

# Session 3

## IN THE SESSION ...

To open up conversation on this area, consider asking the following questions:

- How do you think the society you live in views mental health? This might be nationally or a much more local community.
- Think about the way people talk about it and what is said (and not said) in the media. What images are used?

## IN THE SESSION ...

Myth or Fact? Look through Worksheet 3.1 and talk with the person about the various statements.

- At its simplest you can look at which are 'true' or 'false' but the conversation is often much richer if you can also think about the impact of those beliefs on them and other people.
- How do those beliefs affect the person's expectations of themselves, their recovery and the role that other people might play in the future?

## IN THE SESSION ...

Has that conversation highlighted anything that it would be useful to add to their ladder? For example things that might make them feel worse, or give them hope, or the people who are important to them.

### IN THE SESSION ...

Search online or in magazines for some famous people that the person likes.

- Try to identify whether or not that individual is known to have experienced mental health difficulties. (Note – it can be helpful for you to already have some famous people in mind to search for who are known to have experienced mental health difficulties e.g. Ruby Wax, Stephen Fry, Lemn Sissay).
- Does the discussion create any surprises?
- How does that affect what they choose to put on their ladder? Perhaps in terms of their skills, hopes or things they can do when they 'wobble' in their recovery.

### IN THE SESSION ...

Ask the person what kind of things they think can have an impact (*for better or worse*) on their mental health?

- If they struggle with this start to look for patterns together.
- This might be an exercise that they look into over the next few weeks and ask other people for help with.

### IN THE SESSION ...

As you go through this exercise, encourage the person to add to their ladder so that they don't lose thoughts that they've had. They can always amend the ladder at any point if they change their mind.

### IN THE SESSION ...

Ask the person if there is anything that could be helpfully added to their ladder e.g.:

- 'When things wobble I can ...'
- 'The skills I have and things I can draw on are ...'
- 'These are the small regular things I can do to take care of myself'
- or 'These things can make me feel worse/how I can deal with them'.