

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

1.1 Lecture: learning about avoidance and inactivity

1.1.1 Why do we sometimes feel sad, stuck or hopeless?

1. Adversity can cause change in people's mood. Often bad things happen to people – someone close to them dies or moves away or something they hope to achieve does not go as planned. When people are grieving or depressed, they feel physically unwell, have negative thoughts and change the way they behave.
2. But even if nothing has gone wrong or changed recently, we may have times in our lives when we feel as though we are not able to get much done, or that we are always tired and lack motivation.

1 Kipindi cha 1: Endelea, endelea kufanya

1.1 Kusoma: kujifunza kuhusu kuepuka na kutochangamuka

1.1.1 Kwa nini wakati mwingine tunahisi huzuni, kukwama au kutokuwa na tumaini?

1. Matatizo yanaweza kusababisha mabadiliko katika mood ya watu. Mara nyingi mambo mabaya hutokea kwa watu - mtu aliyekaribu naye hufa au huenda mbali au kitu ambacho wanatarajia kufanikiwa hakiendi kama ilivyopangwa. Wakati watu wanapo omboleza au kuwa na huzuni, wanajisikia wadhaifu kimwili, wana mawazo mabaya na kubadilisha mienendo yao.
2. Lakini hata kama hakuna chochote kilicho waendea vibaya au kilichobadilika hivi karibuni, tunaweza kuwa na nyakati katika maisha yetu wakati tunapohisi kana kwamba hatuwezi kufanya mengi, au kwamba daima tuna uchovu na hatuna motisha.

1.1.2 Many people face times when they become stuck in inactivity and avoid important things

People often reduce the frequency and type of their usual behaviours. They commonly stop going out with others, reduce interactions with friends, work colleagues and family, and make little effort to do things they may have previously enjoyed. This has two effects:

1. 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 from avoiding the activity once, even if negative consequences arise in the long term. People may get into a habit of avoiding doing things they normally do.
2. People reduce their opportunity for social and personal activities which **bring them pleasure and achievement**. When you do things that bring you pleasure, or even chores that are not

pleasant, you feel good. If you stop doing anything, you get less positive reinforcement from these activities. If they forget that these activities feel good, they reduce them further.

1.1.2 Watu wengi hukabiliwa na nyakati ambapo hukwama kwa kukosa la kufanya na huepuka mambo muhimu

Watu mara nyingi hupunguza idadi na aina ya mienendo zao za kawaida. Mara kwa mara huacha kwenda matembezi na wengine, hupunguza mazoea na marafiki, wafanyakazi kazini na familia, na kufanya juhudi kidogo kufanya mambo ambayo walifurahia hapo awali. Hii ina madhara mawili:

1. Kwa kuzuia juhudi, watu hupata utulivu wa haraka kutokana na shughuli nzito ambazo hawajisiki kufanya. Mara nyingi hakuna madhara mabaya ya haraka kutokana na kuepuka shughuli mara moja, hata kama matokeo mabaya hutokea baadaye kwa muda mrefu. Watu wanaweza kujiweka kwa tabia ya kuepuka kufanya mambo ambayo kawaida hufanya.
2. Watu hupunguza fursa yao ya shughuli za kijamii na za kibinafsi zinazowaletea furaha na mafanikio. Unapofanya mambo ambayo hukuletea furaha, au hata kazi zisizokufurahisha, unajisikia vizuri. Ukiacha kufanya kitu chochote, unapata uimarishaji kidogo kutoka kwa hizi shughulii. Ikiwa watasahau kuwa shughuli hizi huhisi vizuri, huzipunguza zaidi.

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.

For many reasons, people can stop doing things they used to do. 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 without much cost 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.

Importantly, the problem of having low mood and being inactive is not uncommon 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.

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

Kabla ya kujua, unaweza kwama katika mzunguko wa kuto changamka.

FO: Show participants the large picture of the Inactivity Cycle.

