

Get Going, Keep Doing: A Training Manual

Session 2

2.1 Examples of Get Going Keep Doing

(The examples below involving Janet and Ruby are invented - they are just to give your participants inspiration.)

In the last group I spoke to, one participant Janet was going to make a cup of hot tea and give herself time to sit in the sunshine every morning. She found the pleasant event difficult to do for the first few days because she didn't feel like it. But she tried to keep doing it anyway. Then she noticed it began to change her mood and she stopped worrying about all the other things she should be doing. The pleasant event also helped her do a little bit of housework, like sweeping the floor for a few minutes.

Another lady, Ruby, said she would like to do some more housework. So Ruby and her group facilitator decided to choose a household task she could begin this week. Remember that the activity of "doing housework" is too big so Ruby had to choose one small task that is easy enough for her to start doing again. Ruby decides to wash the dishes after having her tea each day. To break this task down she decides she needs to fill a bucket with water and get the detergent out first. Then she will just start with washing the plates. If she has the motivation to continue, she will then wash the cutlery and finally the cups. She decided she will leave the dishes to dry on their own.

2.1 Mifano ya Endelea Endelea kufanya

Katika kikundi cha mwisho nilichozungumza nacho, mshiriki mmoja Janet alikua enaenda kutengeneza kikombe cha chai moto na kuota juai kila asubuhi. Aliona kuwa vigumu kufanya shughuli ile kwa siku chache za kwanza kwa sababu hakujisikia kufanya hivyo. Lakini alijaribu kuendelea kufanya hivyo. Kisha akaona kuwa ilianza kubadilisha hisia yake na akaacha kusumbuka kuhusu mambo mengine yote ambayo alipaswa kufanya. Tukio lile lilimsaidia pia kufanya kazi ndogo za nyumbani, kama kufagia kwa dakika chache.

Mwanamke mwingine, Ruby, alisema angependa kufanya kazi nyingine zaidi za nyumbani. Hivyo Ruby na mwalimu wake wa kikundi waliamua kuchagua kazi ya nyumbani ambazo angeanza wiki hii. Kumbuka kwamba shughuli ya "kufanya kazi za nyumbani" ni kubwa mno hivyo Ruby alipaswa kuchagua kazi moja ndogo ambayo ni rahisi kwake kuanza kufanya tena. Ruby anaamua kuosha vyombo baada ya kunywa chai yake kila siku. Kugawa kazi hii zaidi anaamua anahitaji kujaza maji kwa ndoo na kupata sabuni kwanza. Kisha ataanza tu na kuosha sahani. Akiwa ana msukumo wa kuendelea, basi ataosha vijiko na hatimaye vikombe. Aliamua kuwa ataacha sahani zikauke zenyewe.

2.2 Difficulties with Get Going, Keep Doing Action Plan from last week

Now let's get our diaries from last week. We will review what we did, so we can reflect on our progress, get feedback on progress and problem-solve any difficulties experienced in implementation.

2.2 Matatizo ya mpango wa shuguli ya Endelea, Endelea Kufanya kutoka wiki iliyopita

Sasa hebu tuende kwa diaries zetu kutoka wiki iliyopita. Tutaangalia kile tulichofanya, ili tuweze kutafakari juu ya maendeleo yetu, tupate maoni vile tunaendelea na kutatua matatizo yoyote yaliyomo katika utekelezaji.

2.2.1 Group discussion

2.2.1 majadiliano ya kikundi

Using the table, lead a discussion focused on finding ways to help people achieve the activities they plan to do. The table gives suggested responses to common difficulties people face.

Did everyone manage to complete the easiest activity in their Get Going, Keep Doing Action Plan this week?

Je, kila mmoja aliweza kukamilisha shughuli rahisi katika mpango wa ku Endelea, ku Endelea fufanya wiki hii?

If everybody managed to complete their easiest activity, move straight on to discussing harder activities. If someone/some people say they had difficulty with their easiest activity, then start by discussing the problems they had with doing it.

