bedroom, etc.). Feel free to design and draw parts of your home.

Instruction 3

- Think about how you want to structure your daily life, keeping in mind the activities described in the sessions.

Instruction 4

- Now carefully cut with scissors the pictures showing the activities.

Instruction 5

- Once you have collected the pictures with the activities that interest you, stick them in the room of the house where you want to practice them. Feel free also to sketch and paint your activity, in case it is not included in the pictures.

Instruction 6

- Write next to the pictures a) how often during the week you want to do this activity, and b) briefly the benefits that you think you will gain from this activity (e.g. this make feel relaxed).

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Mindfulness



Credits: Photo by [Milan Popovic](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/Zf0-90SpDD0>

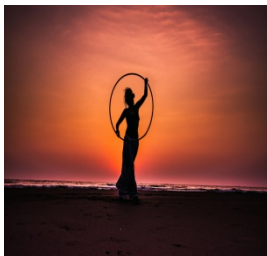
Yoga



Credits: Photo by [kike vega](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/F2qh3yiz6Jk>

Hula hooping



Credits: Photo by [RaviShahi](#) on [Pixabay](#)

Direct link to photo: <https://pixabay.com/el/photos/%CF%87%CE%BF%CF%8D%CE%BB%CE%B1-%CF%87%CE%BF%CF%85%CF%80-lady-%CF%83%CF%84%CE%B5%CF%86%CE%AC%CE%BD%CE%B9-%CE%B3%CF%85%CE%BD%CE%B1%CE%AF%CE%BA%CE%B1-2032813/>

Indoor golf



Credits: Photo by [Waldemar Brandt](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/ybSOTUShRDE>

Darts



Credits: Photo by [Marc A](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/Yc409-8V2pU>

Cycling



Credits: Photo by [Martin Magnemyr](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/nGt71kRwUOw>

Treadmill



Credits: Photo by [Sven Mieke](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/MsCgmHuirDo>

Weightlifting



Credits: Photo by [John Arano](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/h4i9G-de7Po>

Calisthenics



Credits: Photo by Photo by [Meghan Holmes](#) on [Unsplash](#)

Direct link to photo: https://unsplash.com/photos/wy_L8W0zcpl

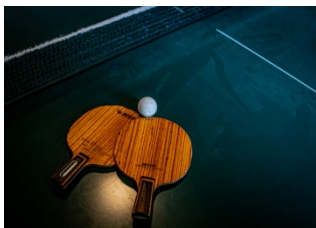
Aerobic



Credits: Photo by [Foto Garage AG](#) on [Unsplash](#)

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Ping pong



Credits: Photo by [Steven Skerritt](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/vljZeX-WdQs>

Boxing



Credits: Photo by [AttentieAttentie](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/ig7vN6OkGNE>

Basketball/ shooting game



Credits: Photo by [Malcolm Lightbody](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/iW2CpfyQo7o>

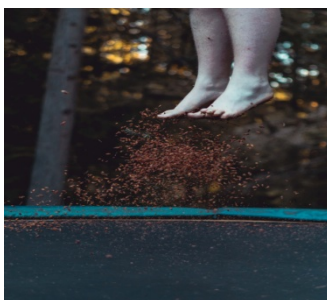
Sports via video games



Credits: Photo by [JESHOOOTS.COM](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/eCktzGjC-iU>

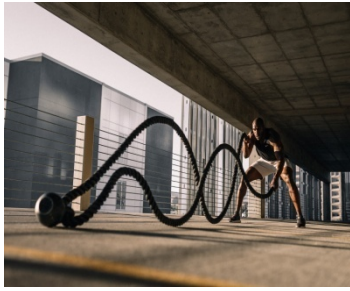
Trampolining



Credits: Photo by [Jasper Garratt](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/wvklVoU10cM>

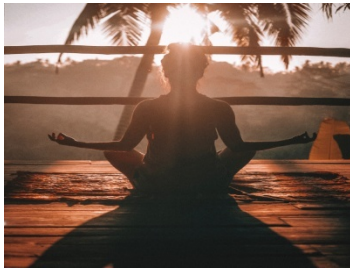
Crossfit



Credits: Photo by [KarstenWinegeart](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/0Wra5YYVQJE>

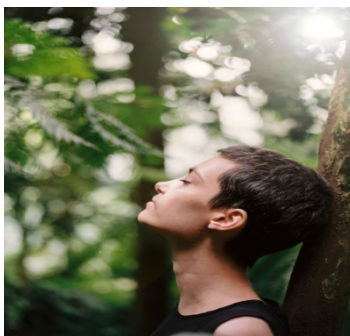
Mindfulness/ meditation apps



Credits: Photo by [Jared Rice](#) on [Unsplash](#)

Direct link to photo: https://unsplash.com/photos/NTyBbu66_SI

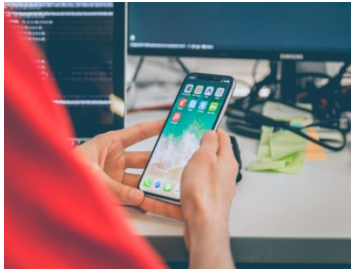
Online sources d\for v\breathing techniques



Credits: Photo by [Motoki Tonn](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/X00g3RXcyZ4>

Mental health apps



Credits: Photo by [Alvaro Reyes](#) on [Unsplash](#)

Original link to photo: <https://unsplash.com/photos/3iTRMP8Uq2k>

Streaming music/ online radio



Credits: Photo by [Drew Patrick Miller](#) on [Unsplash](#)

Direct link to photo: https://unsplash.com/photos/_o6AAx9dl_Y

E readers



Credits: Photo by [Perfecto Capucine](#) on [Unsplash](#)

Direct link to photo: <https://unsplash.com/photos/3gC4gBnD3Xs>

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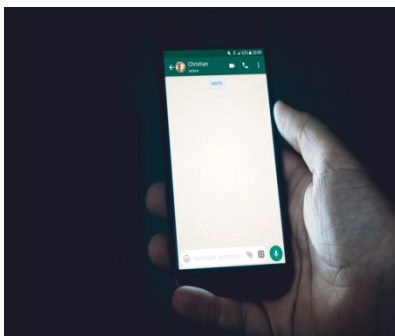
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