

**Mental Health Training  
For Community Health Workers  
BPHS in Afghanistan**

Mental Health Department of the MoPH  
Kabul-group-08

**Kabul-group-08**

**In Fall 2008 under the leadership of Dr. Alia, the Head of the Mental Health Department of the MoPH of the Islamic Republic of Afghanistan the following members of the Kabul-group-08 have met for three workgroups and have worked together on the contents of this training manual to support the integration of psychosocial care into the mental health component of the BPHS.**

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## Mental Health and Mental Health problems

### I Mental Health

Mental health is a state of well-being in which the individual:

- Realizes his or her own abilities,
- Can cope with the normal stresses of life,
- Can work productively and fruitfully,
- Is able to make a contribution to the community.

Mental health is not just the absence of mental illness.



- Psychosocial health is being Mentally, Emotionally, Socially, and Spiritually well.

- Mental = Thinking or rational
- Emotional = Feeling
- Social = Interactions with others
- Spiritual = Meaning in life

**Task :** Name some common feelings?

Psychological health includes well-being, self-esteem, affective states, and sensory and cognitive functioning.

People who are psychologically well:

- Feel good about them-selves
- Feel comfortable with other people
- Control tension and anxiety
- Able to meet the demands of life
- Maintain a positive outlook
- Enrich the lives of others
- Control hate and guilt

**Task:** Which factors would have positive effect on your mental health?

### **Tips on Mental Health**

- Mental illness and mental health must be addressed in health reform strategies
- Stigma and discrimination are major aspects of every issue surrounding mental illness; it must be addressed and eliminated
- Promoting public mental health education and awareness is first step forward for mental health wellbeing of people
- People have the right to know about mental health and mental health problems
- All persons with mental health problems require appropriate mental health care they need

**Task:** Which factors would have negative effect on your mental health?

## II Psychosocial stress

Psychosocial stress is a person's response to an event that requires him or her to change. Any event which results in stress response is called stressor. A stressor may be either an adverse event, such as loss of a relative; or a desirable one such as a promotion, marriage. The outcome of facing a stressor can be positive or negative. It is not necessary for a person under stress to have a mental illness. Some common stressors are listed bellow.

### **Common stressors**

#### 1. Losses:

- Bereavement
- Separation/divorce
- Response to medical illness or major surgery
- Financial loss/ loss of job

#### 2. Life changes:

- New job
- Retirement
- Engagement, Marriage
- Developmental stage – e.g. adolescence, menopause

#### 3. Relationship problems:

- Marital conflict
- Family problems

#### 4. Others:

- Work problems
- Housing
- Financial problems
- Traumatic experiences
- Problems with neighbors

**Task:** What are some stressors you have faced in your life?

## **Effects of stress**

Stressors include both adverse and desirable events. Stress can have physical, psychological and behavioral effects on people:

### 1. Physical

- Headache
- Back pain
- Chest pain
- Rapid heart beat and breathing
- Stomach problem
- Sleep difficulty
- Bad dreams

### 2. Psychological

- Concentration difficulty
- Worries
- Bad thoughts about events
- Feeling sad/depressed
- Irritability/Anger

### 3. Behavioral

- Smoking
- Using substances or taking alcohol
- Loss of appetite or overeating
- Isolation
- At times aggressive behavior
- Difficulty in workplace

These symptoms most of the time, go when stress is resolved; if stress continues symptoms may persist.

**Task:** What is your experience during difficult times?

**Coping with stress:**

Coping mechanisms are the ways of dealing with stressors (prevent, delay, avoid or manage stress) to reduce the negative impact of them. Stress response results to increased arousal which initially improves coping, but excessive arousal can lead to decompensation.

Common coping mechanisms are:

- Seeking help from others or offering to help others
- Talking about their problems to others
- Visiting shrines, historical places etc
- Seeking information about the welfare of loved ones
- Following religious or cultural practices
- Setting goals and making plans
- Using defenses like denial
- Remaining fearful and alert to further danger
- Thinking long and hard about the event

**Task:** Which coping mechanisms do people use when they face a stressful situation?

Some of the ways people use to reduce stress:

- Keeping a positive attitude
- Accepting that there are events that cannot be controlled.
- Being assertive instead of aggressive.
- Doing regular exercise
- Letting feelings out
- Relaxing the body
- Focus on present
- Doing something enjoyable
- Writing about problem
- Eating well-balanced meals
- Adequate rest and sleep

**Task:** What other mechanisms are useful in reducing stress effects?



### III Mental health problems

Mental health problems are the change in thoughts, emotions and behavior of a person. Such changes can be observed in the behavior of a person who displays some or all of them.

What are the common symptoms of mental problem/illness?

**Task:** Why people get mental health problem/illness?

#### **Causes of Mental Health Problems**

The causes of mental health problems are generally viewed as a product of interaction between biological, psychological, and sociocultural factors. Here are some common factors involved in mental health problem:

##### 1. Biological factors:

- Heredity e.g. from parents to children
- Brain infections e.g. meningitis etc
- Brain injuries e.g. after fall or accident
- Damages before or during birth
- Use of substance or alcohol
- Malnutrition e.g. lack of iodine

##### 2. Psychological factors:

- Difficult coping with problems
- Low self esteem and feelings of inadequacy
- Trauma experience
- Changes in life e.g. retirement, marriage etc

##### 3. Social factors:

- Life events e.g. bereavement, divorce, job loss, accidents
- Unemployment, migration
- Poverty
- Violence, insecurity, chronic conflicts.

### **The attitude of people and Mental Health problems**

Patients with mental health problem can be seen in any community. You can see different reactions of people when encountered such patients but most of them are in negative way.

Some common reactions are seen in our country might be:

- Anger and rejection they may annoying
- Fear and suspicion they may be harmful
- Feeling disgust because they are unkempt
- Amusement and laughter
- Sympathy and pity as they are suffering
- Distrust as their behavior is unpredictable
- Avoidance and keeping away

**Task:** What are common attitude of people in your community?

Such attitudes are the cause for disrespect towards these patient. Negative attitude results to ignorance and denial of the rights including their right to health care. All people with any problem/illness need equal health care by all health staff.

**Task:** List the impacts of such attitudes in life of people with mental health problem!

What you should do:

- Respect the dignity of people with mental health problem
- Protect the rights of people with mental health problem
- Promote the autonomy and liberty of people with mental health problem
- Ensure that informed consent the basis for all treatment
- Involve patient in the development of their treatment plan.
- Involve families in the treatment and care of their relatives with mental health problem

**Task:** What are some of the reactions you have towards people with mental health problem?

### **Types of Mental Health problems**

There are many types of mental health problem which comes under following categories:

- Mild mental health problems also called common mental health problems
- Severe mental problems/illnesses
- Childhood mental health problems
- Substance related problems (abuse and dependence)

**Task:** Describe a case of mental health problem you have seen?

### **Consequence of mental health problem**

It is important to recognize and treat mental health problems earlier to reduce the negative consequences of them.

