# **Get Going, Keep Doing: A Training Manual**

Instructions to FOs: Each session should take 90 minutes. Keep time, pace yourself, and make sure everybody gets to talk. Still, to the extent possible, try to let respondents speak and avoid interrupting. Follow the exact script as it is written here for every exercise you conduct. Be as kind, gentle and encouraging as possible with participants. Smile often.

# **Session 1: Get going, keep doing**

# **Kipindi cha 1: Endelea, endelea kufanya**

### 1.1 Lecture: learning about avoidance and inactivity

#### 1.1.1 Why do we sometimes feel stuck, demotivated, or hopeless?

Sometimes we feel as though we are not able to get much done, or that we are always tired and lack motivation. This can be if something bad has happened to us, or even if nothing has gone wrong or changed recently.

### 1.1 Kusoma: kujifunza kuhusu kuepuka na kutokuwa na kazi

#### 1.1.1 Kwa nini wakati mwingine tunahisi kukwama, kutokuwa na motisha au kutokuwa na matumaini?

*Wakati mwingine tunahisi kana kwamba hatuwezi tekeleza mambo mengi au kuchoka kila wakati na kukosa motisha. Hii yaweza kuwa ikiwa kitu kibaya kimekutendekea au ikiwa hakuna kitu kibaya kimetendeka au kubadilika hivi karibuni.*

#### 1.1.2 Many people become stuck in inactivity and avoid important things

Sometimes, when they feel down, people reduce the frequency and type of their usual behaviours. They commonly stop going out with others, reduce interactions with friends and family, and make little effort to do things they may have previously enjoyed. By avoiding effort, people **experience immediate relief** from burdensome activity that they don’t feel they want to do. Often there are no immediate bad consequences. But in the long term, people may get into the habit of not doing activities which **bring them pleasure and achievement**. In the long term, this does not make them feel good.

####  1.1.2 Watu wengi hukabiliwa na nyakati ambapo hukwama katika hali ya kutokuwa mchangamfu na huepuka mambo muhimu

*Wakati mwingine, wanapohisi hawana motisha, watu hupunguza mazoea na aina ya tabia zao za kawaida. Kwa kawaida, hao huwacha kwenda matembezi na wenzao, hupunguza ushirikiano na marafiki na familia na hufanya juhudi kidogo kufnya mambo walifurahia hapo awali. Kwa kuzuia jitihada, watu huhisi afueni kutikan na shughuli nzito ambazo hawajisikii kufanya. Mara nyingi, hakuna matokeo mabaya ya haraka. Lakini kwa muda mrefu, watu wanweza kupata tabia ya kutofanya shughuli ambazo zinawaletea furaha na mafanikio. Kwa muda mrefu, hii haiwafanyi wahisi vyema.*

#### 1.1.3 Whatever the cause, getting stuck and avoiding important things is bad for your mood

Before you know it, you can get stuck in a cycle called **the Inactivity Cycle.**

Show participants the large picture of the Inactivity Cycle (stick it on the wall).

For many reasons, people can stop doing things they used to do. People avoid routine activities such as cleaning the house, doing the ironing or washing up. Other daily routines are disrupted such as the time they go to bed or get up, when they eat and how they cook for themselves. People can stop seeing friends, enjoying a day out with their family or playing games with children. People even stop important necessary things such as paying bills or making a household budget to ensure you don’t run out of money.

That causes their mood to worsen more *(point to this part of the picture)*. When their mood gets worse, it makes it harder to do things so they withdraw more.

Feeling stuck is, therefore, a vicious circle of avoiding things and less opportunity for finding happiness in activity you usually enjoy. Over time, if this mood does not improve you can feel a lack of energy and motivation to do things. Both these forces lead to you doing your usual activities less. Stopping these activities can have bad consequences for your life, your work and the people around you. This can make you feel even worse.

Importantly, the problem is common and many people face this difficulty at some point in their lives. Even if you are not feeling like this now, the workshop may still help you in case you feel like this at some point in the future. We will talk about some common tools that you can use to break the inactivity cycle and begin to feel better.

#### 1.1.3 Sababu yoyote ile, kukwama na kuepuka mambo muhimu ni mbaya kwa hisia zako

*Kabla ya kujua, unaweza kwama katika mzunguko* ***wa kutokuwa mchangamfu***

*Show participants the large picture of the Inactivity Cycle (stick it on the wall).*

*Kwa sababu nyingi, watu wanaweza kuacha kufanya mambo waliyokuwa wakifanya. Watu huepuka kufanya kazi zao za kila siku, kama vile: kuosha nyumba, kupiga pasi au kusafisha kwa ujumla. Kazi zingine za kila siku zinasumbuliwa. Kama vile; wakati wa kwenda kulala au kuamka, wakati wa kula, na jinsi unavyojipikia chakula. Atu pia huwacha vitu muhimu kama vile, kulipa bill au kufanya bajeti ya nyumba ili kuhakikisha hauishiwi na pesa.*

*Hiyo husababisha hisia zao kuwa mbaya zaidi (waonyeshe sehemu hii ya picha)Wakati hisia zao zinazidi kuwa mbaya zaidi, inakuwa vigumu kufanya mambo, kwa hivyo huepuka zaidi.*