“Of those of you who completed their Get Going, Keep Doing activity by planning it out step by step as we discussed last week, would you like to share what happened?”

"Kati ya wale ambao wamekamilisha shughuli zao za,ku Endelea, ku Endelea Kufanya kwa kuipanga hatua kwa hatua kama tulivyojadili wiki iliyopita, ungependa kueleza kilichotokea?"

- Be sure to watch the time so ask participants to keep their stories short so everyone can have a turn at sharing

Table 1: Helpful Hints for Get Going Keep Doing

Problem	Solution
The participant didn't feel like doing the activity when it came time to	This is probably the most common difficulty that participants will have. First let participants know that this is a very common problem for people to have when they first start Get Going Keep Doing.
	Then do the following: <ul style="list-style-type: none">• Show them the inactivity cycle• Remind them that they will probably never feel like doing the activity while they feel depressed, but this is what keeps the inactivity cycle going• Remind them that they have to start doing some activity in order for their mood to improve. Once they do

	<p><i>this they will start to feel like doing these things again but this takes time</i></p> <ul style="list-style-type: none"> • <i>Review the activity that was chosen. Ask the participant what was difficult about starting this activity.</i> • <i>Listen for clues that tell you it is too big an activity or that it wasn't broken down into small enough steps. You can either break this activity down into smaller steps to help them get started. Or you can choose an easier activity they can do NOTE: The pleasant activity can be something that is completed during the group (e.g. talk to someone in the break time)</i>
<p><i>The participant forgot to carry out their plan or they were unable to for other reasons (e.g., they became busy, they got work, other problems came up)</i></p>	<p><i>This is probably the second most common difficulty that participants will have.</i></p> <ul style="list-style-type: none"> • <i>Invite the group to suggest ideas for remembering to do Action Plans.</i> • <i>What did participants who did complete their Action Plans do to remind themselves?</i> • <i>What has worked in the past if they have had to remember to do something?</i> • <i>What might they suggest to a friend who needs to remember to do something?</i> <p><i>If other things distracted the participant from doing their Action Plan, tell them the following in a gentle but firm way:</i></p> <ul style="list-style-type: none"> • <i>This is normal and happens to many participants but distractions will often come up</i> • <i>Remind them they have to do their best to practise as much as possible between sessions</i>
<p><i>The participant was unable to talk to someone because they did not know what to say or felt nervous</i></p>	<p><i>Help the participant decide exactly what they want to say to the person. Invite the group to help them decide what to say if they are unsure. Then have the participant rehearse this with you or another participant. You may have them do this several times until they feel confident.</i></p>
<p><i>Participants complain that their mood has not improved</i></p>	<p><i>This is very normal. Participants should not expect their mood to change dramatically in one week. Tell participants that feelings can be stubborn and often take some time to change. It is important that you encourage participants to not give up because this will certainly cause their mood to stay the same or worsen.</i></p>

“Did anybody have trouble completing a Get Going, Keep Doing activity that they planned to do last week? You can suggest both activities you eventually completed and those you could not. What kinds of difficulties did you have? Please share what happened so that we can work through the problems as a group.”

"Je, kuna mtu yeyote alipata shida kumaliza shughuli ya ku Endelea, ku Endelea Kufanya mlizopanga kufanya wiki iliyopita? Unaweza kupendekeza shughuli zote ambazo hatimaye ulikamilisha na zile ulishindwa. Ulikuwa na ugumu gani? Tafadhali eleza kilichotokea ili tuweze kupitia matatizo kama kikundi. "

Respond to and manage any difficulties the participant had in completing their activity. See the table above "Helpful Hints for Get Going Keep Doing". This reinforces the key concepts that we covered last week so it is important you cover all of these concepts in this session again. This should act as an 'example' discussion - just have one participant share the difficulties they faced the previous week and receive some support from the group.

