

HOME GROUND
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**EMOTIONAL
WELLNESS**



EMOTIONAL WELLNESS STARTS WITH REACHING OUT

Seeking emotional support doesn't show weakness. Reaching out for what you need, when you need it, shows courage and strength. Getting ready for the tough moments matters—and support helps. Try a trusted friend, a peer group, or a therapist who understands schizophrenia.

Support can make daily life easier and help you feel more grounded, especially during stress or change. It can also reduce loneliness and boost recovery over time. Regular check-ins, people who listen, and steady encouragement go a long way.

Not sure where to begin? Take one small step today. Talk to someone you trust, ask your provider about local options, explore these resources, or try an online peer community. Choosing support is self care and a move toward feeling better.

QUICK TIP

Below are a few practical things you can do to find support.

- Ask someone to join you at appointments
- Set up a text buddy for hard days
- Join an online or in-person peer group to share and learn from others' experience

RESOURCES

This resource guide brings trustworthy resources about emotional wellness together in one place so you and your support partners can find what you need quickly.

PAGE **I'm Diagnosed. Now What? Part Two: Achieving Stability**

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“I’m Diagnosed. Now What?” is a series of toolkits designed to help you and your support team navigate your diagnosis with practical advice, resources, and encouragement.

PAGE **Goal-Setting Worksheet for Patients With Schizophrenia**

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This worksheet can help you identify what you want to achieve, how you can achieve it, and where you need to focus your efforts to meet your goals.

LOOKING FOR EVEN MORE?

Visit HomeGroundSCZ.com
to find a variety of helpful tools.

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TOGETHER IN COMMUNITY.

This resource guide was developed by Teva Pharmaceuticals as part of our commitment to supporting the patient community living with schizophrenia.

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sczaction.org



med-iq.com



Schizophrenia[®]
& Psychosis
Action Alliance

I'm Diagnosed. Now What?

A toolkit for navigating
the schizophrenia journey

PART TWO: ACHIEVING STABILITY

Find Purpose and Meaning

Exploring life beyond diagnosis.

Discovering and nurturing your strengths and interests can help you find purpose, hope and fulfillment. Here are some ideas to get started.

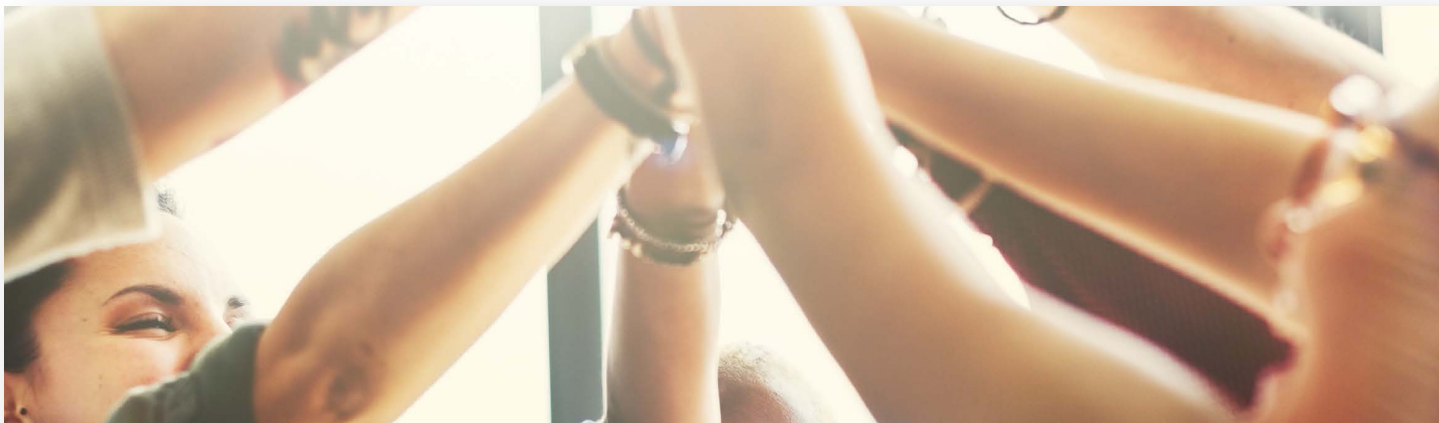
Explore your hobbies

Engaging in hobbies can be a wonderful way to take smaller, manageable steps toward staying active and finding meaning during your recovery journey. Starting with hobbies allows you to explore your interests and passions without the pressure of larger commitments.

Whether you choose to write, paint, knit, garden, listen to music or play a sport, these activities can help you channel your emotions and find a sense of peace. Hobbies also often provide opportunities to connect with others who share your interests, fostering a sense of community and reducing feelings of isolation. Joining a local club, taking a class or participating in online forums can open doors to new friendships and support systems. By immersing yourself in activities you love, you not only nurture your creative side, but also give yourself the time to heal and grow in a supportive, low-pressure environment.

As you gain more comfort and enjoyment from these hobbies, you may find yourself ready to take the next step into the more structured and social aspects of volunteering. By gradually increasing your involvement in meaningful activities, you'll create a solid foundation that supports your wellbeing and prepares you for more significant commitments.