*Kwa hiyo, kuhisi kukwama, ni mduara wa kuepuka vitu bila gharama kubwa na nafasi ndogo ya kupata furaha katika shughuli ambazo kwa kawaida una furahia. Baada ya muda, kama mood hii haitaboreka, unaweza kuhisi ukosefu wa nguvu na motisha ya kufanya mambo.*

*Nguvu hizi zote zinakuongoza kufanya shughuli zako za kawaida kidogo.*

*Muhimu ni kuwa shida hii ni kawaida na watu wengi wanakabiliana na shida hii wakati fulani katika maisha yao. Hata kama hujiskii hivi kwa sasa, workshop hii inaweza kukusaidia iwapo utahisi hivi wakati fulani maishani.*

### 1.2 A Story: Mama Maria

First, we are going to tell you a story of someone very like you who faced the cycle of inactivity. Mama Maria is a woman of 25 years, who lives in Malewa. She has a husband and two cute little children: Her son Peter is 3 years old, and has beautiful curly hair and a dimple on his chin. Her daughter Maria is 5 years old. She is a very friendly girl, and so smart that Mama Maria is sure that she will one day have a great future.

Mama Maria’s husband Baba Maria works as a flower picker on a farm. Mama Maria earns some money by helping out on local farms. They live a quiet life in their village. They do not have a lot of money, but they are grateful for what they have, for their family, and their children.

*Kwanza, tunaenda kukupa hadithi ya mtu aliye kama wewe na aliyekumbwa na huu mzunguko wa kutokuwa mchangamfu.*

*Mama Maria ni mwanamke wa miaka 25, anayeishi Malewa. Ana mume na watoto wawili warembo. Mvulana wake Peter ana miaka 3, na ana nywele rembo iliyojikunjakunja na “dimples” kwenye shavu. Msichana wake Maria ana miaka 5. Ni msichana mwenye urafiki sana, na nadhifu sana habi Mama Maria ana uhakika kuwa siku zake za usoni zitakuwa bora sana.*

*Mume wa Mama Maria, baba Maria anafanya kazi kama muokotaji wa maua kwa shamba. Mama Maria hupokea pesa fulani kwa kusaidiana kwa mashamba mtaani. Wanaishi maisha nyamavu kijijini. Hawana pesa mingi sana, lakini wanashukuru kwa kile walichonacho , kwa familia yao na watoto wao.*

#### 1.2.1 Every day routine

Everyday life can be hard for Mama Maria. She needs to take care of a lot of things every day, just to make sure her family survives from one day to the next. Every day, she walks to the water point to collect water for her family. They do not have a donkey, and the water point is 1 hour away. She has to go twice a day, so it takes away 4 hours of her time. She goes at 5am every morning before she takes Maria to school, and then again in the afternoon. She would like to have a rainwater tank at the house, but they do not have enough money.

After collecting water and taking her child to school, she goes to help on a neighbouring farm to earn some money. After 5 hours on the farm, she collects Maria from the school, and prepares lunch for her. In the afternoon, she walks again to the water point. Then she buys food to prepare dinner for her family, and works in their own garden.

*Kila siku maisha yanaweza kuwa magumu kwa Mama Maria. Anahitajika kushughulikia mambo mengi ili kuhakikisha kuwa familia yake inaishi siku moja hadi kwa ingine. Kila siku, yeye hutembea kwenda kwa kituo cha maji ili kusanya maji ya familia yake. Hawana punda, na kituo cha maji kiko umbali wa saa moja. Lazima aende mara mbili kwa siku, kwa hivyo inamchukua masaa manne kwa jumla. Yeye huenda saa kumi na moja asubuhi kabla ya kumpeleka Maria shuleni, na pia mchana.*

*Angependa kuwa na tanki ya kukinga maji ya mvua kwake nyumbani, lakini hawana pesa za kutosha.*

*Baada ya kuteka maji na kumpeleka mtoto shuleni, yeye huenda kusaidiana kwa shamba kwa jirani ili kupata pesa kiasi. Baada ya masaa matano kwa shamba, yeye humchukua Maria kutoka shuleni, akamtayarishia chakula cha mchana. Mchana yeye huenda pia kwenye kituo cha maji. Kisha ananunua chakula cha jioni cha familia, na kufanya kazi kwenye shamba lao.*

#### 1.2.2 Making the water clean

The drinking water in the region where Mama Maria lives is often contaminated with bacteria. This leads to disease and illness in the people who drink it, especially children.

However, Mama Maria knows that it is easy to make water safe to drink by adding chlorine either from a bottle of WaterGuard or from the dispenser at the water source. She knows that by putting one capful of WaterGuard or one turn of the tap at the dispenser into each jerry can of water that she fetches and waiting for 30 minutes, she can make the water safe to drink for her children. She does not have to pay for chlorine from the dispenser and she also knows that a bottle of WaterGuard is very cheap and very safe, and so it is a good idea to use it.

So usually, even when it takes some planning and care, she goes to the store once per month and buys a supply of WaterGuard. She keeps the WaterGuard high on a shelf at the door of the house, so that as soon as she brings the drinking water back to the house, she will remember to put it in.