If untreated following consequences may occur:

- Changes in behavior
- Causes distress
- Interferes with routine activities
- Impairs coping with stresses
- Causes relationship problems
- Reduces ability of work
- Low self care
- Abnormal thinking of self, world and future
- Becoming a burden to family (disability)

**Task:** What are the differences between mental health problem and other disease?

#### IV Communicating with Patients

It is important to have knowledge and skills for communicating with patients. Such skills help you, the patient also the relatives. This helps you to collect information about patient's problem and refer them to health facility for medical assistance. On the other hand good communication opens the way for future interactions e.g. follow up, support group etc. You will see patients in different conditions:

Patients may come to you for help and guidance. Such people usually are aware about their problems but they may not sure of its psychological origin or the kind of help to look for. In this case communication is easy because persons cooperate with you.

Others might be brought to by relatives, not accepting of any thing being wrong with them. They might be aggressive and may suspect people, even family members and you of trying to harm them in a way. Communication with such people needs more skills.

**Task:** What are your experiences interacting with people with mental health problem?

Here are some general skills for communicating with patients:

- Respecting patient
- Introducing him/herself to patient
- Explaining the purpose of interview that you are for helping patients
- Listening patiently
- Guiding the interview
- Empathy

**Task:** What is your first experience when you saw a person with mental health problem?

#### **Communication skills**

Communication skills are needed, because if someone tells the CHW about his or her problems the full attention of the CHW is required. How to give full attention can be learned. This is called communication skills.

Communication process starts from the time when the client is greeted by CHW. It is important to ensure the client that what he is telling the CHW stays with him and will not be spread within the community.

### Types of communication

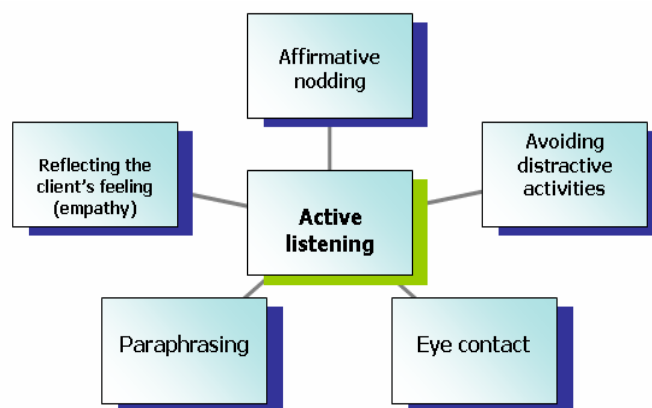
- We communicate not only with words and sounds, also through our physical appearance, movements, and body positions.

There are two types of communications:

1. Verbal, through words and sounds
2. Nonverbal through body language (gesture)

**Task:** Name some common nonverbal communications in your community?

### Basic communication skills:



#### 1. Active listening:

While the client is telling his/her story, the health worker should listen well and should pay attention to client's body movement (body language). Besides that, nodding the head in affirmative manner, eye contact, avoiding distracting the client attention (writing, playing with something etc) has to be taken in consideration.

**Task:** What are the benefits of active listening?

#### 2. Paraphrasing:

Whenever one part of client's story is finished, the CHW can politely interrupt the client and tell him that he wants to repeat story and experiences he has heard with his own words in order to make sure that he has understood the client correctly. That means that he retells the client's story as he has understood it. This action has two advantages; one that the counselor will make sure that he

understood the client well and second that the client will be assured of being listened and perceived well. Also the impact of the story will become clearer to the client, when he hears his story retold by someone else.

Another objective of paraphrasing is the reflection or the mirroring of the client's feelings. Often the client is not aware about his/her own feelings which were involved and which he experienced. Being felt by the CHW and by seeing his/her feelings reflected by the counselor, the client can become aware of his/her feelings.

### Case:

**Client:** *"Yes, I was beaten by my husband last night, he wanted to sell my golden ring, but I didn't let him to do so. He is a gambler and has sold our house assets several times. He gave some of our precious things in pledge to his/her friends, in the other hand my daughter in her mother in-law's house..."*

**Health worker:** *"I am sorry to interrupt you, would you let me to repeat what you have just said, in order to know if I understood you well.*

*As you said, your husband is a gambler; he has sold many things from your house. Last night when he wanted to sell your ring, you did not let him. Therefore he did beat you. I feel that you are very angry and you are also looking very sad" (reflection)*



Remember that paraphrasing, without reflecting the feelings has no meaning. They have a close correlation.

**Task:** Do you know any example of paraphrasing?

### 3. Mirror feelings and emotions:

To name the feelings the speaker has expressed and the health worker has recognized, observed and felt. To encourage the expression of feelings verbally and nonverbally.



#### **Important**

Allow all feelings to be expressed even when it is uncomfortable to yourself.

**Task:** What do you do when a client cries in front of you?

Silence: To give space to what has been expressed, show that you do not leave the other alone;


show that you are not afraid of feelings.

Important: It helps to avoid the danger of talking yourself too much

Danger: To create the impression of having no interest.

#### 4. Open questions:

- To leave all possibilities of answers open and to get information you have had no idea before. Open questions help that the client has enough space to develop his/her story. The danger is that he gets lost in his/her story. In this case you must listen carefully and interrupt in a gentle way, paraphrase what you have understood, mirror his/her feelings and structure the talk perhaps through a new question.


 Example: “Can you tell me what happened in your life just before your headache started?”

⇒ **Important:** You need time and real interest

**Task:** Can you give some examples of open questions from your own experience?

#### 5. Closed questions:

- To gather data, to get an answer of concrete information, to give the talk a structure.
- Closed questions are used where the answer is just information like age, etc and where the answer is yes or no. It must be used in order to obtain necessary information.

 Example: “How old were you when this headache started?”

⇒ **Danger:** If they are used too much and too quick, the client feels as he is in a police station.  
It can give the impression of being cold and having distance.

**Task:** Give some examples of closed questions?

#### 6. Empathy:

- To be able to take the perspective of the other person, to understand the feelings, motivation and actions of the other person, independent if those feelings and motivations match our own. Saying: To put yourself in the shoes of the other.
- Empathy is representing an important element in any kind of a helpful relationship This will require the CHW to put himself in client’s situation and to see, what he would have felt if he

would have been in his place. This will help the counselor to express those feelings and to understand the resulting actions.

- Empathy could be expressed to the client. Empathy means for the client that the counselor has understood the client's inner pain and feeling.

**Task:** Why is empathy important?

#### 7. Support:

- Support means to give the other person the feeling of not being alone with his problems. It also means that there is a person, who can help and be a companion in difficult times.

When people experience a relationship which contains empathy, they will learn how to establish other good relationships and will be ready to initiate relationships with other people around him.

#### **Approach to the Patient**

First of all you should put aside negative attitudes towards patients. Most patients can easily understand your reactions. Patients have their own feelings, likes, dislikes, interests and self respects. If you trust them and show love and affection to them they will do same to you. They should be accepted and be respected as they are suffering and need your understanding and help without disregarding their self respect.