Kwa sababu nyingi, watu wanaweza kuacha kufanya mambo waliyokuwa wakifanya. Hiyo husababisha hisia zao kuwa mbaya zaidi (tazama sehemu hii ya picha)

Wakati hisia zao zinazidi kuwa mbaya zaidi, inakuwa vigumu kufanya mambo, kwa hivyo huepuka zaidi.

Kwa hivyo, 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 hisia hii haitaboreka, unaweza kuhisi ukosevu wa nguvu na motisha ya kufanya mambo.

Nguvu hizi zote zinakuongoza kufanya shughuli zako za kawaida kidogo.

Muhimu, tatizo la kuwa na hisia ya chini na kutokua na la kufanya ni kawaida na watu wengi wanakabiliwa na shida hii wakati fulani katika maisha yao. Hata kama hujiskii hivi kwa sasa, workshop hii inaweza kukusaidia iwapo utahisi hivi wakati fulani maishani.

1.1.4 Whatever the cause, getting stuck and avoiding important things can have bad effects on your life

Some of the things people avoid are just 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. These are the important life routines that make people comfortable in their surroundings.

Other activities that get disrupted are things people do for pleasure such as seeing friends, enjoying a day out with their family or playing games with children. These are the things that often make people feel well.

A third area where people avoid activities is in important necessary things such as paying bills or doing chores or making a household budget to ensure you don't run out of money. These are activities which are important and if neglected may lead to an adverse consequence.

1.1.4 Sababu yoyote ile, kukwama na kuepuka mambo muhimu inaweza kuwa na madhara mabaya katika maisha yako

Baadhi ya mambo ambayo watu huepuka na shughuli za kawaida kama vile kusafisha nyumba, kupiga pasi au kuosha. Kazi zingine za kila siku zinaharibiwa kama wakati wa kuenda kulala au kuamka, wanapokula na jinsi wanavyojipikia wenyewe. Hizi ndizo kazi muhimu za maisha zinazofanya watu kukaa vizuri katika mazingira yao.

Shughuli zingine zinazo zuiliwa ni vitu ambavyo watu hufanya ili wafurahie kama vile kuona marafiki, kufurahia matembezi na familia zao au kucheza michezo na watoto. Hizi ndio mambo ambayo mara nyingi hufanya watu kujisikia vizuri.

Eneo la tatu ambapo watu huepuka shughuli ni katika mambo muhimu kama vile kulipa bili au kufanya kazi au kufanya bajeti ya nyumba ili kuhakikisha hauishiwi na pesa. Hizi ni shughuli ambazo ni muhimu na ikiwa zita puuzwa zinaweza kusababisha matokeo mabaya.

1.1.5 But there are common tools people use to break the inactivity cycle

When you feel like this, you also may be waiting to feel better or think more positively before you make changes to structure your life as you would like to most. Instead of waiting to feel better, we'd like to try something different today.

1.1.5 Lakini kuna vifaa vya kawaida ambavyo watu hutumia kuvunja mzunguko wa kutokuwa mchangamufu

Unapohisi hivi, unaweza pia kusubiri kujisikia vizuri au kuwa na fikra nzuri zaidi kabla ya kufanya mabadiliko kwa maisha yako kama vile ungependelea kwa wengi. Badala ya kusubiri kujisikia vizuri, tungependa kujaribu kitu tofauti leo.

We want to give you tools for you to have more positive thoughts and to have more energy. 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.**

*Tunataka kukupa vifaa ili uweze kuwa na mawazo mazuri zaidi na kuwa na nguvu zaidi. Lazima kwanza uweze kuwa mchangamfu zaidi, ufanye mabadiliko madogo, rahisi katika maisha yako, na ujiweke katika hali nzuri zaidi. **Unahitaji tu kuanza.***

Although this may be difficult at first, it will become easier as more and more positive experiences occur. Just beginning with small easy changes can break this cycle of low mood and inactivity

Ingawa hii inaweza kuwa ngumu kwa mara ya kwanza, itakuwa rahisi kama uzoefu zaidi na zaidi mema kutokea. Anza tu na mabadiliko madogo rahisi yanaweza kuvunja mzunguko huu wa hisia ya chini na kutokuwa mchangamufu.