*Maji ya kunywa sehemu ambayo Mama Maria anaishi imechafuliwa na bacteria. Hii inasababisha ugonjwa kwa watu wanayoyakunywa, haswa watoto.*

*Hata hivyo, Mama Maria anajua kuwa ni rahisi kuyafanya maji kuwa safi kwa kuweka klorini aidha kutoka kwa WaterGuard au kwa dispenser iliyo kwenye kituo cha maji. Anajua kuwa kwa kuweka kifuniko moja cha WaterGuard au tone moja hapo kwa dispenser kwa kila mtungi wa maji ambayo anayochota na kungoja kwa dakika 30 anaweza fanya maji kuwa salama ya kunywa kwa watoto. Hafai kuilipia klorini iliyo kwa dispenser, na pia anajua kuwa chupa ya WaterGuard ni bei rahisi sana, kwa hivyo ni jambo njema kuitumia.*

*Kwa hivyo kila mara, hata kama inahitaji kupanga na kutunza, ataenda kwenye duka mara moja kwa mwezi na kununua WaterGuard. Anaweka waterguard juu kwa shelf kwa mlango wa nyumba, ndio mara tu anapoleta maji kwa nyumba, atakumbuka kuiweka kwenye maji.*

#### 1.2.3 Sometimes you just don’t feel like yourself

For some reason, this year, Mama Maria is just not feeling like herself. She used to be a very happy and social person. She liked seeing her friends in the village and visiting her elderly neighbours. She loved embroidery and spending time with her children. Mama Maria also enjoys looking and observing birds in the village. She even enjoyed the feeling of completing all her household jobs.

But gradually, she has fallen out of the habit of being active and sociable. As the year went on her mood worsened and she found it harder and harder to do the things she had to do. She always managed to wash and cook food for the children, but she struggled to get the motivation to wash herself, clean the house or wash the dishes. She also felt very ashamed that she could not do things she believed everyone else could do without difficulty.

One day, she had slept very badly and had just managed to walk all the way to the water point. However, when she got back and took the WaterGuard from the shelf, she saw that it was empty. She started to cry – she could not face walking to the store and then having to get herself to work. She told herself that just this once, it would not matter if she did not clean the water. She gathered her things, quickly washed her face and went to work.

*Kwa sababu fulani, mwaka huu Mama Maria hajihisi kuwa mwenyewe. Alikuwa mtu mwenye furaha sana na mtu wa kijamii. Alipenda kuwaona marafiki wake kijijini na kuwatembelea majirani wake wazee. Anapenda kushona nakutumia muda wake na watoto. Mama Maria pia hupenda kuangalia ndege kijijini. Pia alifurahi hisia ya kukamilisha kazi zake za nyumbani.*

*Hatua kwa hatua, amewachana na tabia ya kuwa mchangamfu na kutangamana na jamii. Mwaka ulipoendelea, hisia yake ilizidi kuzorota na kapata ugumu wa kufanya mambo aliopasawa kufanya tena. Aliweza kufua nguo na kuwapikia watoto, lakini alipambana sana kupata motisha ya kujiogesha mwenyewe, kuosha nyumba au kuosha vyombo vya kukulia. Pia alihisi kuwa na aibu kuwa hangefanya vitu ambavyo aliamini kuwa watu wengine wangefanya bila ugumu wowote.*

*Siku moja, alikuwa amelala vibaya na akaweza kutembea hadi kule wanakoteka maji. Hata hivyo, aliporudi na kuchukua waterguard kutoka kwa shelf, aliona kuwa ilikuwa tupu. Alianza kulia- hakuona akitembea kwenda kwa duka na pia kujipeleka kazini. Akajiambia kuwa ni hii tu mara moja, haijalishi kama hatasafisha maji. Akakusanya vitu zake, akaosha uso kwa haraka na kwenda kazini.*

#### 1.2.4 Maria falls ill

Everything was fine that evening and the next day. Mama Maria went to fetch the water again the next morning and the day after that, but she could not get enough energy to go to the store and get more WaterGuard. She looked at the empty bottle on the shelves a couple of times and felt bad about not having got more, but she could not bring herself to deal with the problem. Once, she even went to the store to get other goods, but she was tired and distracted and forgot the WaterGuard. Eventually she couldn’t face it and then she threw away the bottle.

*Kila kitu ilikuwa sawa hiyo jioni na siku iliyofuata. Mama Maria alienda kuchota maji tena asubuhi iliyofuata na siku moja baadaye, lakini hangepata nguvu ya kuenda kwa duka kununua waterguard ingine. Aliangalia chupa iliyo tupu kwa shelf mara kadhaa na akahisi vibaya kwa vile hakuwa amechukua ingine, lakini hangejikusanya ili kusuluhisha shida hii. Mara moja, akaenda kwenye duka kununua bidhaa zingine, lakinin alikuwa amechoka na kusumbuliwa na akasahau kununua waterguard. Mwishowe hangekumbana nayo na akatupa hiyo chupa.*

However, sadly, on Saturday evening, about two weeks after she ran out of WaterGuard, her daughter Maria fell very ill. She started having diarrhea and fever. The fever got worse, and eventually the family had to bring her to the hospital. The doctors were also worried. Mama Maria felt helpless and was very upset.