Followings are some important tips:

- Give importance to them
- First ask what the problem is
- Do not comment, criticize or laugh at them
- Listen to them with patience
- Do not blame them for their problem
- Do not get angry to them
- Be neutral while you accept them as patient
- Explain that you will help them
- Ask details about their problem

#### **Some DO's and DON'T's for CHWs during their work:**

Do say:

- Changes in thought, emotions and behavior are sign of a mental health problem.
- It is understandable that you feel this way.



- You are not going crazy.
- Having a mental health problem is not the person's fault.
- Mental health problem is treatable
- Things will get better, and you will feel better.
- God helps people in distress
- And do refer the client to basic counseling and doctor

Don't say:

- It could have been worse.
- It's best if you just stay busy.
- I know just how you feel.
- You need to get on with your life.
- Marriage will cure his/her mental health problem
- Every thing is in your mind

**Tips for CHWs**

- Do not argue with patient who has severe mental health problems
- Do not criticize patient for having symptoms
- Avoid confrontation with patient, unless to prevent harmful or dangerous acts

### Common mental health problem

Main point in mild health problems is that, there is no evidence of delusions or hallucinations. People may suffer from worries and anxiety or suffer a physical symptom which has a psychological origin. Feeling sad with no reason and loss of interest can be sign of a mental health problem. On the other hand some people feel hopeless, worthless or guilty and may wish to be dead. While in some cases person may fear of dying following a rapid heart beat or dizziness. Many patients may have irrational fear of situations or objects and may fear that an awful event may happen to them.

Some common complaints in mild mental health problems are:

- Loss of interest in daily activities
- Feeling hopeless, worthless or guilty
- Feeling sad without no apparent reason
- Death wish or feeling an incident should end his/her life
- Fear of heart attack or dying
- Feeling uneasy in the presence of others
- Difficulty concentrating or remembering things

**Task:** What could be the consequences of mental health problem?

If mild mental health problems are not treated, symptoms become severe and chronic; the person will have more difficulty in daily life.

Followings are main consequences of mental health problem:

- Difficulty in social relationship e.g. with family members, friends etc
- Social isolation
- Difficulty in work place or in school and college
- Change in self care
- Decrease self confidence and low motivation
- Hopelessness and self harm
- Substance use

#### Case 1:

*A 32 year women comes complaining of frequent headache and back pain for many months. She reports that her husband has been beating her on trivial issues and he complains of sleep problem*

*at night and tiredness in the morning. She has been to shrines for getting better but no improvement. She also thinks life is worthless but because of her children she bears all difficulties in life. She does not enjoy visiting friends or going to weddings. She has been taken to clinic but medication helps her symptoms for short time. While crying she says she has been born to suffer.*

- *What are the main symptoms?*
- *What else you want to know?*
- *How she can be helped?*
- *What would be the consequences of the mental health problem?*

#### Case 2:

*A 26 year old man has been to doctors for many months of what he says being a heart problem. He feels he would die due to a heart attack which he has been getting 4-5 times in a week, day and night. At night when attack starts he forces his family to take him to the doctor. He has been treated for heart disease. He goes to visit doctors everyday and for checking his blood pressure. He avoids taking salt and fat in food although he does not have high blood pressure. He has done many ECGs, lab tests, taken X-ray etc all with negative results. He fears going to sleep at night because of possible heart attack during sleep.*

- *What are the main symptoms?*
- *What else you want to know?*
- *How he can be helped?*
- *What would be the consequences of the mental health problem?*

#### Case 3:

*A young school girl had a sudden fall after an argument with parents on her marriage. She was taken to the hospital and received treatment in emergency room. She did not have such problem in the past. Parents were told that she will improve with the medication prescribed to her. She had another attack after two days when family members were discussing previous fall. Since then she gets attack whenever parents want to discuss the unresolved issue about her.*

- *What are the main symptoms?*
- *What else you want to know?*
- *How she can be helped?*
- *What would be the consequences of the mental health problem?*

**Case 4:**

*A married woman with two children has been having problems with in-laws. She married her husband three years ago. Initially every thing was going well when her husband left the town for better job the problem started. There has been frequent criticism from in-laws on trivial issues. She has been denied to visit her parents and in one occasion her parents were treated badly visiting her. She was hopeful that things will change when her husband is back. However after her husband's return initially things were fine but her mother in-law's interference changed her husband's mend and he started blaming her for the things which had gone wrong at home. In latter incident when she asked her husband for permission to attend her sister's wedding, the things got worst when her mother in-law interfered. In a state of turmoil and excitement she poured kerosene and burnt herself. She is in hospital for her burn.*

- What are the main problems?
- What else you want to know?
- How she can be helped to prevent future events?
- What would be the consequences of the problem if continued?

**Task:** How you can recognize mild mental health problem?

**Tips on common mental health problems**

- Mental health problem is not the sign of weakness
- Mental health problem is widespread.
- Help is available for mental health problems
- Early intervention is important for prevention of risks
- Most mental health problems are helped by psychosocial interventions
- Medication, if needed, are only for a small percentage of people
- Family support are very important for people with mental health problems
- Mental health problems have complex causes and effects, involving social and economic circumstances as well as physical and mental health.
- Effective interventions require the participation of a range of health and social care agencies across statutory and voluntary sectors.

### **Severe mental health problem/illness**

Severe mental problem/illnesses refer to a group of problems/illnesses within which a person can lose touch with reality by experiencing hallucinations and/or delusions. This can be accompanied by much disorganized thinking, disturbed emotions and agitated behavior. The problem/illnesses are also called psychosis.

#### Possible Warning Signs in people who suffering severe mental problem/illness are:

- Suspiciousness
- Hostility/Irritability
- Deterioration in self care
- Hearing voices
- Expression of odd or strange beliefs
- Increase in reckless behavior
- Increased drug and alcohol abuse
- Withdrawn and isolated behaviors
- Thoughts of harm to self or others
- Increase or decrease in activity
- Loss of interest in normal pleasure

**Task:** Have you seen any cases of severe mental problem/illness?

#### Possible Persistent Symptoms in people suffering with severe mental problem/illness:

- Not having much to say
- Hallucinations and delusions
- Reclusiveness
- Limited ability to experience pleasure
- Poor self-initiative and self hygiene
- Persistent low or elevated mood
- Chronic feelings of anxiety
- Limited emotional responsiveness
- Stigma
- Isolation
- Decrease socialization

- Low self care
- Loss of job
- Inability to continue studies
- Low motivation
- Burden to family
- High medical cost

**Task:** What would be the consequences of a severe mental problem/illness?

 Case 1:

*A young man was brought to the doctor with the complaint of not getting sleep, suspecting family members and neighbors of trying to harm him. He feels there are scorpions in his body. The problem started one week ago when he was failed in his exams. He refuses to eat at home as if family members are trying to poison him. In some occasions he was talking to a person not present. When questioned he told that some one is talking to him that he is a bad person and he should drop himself into the river. At times he asks others why they spread rumors against him on TV.*

- What are the main symptoms?
- What else you want to know?
- How he can be helped?
- What would be the consequences of the problem/illness?