- *Next, assign each participant a partner (they can work in a three if there is an odd number).*

2.2.2 Time with a partner

2.2.2 Muda na mshiriki mwenzako

In your pairs, talk about what you completed and what you weren't able to complete. Cross off each activity you succeeded in doing. Put a circle around activities you did not manage to do.

Mkiwa wawili, jadilianeni kuhusu kile mlichokamilisha na kile ambacho hamkuweza kukamilisha. Piga mstari kila shughuli ulizofanikiwa kufanya. Weka mduara kwa shughuli ambazo haukuweza kufanya.

Talk with your partner about how you can overcome the things stopping you from doing those activities. We will then share our problems and solutions with the group.

Zungumza na mshiriki mwenzako wako kuhusu jinsi unaweza kushinda vitu vinavyokuzuia kufanya shughuli hizo. Tutajadiliana matatizo yetu na majibu kwa kikundi.

- *They should cross off each activity they succeeded in doing*
- *They should circle or underline easy activities they did not manage to do*

Go around the groups and as before, ask the group to help them find ways to start doing these activities. Use the "Helpful Hints" table to reinforce the key concepts.

2.3 New action plan

Then they should write out a new action plan for this week with their partner.

Now you're going to write a new action plan for this week with your partner. Your plan can be different from your partner's. If you got everything done last week that you planned to do, it can be different from last week. But if you didn't succeed last week, you should try to achieve the same goal, but make a plan to overcome the obstacles that prevented you from achieving it before.

Sasa utaandika mpango mpya wa utekelezaji wa wiki hii na mshiriki mwenzako. Mpango wako unaweza kuwa tofauti na wa mshiriki mwenzako. Ikiwa umefanya kila kitu ulichopanga kufanya wiki iliyopita, inaweza kuwa tofauti na wiki iliyopita. Lakini ikiwa haukufaulu wiki iliyopita, unapaswa kujaribu kufanikisha lengo lilelile, lakini fanya mpango wa kushinda vikwazo/vizuizi vilivyokuzuia kufikia hapo awali.

Step 1: Make a new list of activities for this week. It should include activities you enjoy doing (pleasurable), must do every day (daily), and that are important (necessary)

Hatua ya 1: *Unda orodha mpya ya shughuli za wiki hii. Inapaswa kuhusisha shughuli unazofurahia kufanya (za kufurahisha), lazima ufanye kila siku (kila siku), na ambazo ni muhimu (lazima)*

- 1. First, they will fill in activities they managed to complete this week, but should schedule time to continue doing them this week. Congratulate them on succeeding in completing them!*
- 2. Second, they will fill in any activities they struggled to complete last week into their lists. They should have a clear idea of what they are going to try to do differently this week (i.e., their new action plan) to make sure that they don't face the same difficulty again.*
- 3. Third, everyone will add in at least one, and possibly more, pleasurable activities. They should also add in at least one, and ideally more, chores, self-care or work-related activities they would like to start doing, the easiest one on their list. They may have already scheduled in everything on their lists, in which case encourage them to come up with new activities they would like to complete. .*

Step 2: Start with the easiest activity that they have not yet managed to complete, in this case the easiest chore

Hatua ya 2: *Anza na shughuli rahisi ambazo hazijaweza kukamilika, katika mfano huu, hii shughuli ile rahisi zaidi*

Get Going Keep Doing helps people tackle things that they struggle to get done. When we feel overwhelmed or stressed or when we struggle to prioritise, we often lose motivation to do chores, work, self-care activities and other tasks we have to get done. Being active with these tasks helps people feel a sense of achievement which can improve mood. It also has important benefits for our lives and our families. So let's take some time to plan our next week carefully to be sure that we get our priority activity done.

Prompt questions:

- "Is there one thing that is not too hard, that you could do around the house, for your family or yourself or to do with work?"
- "Is there anything you would like to do that others have already mentioned?"
- "Tell me what you used to do a year ago?"