*Hata hivyo, la kuhuzunisha, Jumamosi jioni, wiki mbili baada ya kuishiwa na waterguard, msichana wake Maria aligonjeka. Alianza kendesha na kushikwa na joto. Joto lilizidi kuwa jingi, na mwishowe ilibidi familia yake kumpeleka hospitali. Madaktari walikuwa na wasi wasi. Mama Maria alihisi kutokuwa na msaada na kuudhika.*

After more than a week, the medications that the doctors were giving Maria started to work, and Mama Maria was very relieved that a week later, Maria was feeling much better. After a few weeks, she was back to health. However, school had already started by then, and she could not join her class any longer – it was too late, and they had spent all the money that was supposed to go towards her school uniform on medical fees. Mama Maria also lost money because she could not work on the farm. This meant that Maria had to wait until the next semester. She was very sad when she found out that she could not start school at the same time as her friends.

*Baada ya zaidi ya wiki moja, madawa aliyopewa Maria yalianza kufanya kazi, na Mama Maria akahisi kuwa mchangamfu wiki moja baadaye, Maria alikuwa anahisi nafuu kidogo. Baada ya wiki chache, alikuwa amerudi kuwa mwenye afya bora. Hata hivyo, shule zilikuwa zishaanza wakati huo, na hangeweza kujiunga na darasa lake tena- alikuwa amechelewa, na walikuwa wametumia pesa zote za kumnunulia sare za shule kwa gharama ya matibabu. Mama Maria pia alipoteza pesa kwa vile hangeweza kufanya kazi kwa shamba. Hii ilimaanisha kuwa Maria alifaa kungoja hadi muhula mwingine. Alikuwa amehuzunika alipogundua kuwa hangeanza shule wakati mmoja na marafiki zake.*

##  1.3 Exercise 1: Sharing stories about the inactivity cycle

### 1.3 Zoezi 1: Kujadili stori juu ya mzunguko wa kukosa la kufanya

#### 1.3.1 Have you ever got stuck in an inactivity cycle?

#### 1.3.1 Je! Umewahi kukwama katika mzunguko wa kukosa la kufanya?

*Ask the group:*

Does this cycle or what I described about Mama Maria sound familiar to any of you? Would anyone like to share their experiences of feeling overwhelmed or struggling to get started and not being able to do activities, even very basic ones, or to stick to your usual plans and routines, like making sure you don’t run out of WaterGuard?

*Je, huu mzunguko au kile nilichoelezea kuhusu Mama Maria inafahamika kwenu ? Je! kuna yeyote angependa kujadili uzoefu wake wa kujisikia kusidiwa au kujitahidi kuanza na kutoweza kufanya shughuli, hata zile za msingi, au kushikamana na mipango yako ya kawaida, kama kuhakikisha kuwa hukosi WaterGuard? Je, kuna yeyote angependa kujadili stori yake?*

Prompt questions to emphasize the inactivity cycle in the person’s story by making sure the following questions are answered:

* So when you felt like everything was too much, what specific activities did you find hard to do or did you no longer enjoy doing?
* Were you still able to do as much of the housework or see your friends and family when you felt this way?
* When you stopped doing these things what happened to your mood?
* *Kwa hiyo wakati ulihisi kama kila kitu kilikuwa kimedizi sana, ni shughuli gani maalum ambayo uliiona ngumu kufanya au hakufurahia kufanya tena?*
* *Je, uliweza kufanya kazi za nyumba nyingi au kuona marafiki na familia yako wakati ulihisi hivi?*
* *Ulipoacha kufanya mambo haya nini ilifanyika kwa mood yako?*

#### 1.4. Breaking the inactivity cycle

Now let us return to the story of Mama Maria to see what happens.

#### 1.4.1 When Mama Maria got active and started fetching and chlorinating water, she was able to better take care of her family through water chlorination

Mama Maria was very shaken by Maria’s illness. She went to the doctor who had treated Maria, and asked her what she could do to prevent Maria from getting ill again in the future. The doctor asked if she had been chlorinating the family’s drinking water.

Mama Maria explained what had happened and how she had not been feeling herself for a while and was finding it hard to do even small things in her life. The doctor explained to her that it was very common to feel a lack of motivation and energy at certain times in life, and that many people feel like this. It is very common for people to fall into cycles of avoiding things that they need to do or that they enjoy doing, and that they once found enjoyable.

He said: “At the beginning, it can even be a relief to avoid things you need to do. You just are not able to make the extra effort – everything feels too much – and you feel like you are being kind to yourself by giving yourself a break. But in the long term, avoiding the things we need to do can have negative consequences for us and for the people we care about. And by avoiding things, we end up not giving ourselves a small sense of achievement and enjoyment from doing things we know are important.”