 Case 2:

*Six days ago a recently returnee from Iran, told his family early morning that he would make 1000 000 bricks to build a 10 story house for himself. He also said that he will build houses for every body in the village. He was speaking of his ability to turn the village into a modern city. On some occasions he said that people around are jealous of him being talented and rich. He feels that they are planning to kill him. He gets angry with any one opposing his ideas. Parents told that he has been sleeping few hours at night and doing many things without finishing any. He denies having any problem and accuses others of being against him. With the help of villagers he was brought to the clinic. In clinic he promises the doctor to build a new hospital for him.*

- What are the main symptoms?
- What else you want to know?
- How he can be helped?

- What would be the consequences of the problem/illness?

### Case 3:

*A man was found wondering in cemetery and talking to graves early morning. People informed his family. He was taken to clinic for help. His clothes and long hairs were shabby and seemed have not had bath for weeks. When asked about his problem he ignored doctor question. He seemed to be talking to someone, at times laughing and crying. Relatives told doctor that he has been ill for many years, at times very disturbed running out at night sleeping in cemetery. He talks to unknown people and says he sees jinns and ghosts asking him to meet them in cemetery. He has been suspecting others of plotting against him. He was dropped from school due to his illness. He was taken to doctor many times but after some improvement he stopped the medication.*

- *What are the main symptoms?*
- *What else you want to know?*
- *How he can be helped?*
- *What would be the consequences of the illness?*

**Task:** Have you seen any case of severe mental problem/illness?

### **Tips on severe mental health problems**

- Having unusual ideas or strange behavior can be sign of a severe mental health problems
- Patients with severe mental health problems may be suspicious about people around them
- Hearing voices that aren't real though they may feel real, if continuous and person feels that is real is the sign of severe mental health problem
- Person with severe mental health problem does not accept being ill so refuses hospitalization
- Person with severe mental health problem might be admitted in the hospital against his/her wish to prevent risk to others also to the patient
- People with severe mental health problem may need long term medication
- Dangerous behavior requires hospitalization
- Early diagnosis and treatment leads to early recovery and prevents chronic course
- Hospitalization is for the safety of patient and family members

### Children with mental health problems

Children can have mental problems like adults. Some problems are similar to adults but there are mental problems seen in childhood.

Some of the common problems are as follow:

- Some children may have bed wetting problem in which a child above 5 years can not control his/her urine day or night. This causes low self esteem in children and makes others to fun of them.
- Some children have difficulty in learning new things and seem backward compare to their siblings or children of same age. Such children may have developmental problem from early childhood e.g. their crawling, setting, walking, speech etc might have been delayed.
- Children may have difficulty in sustaining attention along with difficulty to set quite for a while. They keep on moving and shouting. They may disturb school and may not wait for their turn.
- Some children might be frightened from dark, certain animals or objects. These children avoid the feared place, animal or objects. Such fears interfere with children play, study, socialization etc.
- Some children may have disruptive behavior in form of being hostile towards others, destroying others property, fire setting and other antisocial behavior. They are truant, have the habit of lying, stealing, run away from home and are aggressive towards others and animals.

**Task:** Have you seen any child with mental health problem?



## Substance Abuse problems

Substance abuse is a serious public health problem that affects almost every community and family in some way. The use of a substance to modify or control mood or state of mind in a manner that is illegal or harmful to one-self or others is considered problematic use, or abuse.

Examples of the potential consequences of harmful use are:

- Accidents or injuries
- Poor job performance
- Family problems
- Poor school performance
- Blackouts
- Legal problems
- Financial difficulty

Dependence is the irresistible compulsion to use substance or alcohol despite adverse consequences. It is characterized by repeated failures to control use, increased tolerance and increased disruption in the family.

Unfortunately, it is not possible to tell early on whose use may lead to abuse and/or dependence. The user denies that his/her use is out of control or that it is causing any problems at home or work.

**Task:** Why people use substances?

Opium can be eaten, smoked or sniffed while heroin can be injected, snorted/sniffed, or smoked. People who inject the heroin also risk infectious diseases, including HIV/AIDS and hepatitis.

Opium and heroin causes followings after use:

- Drowsiness
- Nausea and vomiting
- Constricted pupils
- Feeling happy
- Low and shallow breathing
- Clammy skin
- Impaired respiration

Stopping opium or heroin causes some unwanted problems which makes person to continue taking

it. This is called withdrawal symptoms.

Some of the symptoms of stopping opium/heroin are:

- Sleep problem
- Body pain
- Frequent yawning
- Runny nose
- Loose motion
- Stomach pain
- Restlessness
- Feeling anxious and depressed
- Efforts to get opium/heroin

There are specific treatments for opium/heroin dependents.

#### Case 1:

*A young man brought by police from prison because of using heroin. He has been taking heroin for more than 5 years, starting in Pakistan and continued in Iran. Two years ago he returned to Afghanistan after he was fired from work due to repeated use of heroin during work. Many times he tried to quit but due to unbearable symptoms he could not. He was admitted for treatment but after few weeks he started again. He has tried many jobs after returning to country but all his earning was spent for heroin. He stole things from his house to make money for heroin. Last time he entered his neighbors shop but was caught and has been handed over to police.*

- *What are the main problems?*
- *What else you want to know?*
- *How he can be helped?*
- *What would be the consequences of the illness?*

#### Case 2:

*A college student has been feeling anxious for many years. Although he was a good learner but never had been able to talk in front of others about what he knew. Some friends advised him to look for a medical help for his problem. A doctor prescribed him some pills which helped him feel less anxious but drowsy daytime. Since he was feeling somewhat ok with pills he continued the pills for months. During summer break in his village he runs out of pills. After two days he gradually developed sleeplessness, irritability, difficulty concentration etc. When consulted with another*

*doctor he was told that the problem was due to long term use of the pills for his anxiety. The doctor told that although the pills helps, reduce the anxiety and improves sleep but the prolong use makes person dependent.*

- *What are the main problems?*
- *What else you want to know?*
- *How he can be helped?*
- *What would be the consequences of the problem?*

**Task:** Describe any substance abuse case you have seen?

#### **Important tips on Substance abuse**

- Patient should not be blamed for substance abuse and related problems
- Controlling or stopping substance use often requires several attempts.
- Stopping or reducing substance will bring mental and physical benefits.
- Using substances during pregnancy will harm the baby.
- With intravenous substance use, there is risk of getting or giving HIV infection, hepatitis or other blood borne infections.
- Mental illness can coexist with substance use

**Task:** What do people think about a person who uses substances?

## Epilepsy

Epilepsy is a brain disease characterized by sudden attacks of fall and unconsciousness. It is commonly known as "Mergi". People with epilepsy may have strange sensations and emotions or behave strangely. They may have violent muscle spasms or lose consciousness.