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.

The workshop requires you to work hard, and I understand that you may question your ability to make changes at this time in your life, but we will help you through this process, and we will work at a pace at which you feel comfortable.

I will just list out the steps we will go through now. Then we will go through an example of someone who benefitted from using these steps, and then we will practice the steps in our own lives.

Unapo fanikiwa, hii itakuhimiza kujiamini na kuanza kuboresha hisia yako na kukusaidia kuhisi mweneye kujiamini zaidi katika kutatua matatizo yako.

Workshop hii inakuhitaji kufanya kazi kwa bidii, na naelewa kuwa unaweza tia shaka uwezo wako wa kufanya mabadiliko kwa maisha yako wakati huu, lakini tutakusaidia katika mpango huu, na tutafanya kazi kwa kasi ambayo uko sawa nayo.

Nitaorodhesha hatua tutakazopitia sasa. Halafu tatapitia mfano wa mtu aliyenufaika kwa kutumia hatua hizi, halafu tutajaribu kutumia hatua hizi kwa maisha yetu.

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

Step 2: Start by thinking about the easiest activity

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

Step 4: Get going, keep doing

Hatua ya 1: Fanya orodha ya shughuli unazofurahia kufanya (zinazofurahisha), shughuli ambazo unapaswa kufanya kila siku, hata kama hutaki kufanya (kila siku), na shughuli ambazo ni muhimu

(lazima)

Hatua ya 2: Anza kwa kufikiri juu ya shughuli rahisi

Hatua ya 3: Ziweke kwa hatua rahisi na upange wakati wa kufanya hivyo

Hatua ya 4: Endelea, endelea kufanya

1.2 A Story: Mama Maria

I want to tell you the story of Mama Maria. 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.

Nataka kuwaambia hadithi ya Mama Maria. Mama Maria ni mwanamke wa miaka ishirini na tano, anayeishi Malewa. Ana mume na watoto wawili warembo. Mvulana wake Peter ana miaka mitatu, na ana nywele nzuri na "dimples" kwenye shavu. Msichana wake Maria ana miaka mitano. 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 ya kuchuna maua kwenye shamba la maua. 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 kuteka maji ya familia yake. Hawana punda, na kituo cha maji kiko umbali wa lisaa limoja. 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 baada ya chakula cha mchana.

Angenda kuwa na tanki ya kukusanya maji ya mvua kwake nyumbani, lakini hawana pesa za kutosha.

Baada ya kuteka maji na kumpeleka mtoto shuleni, yeye huenda kusaidiana kwa shamba la jirani ili kupata pesa kiasi. Baada ya masaa matano kwa shamba, yeye humchukua Maria kutoka shuleni, nakumtayarishia chakula cha mchana. Baada ya chakula cha 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, goes to the store once per month and buys a supply of WaterGuard to put into the water. She keeps the WaterGuard high on a shelf at the door of the house, far from where the children can reach it but 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 wanaokunywa maji hio, 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 thelathini 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 na salama 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 ya kuweka kwenye maji. Anaweka waterguard juu ya kabati kwa mlango wa nyumba, mbali na watoto wasifikie lakini pia mara tu anapoleta maji kwa nyumba, atakumbuka kuiweka kwa 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 these things again. She was only just able to manage doing the things she had to do, but sometimes she found even these jobs difficult. 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 kama yeye. 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.