#### 1.4.1 Wakati Mama Maria alianza kuwa mchangamfu na kuanza kuchota maji na kuyatibu, aliweza kuitunza familia yake kupitia kwa maji iliyotibiwa

*Mama Maria alishtuliwa sana na ugonjwa wa Maria.Alienda kumtembelea daktari aliyemtibu Maria, na kumuuliza kile angefanya ili kuzuia Maria kugonjeka tena baadaye. Daktari alimuuliza ikiwa alikuwa akitibu maji ya familia kunywa.*

*Mama Maria alieleza kilichokuwa kimetendeka na alivyokuwa hajihisi kwa muda fulanina alivyokuwa akipata ugumu kuyafanya hata mambo madogo madogo kwenye maisha yake. Daktari alimueleza kuwa hiyo ilikuwa kawaida kuhisi kukosa motisha na nguvu mara nyingine kwa maisha, na kuwa watu wengi huhisi hivyo. Ni kawaida kwa watu kujikuta kwa nyakati za kutaka kuhepa vitu ambavyo wanafaa kufanya au wao hufurahia kufanya, na ambayo wakati mmoja waliona ikiwa ya kufurahisha. Alisema, “Mwanzoni, inaweza kuwa pumziko kuu kuyawacha mambo mengine ambayo unapaswa kufanya. Hauwezi tu kutia bidii zaidi- kila kitu inakaa kukuzidia- na unahisi kuwa unakuwa mtu mwema sana kwako na unahitaji kupumzika.*

*Lakini mwishowe, kuhepa vitu ambavyo tunafaa kufanya inaweza kuwa na madhara yasiyopendeza kwetu na pia kwa wale watu ambao tunawajali. Na kwa kuhepa vitu, tunabaki kujihisi kidogo sana kwa mafanikiio na kufurahia kutokana na kufanya vitu ambavyo tunajua ni za muhimu.”*

The doctor was, however, very sympathetic to Mama Maria feeling that everything was just too much to tackle. He said: “You must first become more active, make small, easy changes to your life, and put yourself into more positive situations. **You just need to get started.** Although this may be difficult at first, it will become easier as more and more positive experiences occur. As you succeed, this will encourage self-confidence and begin to improve your mood and help you feel more confident in solving your practical problems.”

He suggested some steps to help her.

**Step 1:** Make a list of activities you enjoy doing (pleasurable), must do every day, even if you don’t want to (daily), and that are important (necessary)

**Step 2:** Start with the easiest activity

**Step 3:** Break it down into exact steps and plan when to do it

**Step 4:** Get going, keep doing

*Daktari hata hivyo alikuwa mwenye huruma kwa Mama Pendo kuhisi kuwa kila kitu ilikuwa imemzidi na hangeweza kushughulikia ipasavyo. Alipendekeza: “Lazima kwanza uweze mchangamfu zaidi, ufanye mabadiliko madogo, rahisi katika maisha yako, na ujiweke katika hali nzuri zaidi.* ***Unahitaji tu kuanza.*** *Ingawa hii inaweza kuwa ngumu kwa mara ya kwanza, itakuwa rahisi kama uzoefu zaidi na zaidi chanya kutokea. Anza tu na mabadiliko madogo rahisi yanaweza kuvunja mzunguko huu wa mood ya chini na kutokuwa na la kufanya.**Unapo fanikiwa, hii itakuhimiza kujiamini na kuanza kuboresha mood yako na kukusaidia kujisikia ujasiri zaidi katika kutatua matatizo yako.”*

*Daktari alipendekeza:*

***Hatua ya 1:*** *Unda orodha ya shughuli unazofurahia kufanya (za kukufurahisha), lazima uzifanye kila siku, hata kama hutaki (kila siku), na kwamba ni muhimu (lazima)*

***Hatua ya 2:*** *Anza na shughuli rahisi sana*

***Hatua ya 3:*** *Ivunje kwa hatua halisi na kupanga wakati wa kufanya hivyo*

*Hatua ya 4: Endelea, endelea kufanya*

Mama Maria listened carefully to the doctor’s views. It was hard to admit that she might have played a role in Maria getting sick. But she saw that there was truth to what the doctor said: it was within her power to chlorinate water, and if she consistently made an effort to do this, she realized she could protect her family from similar illnesses in the future. So from then on, she began to chlorinate the water that her family used no matter what happened.

*Mama Maria alisikiliza kwa makini maoni ya daktari. Ilikuwa ngumu kukubali kwamba alihusika kufanya Maria kuwa mgonjwa. Lakini aliona kwamba kuna ukweli kwa kile daktari alisema: ilikuwa ndani ya uwezo wake kutibu maji na klorini, na ikiwa alijitahidi kufanya hivyo bila kukosa, aligundua kuwa anaweza kulinda familia yake kutokana na magonjwa kama hayo baadaye. Kwa hiyo tangu wakati huo, alianza kutibu maji na klorini ambayo familia yake ilitumia, bila kujali kilichotendeka.*

#### 1.2.6 Mama Maria falls pregnant

A little bit later, Mama Maria learned that she was pregnant with another child. She was very happy. She knew that the government said that she should attend four visits for antenatal care for pregnancy. So, even though at first it seemed overwhelming to remember to attend the clinic four times, Mama Maria decided to follow the doctor’s advice and break it down into steps. First she made a list of all the things she would need to complete the schedule of visits. She wrote down all the dates on which the doctor said she should go to the clinic and put it on her wall so that she wouldn’t forget. She wrote down that she would need to ask a neighbour to look after Maria and Peter. She wrote that she would need to have a little bit of money ready for transport. She wrote that she should make sure she left extra time for her household tasks the day before her visit so that she would have the time to spare. Then, when the days came around that she had to attend the clinic, Mama Maria had everything ready to go and had nothing to distract her. She went to all four of the clinic visits, and each time was relieved to hear.