### Common features during attack:

- Sudden fall and unconsciousness
- Stiffness of limbs and body
- Turning blue
- Shaking of hands, feet and body
- Frothing, blood in mouth
- Urine incontinence
- Head turning aside and unrolling of eyes
- Injuries

Epilepsy has many possible causes, including illness, brain injury and abnormal brain development. In many cases, the cause is unknown. Epilepsy usually starts in childhood, if not treated properly continue into adulthood. Some people can tell when they are about to have an attack. People do not remember what has happened to them during attack. Attacks can occur any time in any place. Number of attacks differ, from daily to once in a week or a month. They can have injuries during attack.

Most people can have normal life without shame or embarrassment if treated with medication until the attacks are fully controlled.

### Person with epilepsy should avoid followings until attacks are controlled by medication:

- Swimming
- Driving
- Riding bicycle, horse etc
- Climbing trees, mountains etc
- Working with machines
- Working on high buildings
- Taking substance or alcohol

**Task:** Why person with epilepsy should avoid those mentioned above?

During attack:

- Do not try to stop shaking of body
- Do not force any object into the mouth
- Do not press any hard object between fingers
- Do not give any medicine or drinks
- Don't try to wake the person by shouting at or shaking them

Do followings:

- Put person in lying to back position
- Remove any tight buttons, belt etc
- Put something soft under head
- Turn head to side to prevent sucking of vomitus into lungs
- Take away items that could cause injury if the person falls or bumps into them
- Refer person when alert

 Case 1:

*A young man was having spells of falling during his routine activities for years. He was told that he was having such attacks since childhood after a brain infection. He does not remember what happens during attacks. He stopped going to school due to frequent attacks in classroom. Neighbors were talking about him as being crazy. He has been getting attacks everywhere so he stopped going out. Once he had fallen into gutter during an attack but was rescued by passersby. He has many marks of injuries in her face, head and limbs. He received irregular treatment since the beginning of attacks. He can not hold a job and has been sent off due to attacks. People tell him that there is a worm inside his brain which causes the attack.*

- *What are the symptoms?*
- *What else you want to know?*
- *What are the consequences of the illness?*
- *How he can be helped?*

 Case 2:

*A boy was referred to a clinic after he burnt his body incidentally in an oven. Parents told he has been having fever for many days. After three days he suddenly hit the oven and burnt his cloths. Parents saw him lying on the floor not responding to them. Mother told that he has had spells of getting stiff body and shaky in early childhood. But was not having such attacks for some two years.*

*He did receive some medicine for short time when symptoms disappeared medicine was stopped.*

- *What are the main symptoms?*
- *What else you want to know?*
- *What should the boy avoid?*
- *How he can be helped during attack?*

**Task:** Describe a case of epilepsy you have seen?

#### **Important tips:**

- Epilepsy is not a mental illness but patient can get mental illness
- Most epilepsy cases start at childhood
- Medication controls attacks
- Coping with stress reduces number of attacks
- Counseling improves anxiety or depression and prevents attacks
- Attacks occur any time including during sleep
- Stigma and discrimination is high in community towards such patients
- Treatment duration is about three years

#### **How people with mental health problems/illnesses can be helped?**

Mental health problems can be treated with medication or psychosocial interventions.

Medications are used in different ways such as by mouth in the form of tablet, capsule or syrup; by injecting into skin, muscle or vein etc.

#### Medications help to:

- Have sound sleep
- Reduce worries
- Have normal mood
- Control anger and agitation
- Improve bad thoughts

Most medications have side effects, which differs depending on the medicine prescribed by doctor.

Such side effects occur in a small number of patients.

#### Some common side effects are:

- Headache, dizziness, drowsiness,
- Rapid heart beat, difficulty breathing, low blood pressure

- Nausea, dry mouth, stomach discomfort, constipation
- Nervous ness, restlessness

If used for long time without doctor's advice, some medications may cause problems such as:

- Abuse and dependence
- More side effects
- decreased effect
- Unnecessary expenses
- Worries about illness and medication



For people with chronic severe mental illness also for epilepsy long term use of medications is needed to maintain their problems controlled.

**Task:** What are traditional treatments for mental health problem in your place?

#### **Tips on Medications**

- Medication is to cure symptoms and is not toxic to heart or brain
- Side effects means medication started acting on symptoms
- Time is needed for medication to improve symptoms.
- Medication is used when psychosocial intervention is not helpful
- Most of the side effects are temporary and tolerable.
- Patients should avoid using substances or alcohol while on medication
- Medication is a central component of the treatment for severe mental health problem; it will both reduce current difficulties and prevent relapse.
- Family support is essential for compliance with treatment
- Long-term treatment can prevent future episodes
- Treatment is more successful with strong support from family

## Psychosocial counseling

Psychosocial counseling is a form of psychological treatment that offers people a chance to change how they feel, think and to live better. The important thing is that that counseling gives people an opportunity to be listened to in a safe environment while they talk about their psychosocial problems. The aim is not to tell someone what to do, or to offer personal opinions, but to help someone to arrive at their own solutions. Counselors usually help people to focus on particular problems at an immediate level and offer information and ideas on how to approach specific difficulties.

Anyone who has been trained on counseling can offer counseling such as doctors, psychologists, counselors, nurses etc. In current primary health care system psychosocial counselors (PSC) and community health supervisors (CHS) have to do counseling. But important thing is that any one doing counseling should have been trained by a recognized training organization and to follow an accepted code of practice approved by ministry of public health. It is therefore very important to ensure that any training course on counseling is recognized and accredited by MOPH.

There are many types of counseling available all over the world. In Afghanistan currently two types of counseling is included in primary health care setting: Basic counseling and professional counseling.

Basic counseling includes five sessions and is usually delivered by CHS while professional counseling is delivered by PSC and may go on for many sessions depending on the client's mental health problem and stressors. Counseling can be delivered individually or in a group.

Some benefits of counseling are as follow:

- Overcoming emotional difficulties
- Freeing self from self-destructive ways of feeling, thinking and behaving
- Providing an opportunity to talk in a way that assists to understand self better
- Helping to work out ways of living the life in a more positive and constructive way.

This way of changing your life is very different from using medication, which doctors often prescribe for people who are emotionally distressed. These medications change mood by affecting the balance of chemicals in the body, but do not help people to deal with underlying problems. Research has proved that psychosocial treatments can be just as helpful as medication for many mental health problems.

What CHW would do for a person with mental health problem?