Ku Endelea, ku Endelea kufanya husaidia watu kukabiliana na mambo wanayon'gan'gana kufanya. Tunapo hisi kufadhaika au kusumbuka kimawazo au wakati tunapo ngangana kupa kipaumbele mambo mengine, mara nyingi tunapoteza msukumo wa kufanya shughuli, kazi, shughuli za kujitunza na kazi zingine tunazopaswa kufanya. Kujihusisha na kazi hizi huwasaidia watu kujisikia kuwa na mafanikio ambayo inaweza kuboresha hisisa. Pia ina faida muhimu kwa maisha yetu na familia zetu. Kwa hiyo hebu tuchukue wakati wa kupanga wiki yetu ijayo kwa makini ili tuhakikishe kuwa

shughuli zetu tulizozipa kipaumbele zinafanyika.

Maswali ya haraka:

- "Je, kuna kitu kimoja ambacho sio kigumu sana, ambacho unaweza kufanya nyumbani, kwa familia yako au wewe mwenyewe au kufanya kazi?"
- "Kuna kitu chochote ungependa kufanya ambacho wengine wamesema tayari?"
- "Niambie nini ulikuwa ukifanya mwaka uliopita?"

"Thinking about the things you used to do before you were feeling this way, what is one task, chore or self-care activity that you could start doing again or do more often?"

Examples:

- *Cleaning one small area of house, hut, apartment*
- *Washing clothes*
- *Collecting wood, water or fuel, chlorinating water*
- *Washing oneself*
- *Cooking a meal*
- *Washing the dishes*
- *Going to work*
- *Taking a relative to the clinic for medicine*

"ukifikiri kuhusu mambo uliyokuwa unafanya kabla ya kujihisi hivi, ni kazi gani moja, kazi au shughuli za kujitunza ambayo unaweza kuanza kufanya tena au kufanya mara nyingi zaidi?"

- *Mifano:*
 - *Kusafisha sehemu ndogo ndogo ya nyumba, ghorofa*
- *Kuosha nguo*
- *Kukusanya kuni, maji au mafuta, kutibu maji na klorini*
- *Kuoga*
- *Kupika chakula*
- *Kuosha vyombo*
- *Kwenda kufanya kazi*
- *Kupeleka jamaa kwa kliniki kupata dawa*

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

Hatua ya 3: ipange hatua kwa hatua na uipangie wakati wa kuifanya

- *Ask participants to visualise the activity*

"Close your eyes and imagine when you last did this activity."

"Funga macho na ufikirie lini mwisho ulifanya shughuli hii."

Ask participants what they would need to do in order to complete this activity (i.e., all the steps involved). Help participants to break down the selected activity into small, manageable steps

- "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?" (E.g. shoes, furniture, people, food etc.)
- E.g., getting up on time and getting dressed, going to work might mean organising childcare, and organising transport to get to work.
- "Je! Unaweza kuniambia kwa undani zaidi mambo yote uliyoyafanya? Hizi zitakuwa hatua unazohitaji kuchukua ili kukamilisha shughuli. "

- *"Je, ni vitu gani utahitaji ili kukamilisha shughuli?" (kwa mfano: Viatu, fanicha, watu, chakula na kadhalika)*
- *Kwa mfano, kuamka kwa wakati unaofaa na kuvaa nguo, kwenda kazi kunaweza maanisha kuandaa kuhudumia watoto, na kuandaa safari ili kuenda kazini.*

This might be too hard for someone to do who is feeling very depressed and an easier activity should be chosen first.

Hii inaweza kuwa ngumu sana kwa mtu kufanya hivyo ambaye anahisi kusumbuka kimawazo sana na shuguli rahisi inapaswa kuchaguliwa kwanza

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.

Examples: Washing only her husband's shirts, sweeping the area in the kitchen, cleaning the kitchen bench etc.