Lakini polepole, amewachana na tabia ya kuwa mwenye jamii na mwenye kazi. Mwaka ilipoendelea hisia yake ilizidi kuzorota na kapata ugumu wa kufanya mambo haya tena. Aliweza tu kufanya vitu ambavyo alifaa kufanya, lakini wakati mwingine hata alipata hizi kazi kuwa ngumu. Aliweza kufua nguo na kuwapikia watoto, lakini alipambana sana kupata motisha ya kuoga, kuosha nyumba au kuosha vyombo vya kukulia. Pia alihisi kuwa na aibu kuwa hangefanya vitu ambavyo aliamini kuwa watu wengine wangepanya 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, lakini alikuwa amechoka na kuchanganyikiwa 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 was 5 years old and a bright, happy girl who was about to start school. She started having diarrhea and fever. Mama Maria was very worried about her daughter. 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. Alikuwa na miaka mitano, mwerevu, na msichana mwenye furaha ambaye alikuwa karibu kuanza shule. Alianza kuhara/kendesha na kupandwa na joto. Mama Maria alikuwa na wasi wasi sana kuhusu msichana wake. Joto lilizidi kuwa jingi, na mwishowe ilibidi familia yake

kumpeleka hospitali. Madaktari pia 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 had been looking forward to school and 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 ametazamia sana kwenda shuleni na alikuwa amehuzunika alipogundua kuwa hangeanza shule wakati mmoja na marafiki zake.

1.2.5 When Mama Maria got active and started fetching and chlorinating the 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."

1.2.5 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 fulani na 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 kuepuka vitu, tunabaki kujihisi kwa kiasi 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 suggested the steps that we will discuss now, and helped her to walk through them. In a little while, we will go through these steps as Mama Maria did. Remember, these steps are:

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 Maria kuhisi kuwa kila kitu ilikuwa imemzidi na hangeweza kushughulikia ipasavyo. Alipendekeza hatua ambazo tutajadili sasa, na akamsaidia kuzipitia. Kwa muda mfupi, tutapitia hatua hizi kama vile Mama Maria alivyofanya. Kumbuka, hatua hizi ni:

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: Ziweke kwa hatua rahisi 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 changed her behavior: she began to chlorinate the water that her family used, and to take care of the small things she needed to do 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 siku za usoni. Kutoka wakati huo, alibadili mwenendo wake: alianza kutibu maji na klorini ambayo familia yake ilitumia, na kushughulikia vitu vidogo ambavyo alihitaji kufanya bila kujali kilichotokea.

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 that her baby was growing well.

Baadaye kidogo, Mama Maria aligundua kuwa yeye ni mja mzito. Alikuwa na furaha sana. Alijua kuwa serikali ilikuwa imesema kuwa atahudhuria kliniki nne kabla ya kujifungua kwa ajili ya uja mzito. Kwa hivyo, hata kama ilikaa kumlelea 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 kliniki. 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 angehitaji muda zaidi wa kufanya kazi za nyumba siku moja kabla ili awe na muda wa kutenga kutembelea kliniki siku ijayo. 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 mtoto wake anaendelelea vyema.

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? Would anyone like to share their stories?

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 kimezidi sana, ni shughuli gani maalum ambayo uliiona ngumu kufanya au hakufurahia kufanya tena?*
- *Je, uliweza kufanya kazi nyingi za nyumba au kuona marafiki na familia yako wakati ulihisi hivi?*
- *Ulipoacha kufanya mambo haya nini ilifanyika kwa hisia yako?*

1.3.2 Stories of breaking the cycle

1.3.2 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 kutokuwa mchangamfu unaweza kuvunjwa?*
- *Je, kuna mtu yeyote ambaye amekwama katika mzunguko huu aliyeweza kuivunja?*
- *Ama umeona mtu wa karibu nawe amekwama katika mzunguko huu? Waliweza kuvunja?*

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 improve (or gets worse)*
- *Being active breaks the cycle*
- *Ni vigumu kufanya mambo wakati hisia yako iko chini*
- *Watu wengi hawafurahii mambo mengi wakati hisia zao ziko chini*
- *Wakati hufanyi mambo, kama kazi za nyumba, kazi, au shughuli za kukupendeza, hisia yako haiboreshiki (au kuwa mbaya zaidi)*
- *Kuwa na la kufanya kuvunja mzunguko*

1.4 Exercise 2: Practice breaking the cycle

1.4 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 hisi 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 unahisi kutofanya.