Followings are specific activities a CHW could do for a person with mental health problem:



- Case identification (No diagnosis),
- Identification of psychosocial stressors
- Referral to health facilities
- Mental health awareness
- Follow up of adherence and keeping appointments
- Facilitate Support/self-help group /Community mobilization

## Further problems

### I Family conflict

Family conflict is one of the fundamental problems in Afghan society. In a family conflict the involved persons or parties have opposite opinions, they do not understand each other and may not trust each other. Many factors in Afghan society can cause such conflicts:

#### 1. Economic problems:

- Poverty
- Indigence
- Unemployment

#### 2. Social problems:

- Not having a home
- Security problems
- Family interference
- Inequality between the rights of women and men
- Changing role of women and men
- Migration
- Joint family: living many families together too closely
- The influence of mass media like TV and radio
- War

#### 3. Natural factors:

- Flood and storm
- Extreme heat or cold
- Draught

#### 4. Psychological factors:

Psychological and mental health problems can play an important role in family conflicts. If the patient has important role in his family like being the father or eldest son, the situation becomes even more difficult. We can observe that this suffering man turns all his attention to his family as the only controllable place. This affects then all family members and often causes violence and conflicts inside the family.

## 5. Cultural factors:

### **A. Forced marriage:**

- To exchange a woman for a bad deed of relatives
- To engage a woman in childhood or even before birth
- Marriage in childhood
- Marriage of a widow woman with a family member (brother in law) and not giving her the right to marry again outside the family
- Marriage with force of money
- Arranged marriage on parents or relatives desire in which the boy and girl do not have any kind of understanding with each other or desire to marry each other

### **B. Some other traditional points like useless competition (seyalee):**

- Extravagant expenses and imposing extravagant expenses on others during wedding etc.
- Imitating others and showing themselves bigger than they are
- Family competition

### **C. Limiting individual and social freedom of women according to ruling traditions in society:**

- Keeping women at home (women should not leave the house without having permission)
- Women going out to work as an element of shame for men in the family and can cause family conflict



On top of the above mentioned cultural issues, Taboo and Shame play an important role in family conflicts.

Relationship between shame, taboo, zeal, glory and its revenue on domestic violence: Zeal, glory, shame, taboo and violence have a correlation with each other which is well understood in family matters. Whenever the glory or zeal is injured, one may start violence in order to restore normality and to be free from shame in the future. Often this is the cause behind domestic violence.

For example, if your parents, brother or sister want to do something which injures your grace and glory, you try to do something to stop them of doing that. You can try to stop them by discussing the issue; it also can end in a verbal quarrel or with violence. What we have perceived from our society is that most of the people are ready to become violent in such situations.

**People's reactions in family conflict:**

- Verbal reactions (declaration)
- Emotional reactions
- Behavioral reactions

Usually the people involved in conflict show the following reactions against each other:

- Sadness
- Verbal quarrel
- Aggression
- Violence

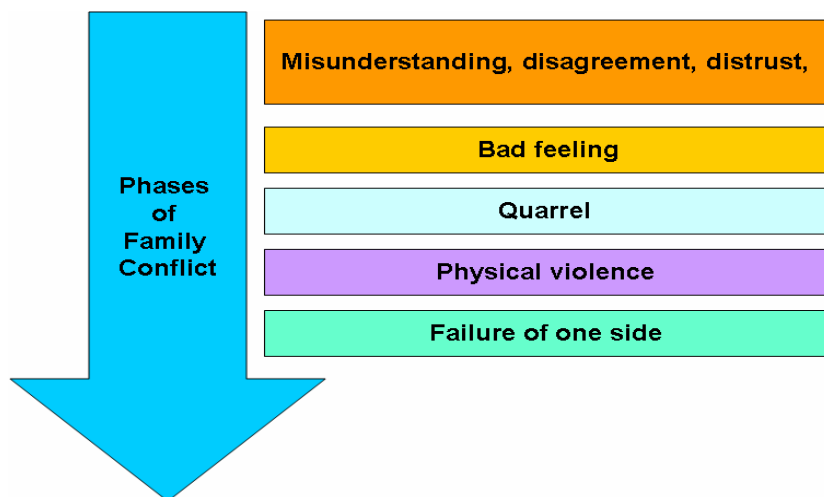
They do not talk or do not participate in their daily work with the people who participate in conflict

Compensatory reactions (a woman has a conflict with her husband; she beats her children and insults them)

Leaving home (to separate sleeping place, or to separate the room)

Careless or headless about children and others work

Careless about her family members' sayings and feel herself without any responsibilities

**The consequences of family conflict**

A family conflict affects people on many levels. Family members show psychological problems during or after the conflict, the social net of the family suffers, people don't feel safe anymore. And we even can observe somatic consequences in some family members!

**1) Psychological consequence**

- Depression and anxiety
- Feeling blame and guilty
- Feeling themselves worthless and despised
- Development of psychological problems, even PTSD especially in children
- Having tendency for drugs (especially children)
- Memory disorders like amnesia, problems in orientation
- Problem in learning
- Developing mental stresses
- Children feel themselves alone
- Children grown up aggressive, stubborn and careless

**2) Social consequence**

- Destruction of family tie and regulations
- Destruction of secure environment of family
- Weakening family economy
- Sometimes family conflicts cause separation of husband and wife which has direct effect on personality and authority of the person in society
- Family conflict cause some psychological stresses which has direct effect on social relation and social responsibilities of the person

**3) Somatic consequence**

- Somatic and psychological diseases become chronic and severe
- Injury
- Premature birth
- Abortion
- Death
- Thin and weak

**Task:** Choose a family conflict you have heard of or know and analyse the conflict by reasons, process and consequences.

Think of possible interventions at different stages of the conflict

## II Violence

### **Violence**

- Intentionally use of physical force and threat against own self, the second person or the society which can cause injury, death, psychic injury, mental and growth retardation and deprivation.
- All kinds of violence (physical, psychological, somatic) which can occur among people who are living together and have the same responsibilities in a family environment is called **Domestic violence**
  - ⇒ For example: violence between husband and wife, sister and brother or father and mother.

#### **1) Physical violence**

- In such violence the injured person gets physical injury in his/her body.
  - ⇒ This kind of violence is very dangerous.
- Example: Somatic or physical torture in different types like beating, burning, strangling, and killing.

#### **2) Psychological violence**

- It is psychological injury to the injured person
- For example:
  - ⇒ To ridicule someone
  - ⇒ To despise someone
  - ⇒ To control action of the injured person like using abusive or foul language
  - ⇒ To stop talking to someone
  - ⇒ To ignore the rights and interests of someone
  - ⇒ To control someone above the normal extent

#### **3) Sexual violence**

- To force someone physically without his/her willingness to a sexual action

### **Causes of Violence**

- Stress due to economic (poverty, loss of job etc), health or social problems
- Mental problems
- Jealousy and anger
- Using alcohol and drugs
- Children learn violence from their parents
- To accept violence as a way for solving problems

- Desire for having power
- Negative and wrong understanding of culture and tradition
- Useless competition

### **Consequences of violence in families**

The medical and psychosocial consequences of family violence in general and sexual violence in particular are often very serious;

#### Physical health consequences:

- Death; suicide or murder
- Injury
- Somatic and psychological diseases become chronic and severe
- partial or permanent disability, (brain damage)
- somatic complaints like chronic head/neck aches, stomach complaints, muscle and joint pains
- reproductive health problems,

#### Psychological consequences:

- Feeling, sad, worthless and despised
- Feeling blame and guilty
- Development of mental problems
- Having tendency for drugs (especially children)
- Problem in learning
- Children grown up aggressive, stubborn and careless

### **What can a CHW do in case of domestic violence?**

- Listen to the persons story and understand the story completely
- Provide emotional support;
- Talk with the survivor about possible concrete actions she can take to alleviate the severity of the problem;
- Help the person to find her resources and encourage her to use them
- Encourage the person to find someone within the family she can trust and rely on
- Explore the possibility of a finding a mediator (family member, friend, community leader, mullah or other key figure)

- Provide information about professional resources where she can go to talk about the problem (for example BHC/CHC, Psychosocial counselor Psychosocial worker)
- Explore with the client the other existing resources within a community (other group activities, NGO's (illiteracy programs, vocational training etc.)