*Baadaye kidogo, Mama Maria aligundua kuwa yeyey ni mja mzito na mtoto mwingine. Alikuwa na furaha sana. Alijua kuwa serikali ilikuwa imesema kuwa atahudhuria cliniki nne kable ya kujifungua kwa ajili ya uja mzito. Kwa hivyo, hata kama ilikaa kumlemea kukumbuka kwenda kliniki mara nne, Mama Maria aliamua kufuata mawaidha ya daktari na kuvunja kwa hatua kadhaa. Kwanza alikuwa na orodha ndefu ya vitu ambazo angehitaji ili kukamilisha tembezi zake kwa cliniki. Aliandika chini tarehe zote, ambazo daktari alikuwa amemuandikia chini za kwenda kwenye kliniki na kuziweka kwa ukuta ili asisahau. Aliandika chini kuwa angefaa kumuuliza jirani yake kuwatunza Maria na Peter. Aliandika chini kuwa angehitajika kuwa na pesa tayari za usafiri. Aliandika chini kuwa angehakikisha kusalisha muda zaidi wa kufanya kazi za nyumba siku moja kabla ya kutembelea kliniki ili awe na muda chache wa kubakisha. Halafu, siku za kutembelea kliniki zilipokaribia, Mama Maria alikuwa na kila kitu tayari na hakukuwa na lolote la kumsumbua. Alihudhuria kliniki zote nne, na kila wakati alifurahia kusikia.*

#### 1.5 Stories of breaking the cycle

#### 1.5 Hadithi za kuvunja mzunguko

Ask the group:

* Does anyone have any ideas of how the inactivity cycle can be broken?
* Has anyone who has been stuck in this cycle themselves been able to break it?
* Or have you seen someone close to you stuck in this cycle? Did they manage to break it?
* *Je, mtu yeyote ana mawazo yoyote kuhusu jinsi mzunguko wa kukosa la kufanya unaweza kuvunjika?*
* *Je, kuna mtu yeyote ambaye amekwama katika mzunguko huu ameweza kuivunja mwenyewe?*
* *Ama umeona mtu wa karibu nawe amekwama katika mzunguko huu? Waliweza kuuvunja?*

At the end, take some time to summarize the common themes or points to participants’ stories. Look for the following points to emphasize:

* It is hard to do things when your mood is low:
* Many people do not enjoy things as much when their mood is low
* When you don’t do things, like chores, work, or pleasant activities, your mood doesn’t im- prove (or gets worse)
* Being active breaks the cycle

* *Ni vigumu kufanya mambo wakati mood yako iko chini*
* *Watu wengi hawafurahikii mambo mengi wakati mood zao ziko chini*
* *Wakati hufanyi mambo, kama kazi za nyumba, kazi, au shughuli za kukupendeza, mood yako haiboresheki (au kuwa mbaya zaidi)*
* *Kuwa na la kufanya huvunja mzunguko*

### 1.7 Exercise 2: Practice breaking the cycle

### *1.7 Zoezi la 2: Zoezi kuvunja mzunguko*

Often many people will think, “I will start doing things again when I feel better”. Or, they think that you need to feel energetic first to be active. Actually, the reverse is true: being active makes you feel energetic. So, many people do not start feeling better until they get active. To break this cycle you need to start doing things again, even though you may not feel like it.

Mara nyingi watu wengi watafikiri, "Nitaanza kufanya mambo tena nitakapo sihisi vizuri". Au, wanafikiri kwamba unahitaji kujisikia mwenye nguvu kwanza ndipo uwe mchangamfu. Kwa Kweli, kinyume ya hii ni kweli: kuwa mchangamfu hufanya ujisikie mwenye nguvu. Kwa hiyo, watu wengi hawaanzi na kujisikia vizuri mpaka wanapofanya kazi. Ili kuvunja mzunguko huu unahitaji kuanza kufanya mambo tena, ingawa huenda usihisi kama kufanya.

#### 1.7.1 Step 1: Talk with your partner about activities you enjoy doing (pleasurable), activities you must do every day (daily), and activities that are important (necessary)

#### 1.7.1 Hatua ya 1: Zungumza na patna mwenzako kuhusu shughuli ambazo unafurahia kufanya (kufurahisha), shughuli unayofanya kila siku (kila siku), na shughuli ambazo ni muhimu (lazima)

Participants should get into pairs. They don’t have to write anything but can just talk to each other.

Talk to your partner about a number of different activities you often used to do every day but have stopped doing or struggle to do as regularly as you would like. Include

* activities you must do every day (daily)
* activities that are important (necessary)
* activities you enjoy doing (pleasurable)

Discuss three or four activities under each heading. Tell your partner about if you find this activity easy or hard to do.