Shughuli rahisi zinaweza kujumuisha zile ambazo zinaweza kufanywa nyumbani au ambazo hazihitaji rasilimali nyingi au watu wengine.

Mifano: Kuosha mashati ya mumewe tu, kufagia jikoni, kusafisha benchi la jikoni na kadhalika.

Step 4: Get going, keep doing (now includes elements of MCII)

Following the example below, help participants set personal rules to overcome the obstacles they face in achieving their goals, or that prevent the obstacles arising in the first place.

Now this week we are going to add one more tool – we are going to learn to anticipate and overcome obstacles. Here's an example:

Example: Chlorinating water

1. **Goal:** Picture feeling strong, healthy, feeling good and full of energy and having strong children. Friends admire me and ask me how I do it.
2. **Problem:** I often don't have WaterGuard at home. It is expensive, and I have to buy it at a specific store.
3. **Rule for overcoming obstacle:**
 "Whenever I pass the store where WaterGuard is sold most cheaply, I buy some."
 "If we make some extra money, I buy WaterGuard as well as any treat we buy."

Let's go back to the difficulties you faced last week and the solutions we thought of to overcome them. Let's turn these solutions to specific problems into personal rules to help us overcome obstacles this week, or to make sure they don't even arise in the first place.

Hatua ya 4: ku Endelea,ku endelea kufanya (sasa inajumuisha mambo ya MCII)

Kufuatia mfano ulio hapa chini, wasaidie washiriki kujiwekea sheria ili kujizuia na vikwazo wanavyokabiliana nazo katika kufikia malengo yao, au yanayo zuia vikwazo hivyo kutokea.

Sasa wiki hii tutaongezea kifaa kimoja kingine - tutajifunza kutarajia na kushinda vikwazo. Huu hapa ni mfano:

Mfano: Kutibu maji na klorini

1. **Lengo:** jione ukiwa mwenye nguvu, afya, hisia nzuri na mwenye nguvu na kuwa na watoto wenye nguvu. Marafiki wanitamani na kuniuliza jinsi ninavyofanya.
2. **Tatizo:** Mara nyingi sina WaterGuard nyumbani. Ni ghali, na nahitaji kuinunua kwenye duka fulani.
3. **Sheria** ya kushinda vikwazo:
"Wakati wowote ninapo pitia kwa duka ambapo WaterGuard inauzwa kwa bei nafuu zaidi, nina nunua kiasi." "Ikiwa tunapata pesa nyingi, ninanuua WaterGuard pamoja na chochote kile ninachotaka kununua."

Hebu turudi kwenye matatizo uliyo kabiliana nayo wiki iliyopita na suluhisho tuliyo fikiria ya kukabiliana nayo. Hebu tuweke suluhisho hizo kwa matatizo maalum katika sheria zetu ili kutusaidia kukabiliana na vikwazo wiki hii, au kuhakikisha kuwa hayata tokea.

2.4 Concluding exercise: group commitment

Finally, as a concluding exercise, go around and ask participants to share **in one sentence** with the group what they are going to try this week, and create a positive, encouraging atmosphere in the group so each person feels they will be successful.

- If there is time, finish with the game you played last week:

2.5 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 unapoendelea 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 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:

- 1) *The facilitator of the game (one of the FOs) begins the game*
- 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. If you ever feel like this in the future, remember 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.

Good luck applying this to your activities going forward!

Husisha mchezo kwa yale ulijifunza mapema:

Kuanza shughuli inaweza kuwa na changamoto wakati unahisi kusumbuka kimawazo au kukosa nguvu. Ikiwa utahisi hivi katika siku zijazo, kumbuka kupanga shughuli kwa hatua ndogo na kuanza na hatua rahisi mpaka uhisi uko sawa kuongeza hatua zaidi, kama vile tulivyofanya katika mchezo huu. Kisha unaweza kuingia kwenye mtindo na kuendelea bila shida.

Kila la heri unapo tumia hili kwa shughuli zako za mbeleni!