In helping the person to find the take the best action take the following steps:

1. Help the person select her most urgent goal (safety, shelter, medical care might be more important than talking or attending school)
2. Brainstorm about possible actions (you can come up with some ideas but ask for alternatives)
3. Identify consequences of each action
4. Choose best action
5. Plan with client how to carry out solution



A helper should not impose his/her own solutions but help the person to come herself with solutions



### III Mental Health Education

Educating patients and their families are very important. Lack of knowledge can result to decreased use of health services by people who need them. MH education is a specific form of education, aimed at helping persons with a mental health problem and their families or anyone with an interest in mental health problem, to access the facts about mental health problems in a clear and concise manner. It is also a way of accessing and learning strategies to deal with mental health problem and its effects.

#### Main tips about MH education:

- Mental health education is not a treatment
- It is a way to know mental health problems
- Helps people to find required services
- Helps families to know about possible relapse
- Helps people to join support groups
- Improves family life via understanding
- Helps to decrease stigma

#### It is about:

- Helping people make sense of what has happened to them
- Gaining a sense of control over their problem/illness
- Finding hope that they will be able to live a healthy life with that illness
- Maintaining self-esteem and identifying themselves not just in terms of their illness but first and foremost as a person

#### Mental health education can be offered in different forms:

- Individual mental health education
- Mental health education for groups
- Lectures
- Brochures, books, videos, other media

#### Common topics are:

- Understanding the nature of the illness, this includes information on the illness as well as its psychosocial aspects.
- Main complaints and symptoms of the illness
- Treatment availability
- Relapse of illness
- MH services in health facilities

- Importance of follow up
- Importance of compliance

#### IV Establishing a support group

A support group is a gathering of people who share a common condition or interest. Mental health support groups focus on a specific condition, such as depression, substance abuse or other mental health problem. Support groups can be formed by a person with depression or another condition or by someone interested in it, such as a family member. In some cases, support groups may be formed by mental health clinics, nonprofit organizations, or other groups and they may be led by a facilitator or moderator.

#### There are two types of support group:

- For people who have similar problems such as depression or substance use problem. This is called self help group, usually runs by people who have depression or quitted substance. You can help them to establish and continue such groups.
- People who want to help persons with mental health problems. This is run by interested people from community e.g. people who have a patient in the family. You need to help such people to communicate with each others to form a support group.

#### **How tot establish a support group:**

#### It may seem difficult in the beginning but you can start working on the followings:

- Available resources in the community e.g. existing groups, religious leaders, community leaders, local shoras, teachers, etc
- Finding enthusiastic people to help others
- People who accept the objectives of the support group
- Arrange a meeting to discuss the issue with some who are willing

#### What you can do:

- Link people with similar problems and interests
- Raise awareness on having support groups
- Talk about existing support groups
- Find a location for meetings e.g. a volunteer's house or a room in health post after working hours
- Be part of the group to guide and advise the group

Rules for a support group to be observed:

- Members of a support group share their personal experience e.g. with depression or other mental health conditions. They offer emotional comfort and moral support. And they may provide tips and advice based on their own experiences. General rules are:
- Start and stop on time
- Time limit for opening stories
- Confidentiality of what have been discussed
- Listening to others talk
- Express feelings/experience if related
- Empathizing with others situation
- Non judgmental about others talk, behavior etc
- Respecting others while differences exist

Some of the benefits of support groups:

People may be nervous about sharing personal issues with others they don't know. So at first, people may get benefits from a support group simply by listening. Over time, contributing ideas and experiences can help get more out of a support group. Some benefits of support group are:

- Making connections
- Improving coping skills
- Reducing stigma
- Increased self-esteem
- Motivating members
- Improved social functioning
- Increased compliance
- Decreased worry
- Developing hope

Support group is not for:

- Diagnosis
- Treatment

### V Community mobilisation

The BPHS gives a high importance to the work of the CHW because they are the essential link between the health care system and the community. An important role of the CHW therefore is to encourage and 'facilitate community participation in identifying and solving their own problems' and 'promoting healthy lifestyles in families and communities'. Therefore the CHW job description in the BPHS emphasizes the active involvement of the CHW in Community Collaboration and Health Promotion. This includes 'actively participate in community meetings and major community events' and 'promote psychosocial well-being and mental health in the community' and 'create awareness within the community and provide information on the dangers of addictive substances such as tobacco, *naswar*, opium, hashish, and alcohol.' A CHW should 'know the members of the community, and develop a map of the eligible families in the catchments area and the services they have used'.

The CHW is a key person in the mobilization of communities to improve their psychosocial and mental health. Community mobilization revitalizes helping skills that are no longer utilized by people due to demoralization, collective apathy or a lack of appropriate knowledge. Empowerment activities involve community members in order that they can help themselves, their families, and their neighbors. These interventions lead to a psychological sense of community. In Afghanistan, showing mental distress or the expression of feelings is often seen as a sign of weakness. People, who fear stigmatization and isolation, will not 'talk' or 'show' their distress. By undertaking practical action, people can share their loss or other feelings in a different way and regain control over their lives. By mobilizing existing resources and key figures in the community the CHW can make a start to help people regain control over their lives, stimulating other to do the same. Isolated persons, such as separated or orphaned children, widows and widowers, older people or others without their families, need to have access to activities that facilitate their inclusion in social networks. Networks of vulnerable families can be established to promote social cohesion. Because of his knowledge of existing services and resources the CHW can facilitate links with resources outside of communities and empower community structures to work with outside agencies.

To mobilize the community different activities can be undertaken:

#### **a. Activities that are started and implemented by the community itself.**

- A first step is to identify within communities or organizations strong, powerful individuals (key-figures) such as community leaders, health workers, teachers or other responsible

figures to start with but often these specific people have many other tasks and responsibilities as well. It is important to find influential individuals who are respected and who feel strong enough to undertake action.

- One these key figures are identified, all kind of activities can be initiated based on needs and gaps.
- Key figures need the help of other community members and therefore groups can be established to discuss and make action plans. The focus is how to link and empower individuals, small groups, communities, society.
- Groups once established will be on-going and evolve over time. These groups can become 'support groups', but can start as simple 'action groups' with a focus on division of tasks after a disaster or during rehabilitation in order to provide mutual practical support.
- It is important to involve local women in the establishment of the aims, strategies and outcomes of these groups. The concerns of women are often different from those of men they form a different resource.

