



MAY 2020

## Minding our “CHIME” in these uncertain times

In 2011, Mary Leamy, a consultant psychiatrist in the UK, carried out a study which revealed 5 essential components of the recovery process; **connection, hope, identity, meaningful roles** and **empowerment**. These 5 components, collectively known as CHIME form the bedrock of our recovery principles and practice.

But can we bring CHIME into our lives in these difficult and uncertain times? The responses from our students in the Recovery College would answer a resounding **YES**.

Over the past number of weeks we have been **connecting** with each other online through our “**recovery education modules**”, by phone, text and e-mail. Our students have also described to us some of the ways that they are maintaining connection; through letters, postcards and prayer.

We have maintained “**hope**” by practicing gratitude for the small things in our lives and making a list of all the things we will do when these difficult times pass; hugging our loved ones, going on a holiday, meeting up with our friends.

The last number of weeks have shone a light on our **identities**; our values and how much we need the support of others for our basic survival. We have all had to take responsibility, make difficult decisions and recognise the important and unique roles that we play in our families and communities.

The Coronavirus (Covid 19) has given us all a particularly important and **meaningful role**; to stay safe and practice social/physical distancing. It has also provided us with a number of opportunities to “give” to our families, friends and communities through connecting with others, sharing our gifts and providing support to those who need it.

Many students in our Recovery College community have expressed the feeling of “**empowerment**” that has flourished within them over the past number of weeks. Through having to learn new skills and new ways to adapt, students are finding the strengths within themselves to live life on their own terms and enjoy the freedom that recovery brings.



<b>To join our video or audio interactive sessions</b> <b>Send your name, number &amp; email to 0860294901 or recovery.educatormrc@hse.ie</b>		<b>MAY 2020</b>  <b>MAYO RECOVERY COLLEGE ONLINE</b>	
<b>Tuesdays</b> <b>11am – 1</b>		<b>Thursdays</b> <b>11am – 1</b>	
<b>5<sup>th</sup> May</b> Progressing your life, following your dreams 1 – DARING TO DREAM		<b>7<sup>th</sup> May</b> Relationships & Recovery	
<b>12<sup>th</sup> May</b> Progressing your life, following your dreams 2 – DISCOVERING YOUR INTERESTS		<b>14<sup>th</sup> May</b> Eating Disorders	<b>15<sup>th</sup> May</b> International Day of the Family (Nationwide events online)
<b>19<sup>th</sup> May</b> Progressing your life, following your dreams 3 – FURTHER EDUCATION		<b>21<sup>st</sup> May</b> Living with Psychosis/Schizophrenia	
<b>26<sup>th</sup> May</b> Progressing your life, following your dreams 4 – STEPPING STONES TO WORK		<b>28<sup>th</sup> May</b> Hearing Voices	

### **Progressing Your Life, Following Your Dreams 1**

#### **(Daring to Dream)**

In part 1 of this exciting module we will look at ways to support students who wish to explore the possibilities for their progression journey and the supports available

### **Progressing Your Life, Following Your Dreams 2**

#### **(Discovering Your Interests)**

In Part 2 of this module we will discuss the importance of interests and hobbies both in terms of our mental well-being and our livelihood

### **Progressing Your Life, Following Your Dreams 3**

#### **(Further Education)**

In Part 3 of this module we will explore further education, its benefits and the supports that are available for students who wish to upskill in a particular area of interest

### **Progressing Your Life, Follow Your Dreams 4**

#### **(Stepping Stones To Work)**

In part 4 of this module we will look at the steps one needs to take when considering going back to part-time or full-time employment

### **Relationships and Recovery**

Healthy relationships can nurture us and help us to develop. But sometimes relationships can be challenging. People with poor relationships are more likely to suffer from depression or loneliness. In this module we will discuss the ways that relationships impact on our mental health

#### **Eating Disorders**

In this module we will discuss the various types of eating disorders, their possible causes and the supports that are available in the community

#### **International Day Of The Family**

Join us online as we celebrate the International Day of the Family. We will be running a Family Recovery Workshop as well as providing links to other family oriented events around the country

#### **Living with Psychosis**

This module will explore the different aspects of the experience, from diagnosis to treatment. We will also discuss recovery tools for self-management.

#### **Hearing Voices**

There are so many understandings as to why people hear voices. This module will explore the features of voice hearing and the challenges associated with it