1.4.1 Step 1: *Make a list of activities you enjoy doing (pleasurable), activities you must do every day (daily), and activities that are important (necessary)*

1.4.1 Hatua ya 1: *Fanya orodha ya shughuli unazofurahia kufanya (kufurahisha), shughuli unayofanya kila siku (kila siku), na shughuli ambazo ni muhimu (lazima)*

Participants should use the worksheet Behavioural Activation 1 to identify 'daily', 'pleasurable' and 'necessary' activities -things that they would like to do but have usually stopped doing or struggle to do as regularly as they would like.

On this sheet please make a list firstly of activities you do every day, then activities that you enjoy and find pleasurable, then activities that you have to do and try to do but maybe have stopped doing or struggle to do as regularly as you would like.

Kwenye karatasi hii tafadhali fanya orodha kwanza ya shughuli unazofanya kila siku, kisha shughuli ambazo unafurahia, halafu shughuli ambazo ni lazima ufanye na ujaribu kufanya lakini labda umewacha kufanya au unajitahidi kufanya mara kwa mara kama unavyotaka.

1.4.2 Step 2: *Start with the easiest activity*

1.4.2 Hatua ya 2: *Anza na shughuli rahisi*

Participants should now indicate how difficult each task is by putting a number from 1-3 next to each activity they listed in Behavioural Activation 1, with 1 the easiest and 3 the most difficult.

Participants should assign scores of 1, 2 and 3 to some of each type of daily, pleasurable and necessary activity. ie. some daily activities should be ranked most difficult and some should be ranked easiest.

Go around the group and ask each participant for absolutely the easiest activity to start with. Write a star next to this activity.

- *If they answer "they are all hard", encourage them to add more easy things to the list.*

Now please assign a score of how difficult each task is. Put a 1 next to tasks that are the easiest, 2 next to tasks that are more difficult, and 3 next to the tasks that are the most difficult. Which activity is the easiest for you? Put a star next to this one.

Sasa tafadhali peana alama jinsi kila kazi ilivyo ngumu. Weka 1 karibu na kazi ambayo ni rahisi, 2 karibu na kazi ambazo ni ngumu, na 3 karibu na kazi ambazo ni ngumu zaidi. Ni shughuli gani ambayo ni rahisi kwako? Weka ishara ya nyota karibu na hii.

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

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

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

- *Everyone should start with the easiest task.*

– Ask participants what they would need to do in order to complete this activity (i.e., all the steps involved)

“Starting with your easiest task, the one you put the star next to, please close your eyes and imagine when you last did this activity. Can you tell me in as much detail 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.

"Kuanzia na kazi ambayo ni rahisi kwako, ile uliweka star karibu, tafadhali fungua 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 hazihitaji 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 can do, on what day and at what time (get participants to be as specific as possible)*

Then help participants to schedule some of the activities they avoid into their week, using their list to specify a mixture of daily, pleasurable and necessary activities. For this week, people should choose easy activities to do, from the bottom of the list in Behavioural Activation 2

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

- 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 hivyo unaweza kugawanya kazi hii. 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'. Gawanya 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 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. In particular, choose activities that you put a 1 next to, the activities that you think are easiest.

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. Hasa, chagua shughuli uliopea moja kando yake, shughuli unazo fikiri ni rahisi.

Weka kwa kina maelezo zaidi uwezavyo - utafanya wapi, ni wakati gani wa siku, utakuwa na nani? Je! Ni mambo gani unahitaji kufanya kwanza katika shughuli 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.

1.4.4 Step 4: Get going, keep doing

1.4.4 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.

FO: See how you are doing for time. If you're short of time, skip this example. If you have a lot of time left, then this use this example to fill it, to stick to the same total session time for all groups.