#### **b. Linking resources**

There are many mechanisms in the community for finding solutions to problems. Many people have specific roles in the community. As they provide certain services, they can be beneficial resources. Involving community leaders, religious or spiritual leaders, teachers, health staff, local authorities and other NGO's, organizations or platforms, depending of the needs and problems encountered can provide practical solutions.

#### **c. Other activities**

Community empowerment also includes religious activities, commemoration days, meetings etc. The organization of sporting activities, vocational activities (handicrafts, sewing, cooking etc.) and income generation programs are other ways to enhance and strengthen the cohesion within a community.

## VI Community Health Workers and BPHS

### **Key roles of a CHW include:**

- Bridging the gap between community and health sector
- Helping families locate and connect to health and community resources.
- Providing culturally appropriate mental health awareness to help families and communities.
- Delivering services: mental health awareness, advocacy, social support, referral and more to vulnerable and underserved people in their homes and community settings.

### **CHWs are effective in:**

- Improving access to and use of health care including mental health service
- Prevention of health and psychosocial well being
- Chronic disease management.
- Increasing health and mental health knowledge.
- Improving health indicators

### **Knowledge for a CHW:**

- Mild symptoms
- Severe symptoms
- Psychosocial stressors
- Socio-cultural interpersonal issues
- Awareness on treatment compliance and appointments
- Knowledge of pictorial reporting
- Limits of helping others
- Referral system

**Task:** What other knowledge is needed on mental health for CHWs?

### **Skills to be acquired:**

- Listening
- Summarizing
- Open/Close ended questions
- Assessment skills of Body-Mind Link

- Empathy
- Respectful behavior

**Task:** What other skills are needed for CHWs?

**Attitudes/Ethics to be observed:**

- Confidentiality
- Patience
- Non-Judgmental
- Empathy
- Respectful Behavior



## VII Patients Expectations

**Task:** What are the main expectations of patients with mental health problem?

- Respect of religion, culture etc
- CHW to listen
- Guide, tell what to do
- Make this reaction go away?
- Keep it secrete
- Possibility to meet my .....to have my problem solved
- Give some medications?
- Understand me!
- Find a job for me or my .....!
- Men expect: young, beautiful and experienced women
- Women expects: older, experienced, good behavior, not strict, sensitive person

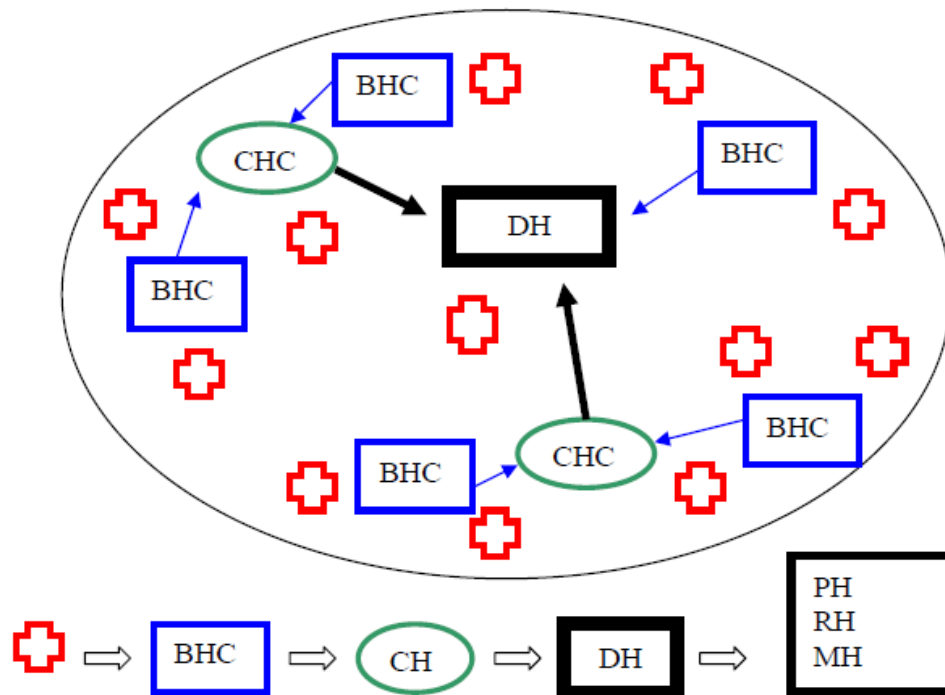
**Task:** Can health staffs fulfill all expectations?

### **MH component of BPHS:**

This is simplified information about BPHS where all aspects of health services are compiled for helping people who need such services.

#### Followings are some information about mental health component of BPHS:

- Facilities: Health Post (HP), Basic Health Center (BHC), Comprehensive Health Center (CHC), District Hospital(DH), in some provinces there are CHC plus and Subceners are available.
- Health Staff: Nurse, Midwife, Psychosocial Counselor, Doctor
- Disorders: mild and severe mental problems/health problemes
- Services: Counseling, Pharmacotherapy
- Tasks for CHWs: Identification, referral, follow up, awareness



Health Post (HP) Basic Health Center (BHC) Comprehensive Health Center(CHC) or CHC plus	District Hospital (DH) Provincial hospital (PH) Regional hospital (RH) Mental hospital (MH)
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## Appendix

### I Relaxation exercises

Relaxation helps to reduce physical and mental tension. It can help to reduce worries and anxiety, relieve physical stress symptoms and can help with sleeping problems.

#### **1. Breathing exercise**

- Choose a quiet room with little noise where you will have no interruptions
- Give your client the following instructions:
  - ⇒ Close your eyes or look at an object or on the wall. This will help you to concentrate
  - ⇒ After a moment, start concentrating on the rhythm of your breathing, observe your breath, especially the breathing out. Prolong gently the breathing out and wait till the breathing in comes all by itself
  - ⇒ Pay attention to how your body feels. Become aware of how your back feels, how you sit in your chair and in which way the bottom of your feet touch the ground
  - ⇒ Become aware of your breathing and inhale and exhale consciously
  - ⇒ Now concentrate on taking slow, deep, regular, steady breaths through the nose. Observe the rhythm of breathing in and out. Observe the pauses in between.
  - ⇒ When you exhale, imagine that you let go all tension in your body. If you feel while breathing somewhere is a barrier which disables you to breathe through your whole body: then stay there! If you feel the pressure in your chest try to concentrate on it! Breathe into this point and then let the pressure go in leaving the breath leave your body
  - ⇒ Imagine, that with every breath leaving your body: the worries, the pain, the thoughts also slowly leave you
  - ⇒ When you inhale, imagine that you take in new energy with each breath. You can take all this energy, as you own it!



- First explain the exercise, then instruct him in doing it, finally try to exercise together so that the client does not feel observed
- Explain that he can exercise this daily and after a while use it in a variety of situations, when she/he needs to relax!

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