

FIVE ACTIVITIES

Reflect together with relatives, callers, or others

This card helps you explore together with another person what gives meaning, energy, or joy in life. It focuses on the things the other person finds pleasant and enjoyable, even in the midst of everything.

INTRO:

What gives you meaning, joy, or energy?
Reflect together.

WRITE DOWN:

Can you name five activities you like or used to enjoy - alone or together with someone? *Write down small or big things.*

EXPLORE:

What is it about these activities that you enjoy?
Do you gain more energy from doing things alone or with others?
When was the last time you did this?
If it has been a long time; what has prevented you?
Reflect and discuss together.

WAY FORWARD:

Would you like to do any of these activities again?
What would it take for you to do so?
What is realistic in your current situation?
Make a plan together.

CLOSURE:

How did it feel to reflect on these things?

FIVE ACTIVITIES

Reflect together with relatives, callers, or others

“Five Activities” can be used in many different contexts. The idea is that it can help you explore what gives the other person (or yourself) meaning, energy, and joy.

The conversation may then contribute to them spending time on some of these things in their own life. For some, it is about having forgotten what they enjoyed doing. For others, it is about strengthening what is already good. For yet others, it can give them a realization that they are taking good care of themselves and feel happy about that.

What people bring up under “5 activities” varies greatly, from having a nice cup of coffee in the morning to singing in a choir, having deep conversations with good friends, or running in the forest. It can be about building close relationships or recognizing that small joys matter. It can involve things done alone or together with others. “5 Activities” does not distinguish between these. It simply provides an opportunity to explore and reflect. Perhaps this may then lead to a change in actions.