

Self Reliance 😊

It is important for everyone to know certain activities to be able to live independently, such as shopping for basic needs, cooking your own meals, washing your own clothes, using public transport, using mobile phones, engaging in an occupation etc.

Some of these activities might require you to learn new skills. For example, shopping for daily needs would require skills such as creating a list of items needed, calculating and managing money, deciding which product is better, negotiating the price etc.



To gain confidence for an activity:

There might be some important activities that you know how to do but may not feel confident enough to perform them independently.

Tips:

- You can seek help of a family member/ friend.
- If possible, divide the activity into smaller steps or tasks. Perform one step at a time. Once you are confident of doing a step independently, then move on to the next step.
- Perform the entire activity independently and share your experiences with family/ friend. You can also note it down in the workbook .
- You can also discuss the challenges faced with your doctor. Your doctor might be able to help you with some useful tips or techniques.

To learn a new activity:

- Choose a new activity that you want to learn.
- Observe or accompany a family member/ friend while they are performing that activity.
- Divide the activity into subtasks or smaller steps.
- Take up the first subtask that you find the easiest. Learn and practice it.
- Once you are confident of performing this subtask or step on your own, move on to the next step.
- Perform the entire activity independently and share your experiences with family/ friend. You can also note it down in the workbook.

- You can discuss the problems and challenges faced with your doctor. Your doctor might be able to provide you some helpful tips or techniques to overcome them.

Tip:

When you are learning a new activity, you can start with the simplest task. For instance, if you are learning how to cook your own meals, you may want to start with simple recipes like dalia, khichdi, sprouts, sandwich, salad etc.



Engaging in an Occupation

People with schizophrenia can live independently. They can hold a job, get educated, build close relationships, and contribute to the household work.

An occupation can be a job of any kind or running a business. Doing household work or studying are also important occupations.

Each person has different strengths and skills. Engagement in an occupation and doing productive work, as per your strengths and skills, is important for you to feel good about yourself.

There are various coping strategies that can help you deal with the symptoms of your illness.

Some of the strategies that can help you to sustain your engagement in the chosen occupation are:

- When you decide to take up an occupation, start with the one you are already familiar with or the one that matches your skills and strengths .
- You may not feel interested in meeting people or motivated to complete some of the tasks (read about the negative symptoms on page 38 in the module on “About Illness”). You can try and follow the below tips to help overcome such feelings:
 - You can define the tasks for the day and set reminders for yourself to complete them.
 - Some days you will have to push yourself harder or concentrate more to complete the tasks assigned for the day.

- If a task looks difficult to you or is new for you, divide it further into smaller and simpler steps and complete them one step at a time.
- Take care of your physical health and diet.
- Take the prescribed medicines.
- Discuss the symptoms of your illness, their impact on your work and how to deal with them with your psychiatrist.
- Stay away from smoking/ alcohol/ drugs.
- Engage in pleasurable activities.
- Seek support from those close to you.
- If there is something that upsets you at home or at work, talk to someone. You can talk to a trusted family member/ friend or your doctor.

