

Begin Again

First episode of psychosis usually affects people in their youth.

It is a very crucial time in the life of a person. During this time, a person usually:

- ▶ Completes his/ her education
- ▶ Learns job related skills
- ▶ Gains mastery in running the household
- ▶ May be employed in part-time or full time job
- ▶ Develops important social

relationships with friends, colleagues and family.

The illness may disrupt acquisition of these life skills .

Persons with First episode of psychosis may need assistance in restarting these activities.

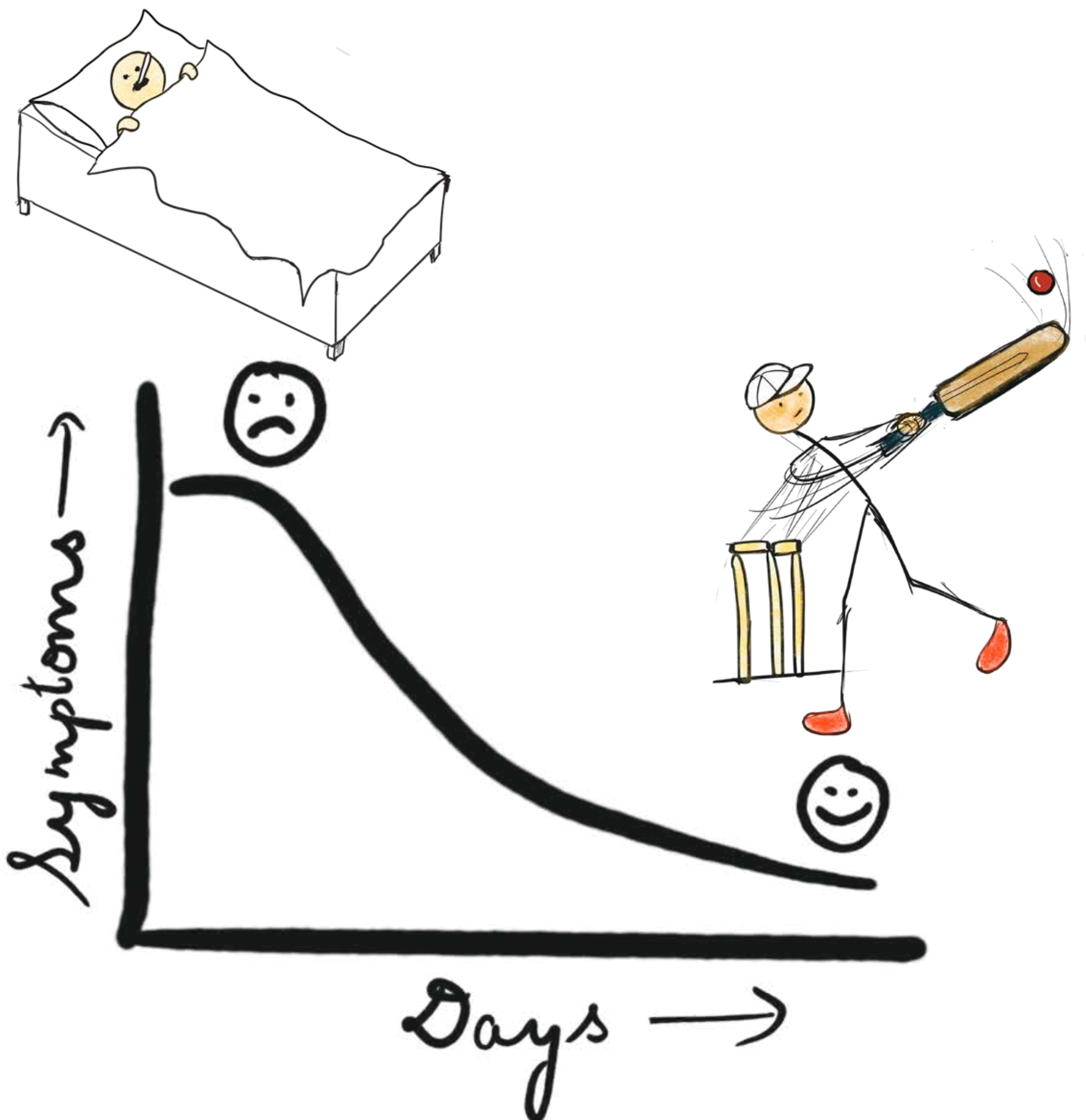
In early psychosis, once the acute symptoms of psychosis have settled down, your aim is to restart working towards your specific goals and roles.

This is a gradual process.

This should be done in a structured manner.

You can think of this as a sportsman recovering from a severe sports injury.

- ▶ When a sports person gets injured, initially they are on bed rest.
- ▶ Once the injury is healed and they are in less pain, they do not start playing immediately.



- ▶ They start with light training and physiotherapy exercises.
- ▶ They start playing like before over a certain time period with regular practice.