*Washiriki wajisanye kwa kikundi cha watu wawili. Sio lazima aandike chochote lakini wanaweza zungumza.*

*Zungumza na patna wako kuhusi shughuli tofauti tofauti ambazo hufanya kila siki, lakini mewacha kuzifanya au unjikaza kuzifanya upendavyo.*

* *Shughuli ambazo lazima ufanye kila wakati*
* *Shughuli ambazo ni muhimu*
* *Shughuli ambazo unafurahia kufanya*

Zugumzia shughuli tatu au nne katika kila mada. Ambia mwenzako kuhusi hio shughuli na ikia utapata ni ngumu au rahisi.

#### 1.7.2 Step 2: Start with the easiest activity

#### 1.7.2 Hatua ya 2: Anza na shughuli rahisi

"Now speak to your partner about which activity is the easiest one for you to do, but that you have stopped doing or do not do as regularly as you would like.”

*Sasa zungumza na patna wako kuhusu shughuli amboyo ni rahisi sana wewe kufanya, lakini umewacha kufanya au hauhifanyi kila wakati.*

#### 1.7.3 Step 3: Break it down into exact steps and plan when to do it

#### 1.7.3 Hatua ya 3: Vunja kwa hatua halisi na kupanga wakati wa kufanya hivyo

*Then participants will take a blank diary (Behavioural Activation Diary).*

“Now we want to plan about how you will start doing this task again. Starting with your easiest task, please close your eyes and imagine when you last did this activity. Think about all the things you did. These will be the steps you need to take to complete the activity.”

“What are the material things you will need in order to complete the activity? Do you need specific things from around your home, certain people?” (E.g. shoes, furniture, people, food etc.)

*E.g., meeting with a friend might mean getting dressed, getting baby ready to take out, and walking to meet her etc. before actually doing the activity. This might be too hard for someone to do who is feeling very depressed and an easier activity should be chosen first.*

*Simple and easier activities might include those that can be done in the home or that do not need a lot of resources or other people. Listening to music, preparing a meal, singing, dancing, playing with young child, walking around the neighbourhood, looking at nature in the back garden, taking a bath, etc.*

*Sasa tunataka kupanga jinsi utaanza kufanya hii shughuli tena. "Kuanzia na kazi ambayo ni rahisi kwako, tafadhali funga macho yako na ufikirie ni lini mwisho ulifanya shughuli hii. Je! Unaweza kuniambia kwa undani zaidi mambo yote uliyoyafanya? Hizi zitakuwa hatua unazohitaji kuchukua ili kukamilisha shughuli."*

*"Je, ni vitu gani uta hitaji ili kukamilisha shughuli? Je! Unahitaji vitu maalum kutoka nyumbani kwako, watu fulani? "(Kwa mfano Viatu, fanicha, watu, chakula na kadhalika.)*

*(Kwa mfano, kukutana na rafiki kunaweza kumaanisha kuvaa nguo, kutayarisha mtoto, na kutembea ili kukutana naye na kadhalika. kabla ya kufanya kazi hiyo. Hii inaweza kuwa ngumu sana kwa mtu kufanya ambaye anahisi huzuni sana na shuguli rahisi inapaswa kuchaguliwa kwanza.*

*Shughuli nyepesi na rahisi zinaweza kuwa kama zile ambazo zinanaweza kufanywa nyumbani au ambazo hazihitali rasilimali nyingi au watu wengine. Kusikiliza muziki, kuandaa chakula, kuimba, kucheza, kucheza na mtoto mdogo, kutembea mtaani, kutazama bustani ya nyuma ya nyumba, kuoga, na kadhalika.)*

Please write into this schedule when you will do this activity - what day or days of the week will it be? What time of day? Is there anything you need to have done first?

*Tafadhali andika katika ratiba hii wakati utafanya shughuli hii - ni siku gani au siku ya wiki itakavyokuwa? Wakati gani wa siku? Je! Kuna chochote unachohitaji kufanya kwanza?*

* Help participants schedule in the steps to complete their easiest activity
* Discuss what each participant will do, on what day and at what time (get participants to be as specific as possible)

 *Jadili kile ambacho kila mshiriki hufanya, siku gani na wakati upi. Kuwa maalum iwezekanavyo*

**FO:** Then help participants to schedule some of their other activities that they have stopped doing into their week. For this week, people should choose easy activities to do.

 Activities should be detailed precisely: what, where, when, and who with. Small and regular activities are better.

* For example, ‘doing embroidery’ might feel overwhelming. So you can break this task down. Start with just getting all your materials out and putting them in a place where you would feel comfortable to do your embroidery. The participant does not need to start doing any embroidery yet. Then on another occasion, they might just spend 10 minutes on the embroidery and build up from there.
* Another example with the task, ‘cleaning your apartment or hut’. Breaking this task down by choosing small sections of the apartment or hut to clean (for example, cooking area, sleeping area and so on) is more manageable and achievable for the participant.

* *Kwa mfano, 'kushona' inaweza kuwa kazi nyingi mno. Kwa hiyo unaweza kuvunja kazi hii chini. Anza na kupata vifaa vyako vyote nje na kuviweka mahali ambapo utajiskia sawa kushona vitambaa vyako. Mshiriki hahitaji kuanza kushona chochote kwanza. Kisha wakati mwingine, wanaweza tu kutumia dakika 10 kushona kitambaa na kuendelea kutoka hapo.*
* *Mfano mwingine wa shuguli, 'kusafisha ghorofa au nyumba yako'. vunja kazi hii chini kwa kuchagua sehemu ndogo za ghorofa au nyumba kusafisha (kwa mfano, jikoni, eneo la kulala na kadhalika) inaweza kuwa rahisi kufanya na kufanikiwa kwa mshiriki.*

Now please write into your diary when you will do some of the other activities you want to do but sometimes don’t actually get around to doing, or things which you know you should but you avoid doing.