Kumbuka: "Endelea Kuendelea Kufanya" husaidia watu kuanza kufanya kazi tena na kuwa mchangamfu kutaimarisha hisia yako ili uhisi mwenye nguvu ya kutosha kuanza matatizo magumu. Inaweza kuwa vigumu kuanzia shughuli. Ni muhimu kwamba uendelee na hilo jambo hata kama haujisiki. Hisia yako na nguvu zinaweza kosa kuimarika moja kwa moja lakini itaimarika kama utaendelea kufanya kile ulichokipanga kila siku.

Example: Last week, Sarah listened to the lesson about Get Going, Keep Doing and recognised that she was stuck in the inactivity cycle. But she didn't know how she could begin doing activities because she felt so tired all the time and her headaches often stopped her from doing things. Sarah and one of the facilitators talked about some of the activities she used to do that she no longer does because of her tiredness and headaches. Sarah listed a number of things, such as doing her embroidery, visiting her elderly neighbour, walking the children to and from school, and preparing her husband's lunch every day. The facilitator encouraged her to think about pleasant activities too and she mentioned she used to sing a lot, have tea with her neighbour and meet with her friends which she hasn't done in a long time.

Mfano: Wiki iliyopita, Sarah aliskiza somo kuhusu Kuendelea, Endelea kufanya, na kutambua kwamba alikuwa amekwama katika mzunguko wa kutofanya. Lakini hakujua jinsi angeweza kuanza kufanya shughuli kwa sababu alihisi kuchoka wakati wote na maumivu ya kichwa mara nyingi yalimzuia kufanya mambo. Sarah na mmoja wa wasaidizi walizungumza juu ya baadhi ya shughuli alizokua akifanya ambazo hazifanyi tena kwa sababu ya uchovu na maumivu ya kichwa. Sarah aliorodhesha vitu kadhaa, kama vile kushona, kumtembelea jirani yake mzee, kutembeza watoto kwenda na kutoka shuleni, na kuandaa chakula cha mchana cha mume wake kila siku. Msaidizi alimtia moyo kufikiria kuhusu shughuli zinazo mpendeza pia na akasema alikuwa akiimba sana, kunywa chai na jirani yake na kukutana na marafiki zake ambao hajakutana nao kwa muda mrefu.

Sarah chose one that will not require a lot of energy to do, and is unlikely to cause headaches. At first Sarah believed she didn't deserve to do a pleasant activity because she was not doing enough around the house already. Her facilitator explained that when she had finished doing something really easy, they would choose a task like housework which was a bit more difficult. It is better to improve her mood a little before trying these harder activities.

Sarah alichagua moja ambayo haitahitaji nguvu nyingi kufanya, na haiwezi kusababisha maumivu ya kichwa. Kwanza, Sara aliamini hakustahili kufanya shughuli inayo mfurahisha kwa sababu tayari hakuwa akifanya ya kutosha nyumbani. Mwalimu wake alieleza kwamba wakati alipokuwa amemaliza kufanya kazi rahisi sana, wangechagua kazi kama kazi ya nyumba ambayo ilikuwa ngumu zaidi. Ni bora kuboresha hisia yake kidogo kabla ya kujaribu shughuli hizi ngumu.

Sarah agreed to this and they agreed that if her husband was annoyed by this the facilitator would talk with him about it. Sarah didn't want to do anything that involved seeing other people yet. She still felt too embarrassed and said she would be too nervous to meet with others. So they decided

that each day Sarah could make herself some tea and sit at the back of her house and listen to the sounds around the village. She thought this would be something enjoyable she could do.

Sarah alikubali jambo hili na walikubaliana kwamba ikiwa mumewe aliudhika na jambo hili, mwalimu angezungumza naye kuhusu hilo. Sarah hakutaka kufanya chochote kinachohusisha kuona watu wengine. Alijihis mwenye aibu na akasema angekua na hofu sana kukutana na wengine. Kwa hivyo waliamua kwamba kila siku Sarah angeweza kujitengenezea chai na kukaa nyuma ya nyumba yake na kusikiliza sauti kijijini. Alidhani hiki kitakuwa kitu cha kumfurahusha anachoweza kufanya.

1.5 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. Piga 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 name 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 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.