Case Study

P was a 17 year old boy studying in the 11th standard. He attended school regularly and loved playing football. He was studying hard to get good marks in his board exams and was attending extra classes for the same.



During his half-yearly exams, he felt he was under prepared and started staying up all night to study. He slept very little during the pre- exam week.

During this time, P started hearing voices and

became very fearful. His sleep, appetite and daily functioning also got impaired.

His parents realized that his behavior was abnormal and took him to a psychiatrist. The psychiatrist started him on medications.

Within 2 weeks, P's sleep and appetite had improved.

He stopped hearing voices. He accepted that his thinking had become impaired and he needed medication.

After a month of treatment, P felt better, but could not do his usual activities. He had stopped going to school. He was not reading books nor playing football.

His parents discouraged him to study because they thought that he had fallen ill because of his exam stress. He stayed at home all day.

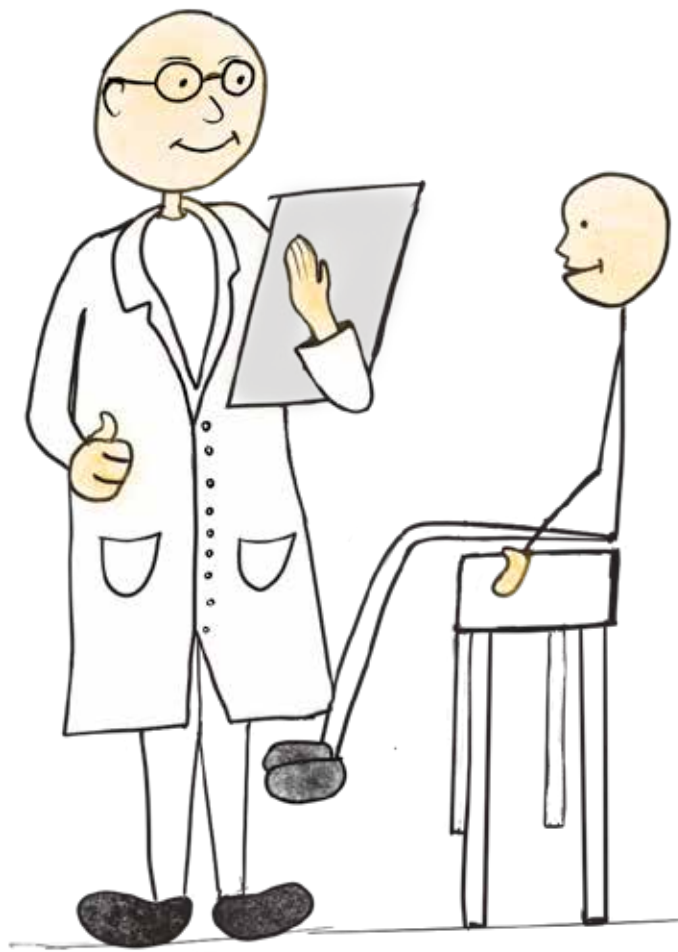
Recently, his appetite had gone up and he started craving for chips and pastries almost everyday. He gained 3 kgs since his treatment started.

P and his parents went back to the doctor, anxious and distraught about his future.

They wondered if he ever will be the same again.

The doctor reassured P and his parents that recovery is a gradual process and he will be able to do all his

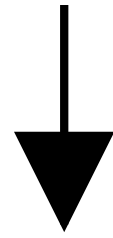
activities again if he followed a structured approach.



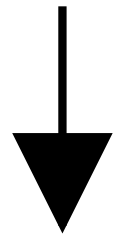
Now let's see how you too can follow a structured approach and monitor your progress in these 4 domains:

- ▶ Activities of daily living
- ▶ Educational/ Vocational
- ▶ Interpersonal
- ▶ Household activities

Write down your level of functioning before the illness happened in 4 different domains.



Write down what functions got disrupted during the illness.

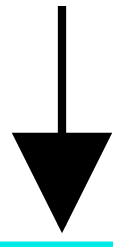


Tick in the checklist, activities you have already resumed.

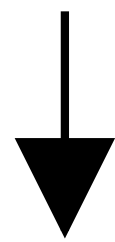


Now you have a clear idea of areas where you want to improve.

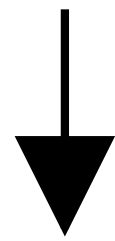




**Prioritize and choose
1 task that you would like
to work on. Start with an
easy one.**



**If a task looks difficult,
divide it into smaller and
simpler steps.**



**Try to focus on
mastering one
activity at a time.**

Remember:

- ▶ You can set daily/ weekly/ monthly goals.
- ▶ On certain days, you may not be motivated to complete some of the tasks. It is alright.
- ▶ If you are consistently not able to do a task on 3 to 4 occasions , you need to reassess and reset your goals.
- ▶ You can set reminders for yourself to complete the tasks of the day.
- ▶ Some days you will have to push yourself harder or concentrate more to complete the day's work.

Examples of how to acquire specific Life Skills

1. Education

GOAL

To resume your old study habit:

Start with a simple topic/
subject of your interest.