Put in as much detail as you can - where will you do this, what time of day will it be, who will you be with? What are the first things you have to do for this task?

*Sasa Tafadhali andika kwa diary yako wakati utakapofanya baadhi ya shughuli unazotaka kufanya lakini wakati mwingine huwezi kufanya, au mambo ambayo unajua unapaswa kufanya lakini unaepuka kufanya.*

*Weka kwa kina maelezo zaidi uwezavyo - utafanya wapi, ni wakati gani wa siku, utakuwa na nani? Je! Ni mambo gani ya kwanza unayohitaji kufanya kwa kazi hii?*

Remind participants that they will review these activities and whether they have done them in the next session

In next week’s session we will talk again about these activities and see whether you have done them.

*Katika kikao cha wiki ijayo tutazungumzia tena kuhusu shughuli hizi na kuona kama umezifanya.*

#### 1.7.4 Step 4: Get going, keep doing

#### 1.7.4 Hatua ya 4: Endelea, endelea kufanya

Remember: “Get Going Keep Doing” helps people start being active again and being active will improve your mood so that you feel strong enough to start harder challenges. It might be difficult starting the activity. It’s important that you keep going with it even if you don’t feel like it. Your mood and energy might not improve straightaway but it will if you keep doing what you had planned every day.

*Kumbuka ya kwamba, “Endelea, endelea kufanya” husaidia watu kuwa wachangamfu zaidi na wewe kuwa mchangamfu utasaidia kuimarisha hisia ili uhisi mwenye nguvu kuanza shughuli ngumu. Inaweza kuwa vigumu kuanza shughuli hio. Ni muhimu uendelee kufanya, ata kama hujihisi. Sio ati hisia na nguvu yako itaimarika mara moja, lakini, itabadilika ikiwa utaendelea kufanya kile ambacho ulikuwa umepangia kila siku.*

#### 1.6 Slap, Clap, Click, Name Game

This game demonstrates how it can be difficult to start an activity. But when you get going it’s easier to keep doing!

**Step 1:** Practice clapping rhythm, which should follow this sequence:

1) Slap your knees with both hands

2) Clap your hands together

3) Click fingers of right hand

4) Click fingers of left hand

5) Practice until the entire group can follow the rhythm

*Mchezo huu unaonyesha jinsi inaweza kuwa vigumu kuanza shughuli. Lakini wakati unapoenda inakua rahisi kuendelea kufanya!*

***Hatua ya 1:*** *Fanya mazoezi ya kupiga makofi, ambayo inapaswa kufuata mtindo huu:*

*1. Chapa magoti yako kwa mikono miwili*

*2. Piga makofi yako pamoja*

*3. Click vidole vya mkono wa kulia*

*4. Click vidole vya mkono wa kushoto*

*5. Fanya mazoezi hadi kikundi kizima kiweze kufuata rhythm*

**Step 2:**

1) The facilitator of the game (one of the FOs) begins the game

2) They call out their own name when clicking fingers of right hand, followed by the nam of someone in the group when clicking fingers of left hand

3) The second name is called at random

4) The person whose name has been called follows the same sequence, ie. they call out their own name when clicking fingers of right hand, followed by someone in the group when clicking fingers of left hand

5) The sequence is followed until a mistake is made. Begin a new game by practicing the rhythm and then add name-calling

***Hatua ya 2:***

*2) Wataita jina lao wenyewe wakati wa ku click vidole vya mkono wa kulia, ikifuatiwa na jina la mtu mmoja katika kikundi wakati wa ku click vidole vya mkono wa kushoto*

*3) Jina la pili linaitwa bila mpangilio.*

*4) Mtu ambaye jina lake limeitwa atafuata mkondo huo, yaani. wanaita jina lao wenyewe wakati wa ku click vidole vya mkono wa kulia, ikifuatiwa na mtu katika kikundi wakati wa ku click vidole vya mkono wa kushoto*

*5) Mkondo utafuatiwa mpaka kosa lifanyike. Anza mchezo mpya kwa kufanya mazoezi ya rhythm kisha ongeza kuita majina.*

*Relate the game back to earlier learnings:*

Starting an activity can be challenging when you feel depressed or without energy. It can be helpful to break the activity down into small steps and start with the easy steps until you feel comfortable adding more steps, just like we did in this game. Then you can get into a rhythm and continue without difficulty.

*(Husisha mchezo kwa yale ulijifunza mapema:)*

*Kuanza shughuli inaweza kuwa na changamoto wakati unahisi huzuni au kukosa nguvu. Inaweza kuwasaidia kuvunja shughuli kuwa na hatua ndogo na kuanza na hatua rahisi mpaka uhisi uko sawa kuongeza hatua zaidi, kama vile tulivyofanya katika mchezo huu. Kisha unaweza kuingia kwenye rhythm na kuendelea bila shida.*