1

2

Begin by reading the
topic for 10-15 minutes.

If textbook feels difficult,
start with leisure reading.

3

4

You can summarize what
you read in a notebook or
to your family/ friend.

Don't worry if you can't
remember what you just
read. This happens initially..

5

6

Once you are able to do
this task for 15 minutes,
do it for 20-25 minutes.

Try to sit down once a day initially and then increase your study sessions slowly.

7

If you find this too difficult to follow, write down the difficulties you are facing on a piece of paper. Talk about them with your doctor on your next visit.



2. Getting back to Work

If you were working in a regular job, you may face some challenges when you resume work.

- ▶ You may find it difficult to perform optimally. In such a case, you can discuss with authorities at your workplace and together plan out tasks suitable for you.
- ▶ If the illness has disrupted your ongoing job, you may have to look for another job.



➤ To begin with, you can take a temporary job elsewhere which may be less demanding.

➤ You can take up a job where you are given supervision.

▶ Keep reassessing your progress and aligning your goals accordingly.

▶ You should try to get re-engaged in work as soon as you can. It aids recovery .

3. Managing Household Activities

START

To learn a new activity:

Choose a new activity that you want to learn.

1

2

Observe a family member/friend while they are performing that activity.

Divide the activity into subtasks or smaller steps.

3

4

Take up the first subtask that you find the easiest. Learn and practice it.

Once you can perform this subtask on your own, move to the next step.

5

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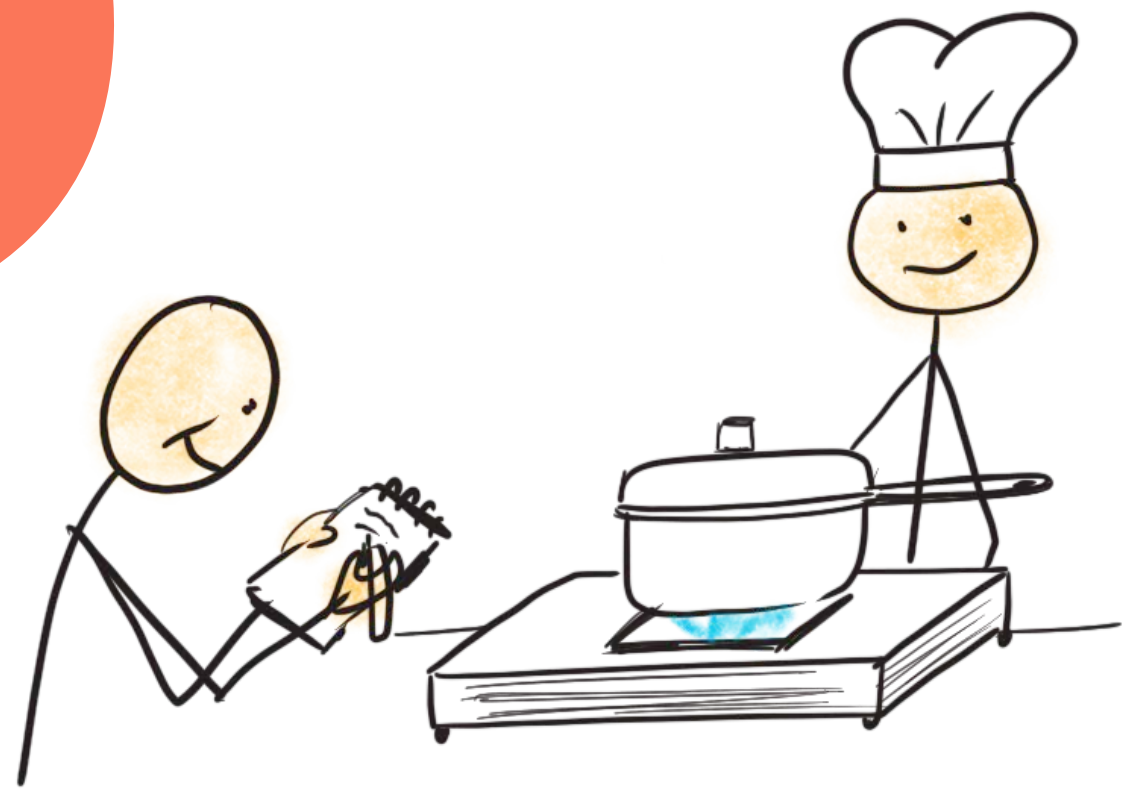
Perform the entire activity independently.

Note your experiences in the workbook & share with your family/ friend & doctor.

Your doctor might be able to provide some helpful tips or techniques to overcome any challenges/ problems you had faced.

TIP: When you are learning a new activity, you can start with the simplest task. For instance, if you are learning

I will learn
how to cook
a meal.



1. Watch a family
member cook *khichdi*
and take notes.

2. Add your
ingredients.



3. Cook.



4. Serve & eat
with family.

Yayy!!
I cooked a
meal today!