Build confidence with volunteering

Volunteering can be an important step toward professional recovery and gradually returning to work. Try the approach below to help you build confidence, improve your social skills and create a routine that can prepare you for the structure of eventual work:



1. Start by identifying areas of interest and causes that resonate with you.
2. Look for volunteer opportunities that align with your strengths, such as at local mental health organizations, community centers or other nonprofits such as S&PAA.
3. Begin with small, manageable commitments, such as a few hours a week, to help you adjust.
4. Many organizations have opportunities to volunteer virtually as well as in person. Either can work, depending on what's most comfortable for you and your needs.

As you become more comfortable and confident in a volunteer role, consider increasing your responsibilities or the number of hours you contribute. Many people start with 5–10 hours per week, then build from there. Keep track of how you feel after each session and adjust your schedule accordingly. Ensure you maintain a balance between volunteering and self-care, incorporating relaxation techniques, hobbies and social activities into your routine.

This gradual progression can help you develop a sense of purpose and improve your time-management skills. Engaging in tasks that use your strengths and interests also can provide valuable experience that you can transfer to a professional setting. Remember: the goal is to build a sustainable routine that supports your mental health while allowing you to grow and learn in a supportive environment.

Build work opportunities from volunteering

Many people who live with schizophrenia eventually find their way back into meaningful work and purposeful recovery. Transitioning from volunteering to gaining professional experience and eventually returning to work is a significant step in your recovery journey.

It's important to acknowledge your accomplishments as a volunteer and consider how they have prepared you for a paid work position:

- **Start by identifying the skills you've developed.** These might include teamwork, communication, problem-solving and time management. Recognizing these abilities can boost your confidence and help you see the value you bring to a professional setting.
- **Next, consider how to gradually integrate professional experiences into your routine.** Look for part-time or flexible job opportunities that align with your interests and skills. Starting with roles that are similar to your volunteer work might be helpful. Reach out to organizations you've volunteered with to explore potential job openings or ask for recommendations. Networking with professionals in your field also can provide valuable insights and opportunities. Remember to communicate your needs and boundaries to your employer to help ensure a supportive and accommodating work environment as described in **NAMI's guide**.

Returning to work can be both exciting and challenging, so it's crucial to maintain balance. Your wellbeing is the most important, so remember to take things at your own pace.



“I needed to put two critical ideas together: that I could both be mentally ill and lead a rich and satisfying life.”

— Elyn R. Saks, *“The Center Cannot Hold: My Journey Through Madness”*



Social Strengths: List any examples or work in progress:

Supportive relationships: _____

Family involvement: _____

Peer support: _____

Community connections: _____

Other: _____

Social Interests: What more can you do in this area?

Preferred social activities: _____

Group/Community memberships: _____

Event participation: _____

Other: _____





Goal-Setting Worksheet for Patients With Schizophrenia

Introduction

An important aspect of recovery in those with schizophrenia is learning to set and work toward personal goals. This 5-step tool can be used to facilitate that process.

Use this worksheet to help patients identify what they want to achieve, how they can achieve it, and where they will need to concentrate their efforts. Patients can complete the form in the waiting room or as an “assignment” between appointments. Not every patient will have the cognitive ability, concentration, or self-awareness to complete all the exercises. However, introducing the tool can provide a starting point for engaging the patient in a dialogue with you about improving his or her quality of life.



Setting and Reaching Goals: A 5-Step Worksheet

- **Personal goals** are things people accomplish to give them a sense of satisfaction and success.
- **Goal setting** helps people focus on improving their daily lives.
- **Achieving several small goals** can add up to achieving big goals.
- **Complete the exercises below**, then talk about your goals with your doctor. If you have any problems completing these steps, your doctor can help.

1. Think about what is important to you. Ask yourself:

What would I like to change about my life? What would I like to change about my health?

What would I like to achieve with my schizophrenia therapy?

Here are some examples of goals that people with schizophrenia commonly want to achieve:

Find a job	Learn how to talk with people	Live in a group home
Stop hearing voices	Pay my bills on time	Go back to school
Get in shape physically	Avoid having a relapse	Find medications that work
Take better care of my body	Quit smoking or drinking	Keep my home clean
Have a relationship with my family	Have a romantic relationship	Help others like me
Sleep better	Start a new hobby	Participate in a sport
Think more clearly	Minimize hallucinations	... and many more

2. Write down one or two of your personal goals on the lines below. Be as specific as you can.

HINT: It's okay to have big goals, but think about the smaller things you must do first in order to achieve your really big goals. For example, if finding a paying job is your ultimate goal and you have never worked, your first goal might be volunteering or getting some job-skills training.

Goal #1: _____

This goal would improve my: (check all that apply)

Confidence Closeness with people Enjoyment of life

I want to achieve this goal by: _____ / _____ (month/year)

Goal #2: _____

This goal would improve my: (check all that apply)

Confidence Closeness with people Enjoyment of life

I want to achieve this goal by: _____ / _____ (month/year)



3. List several small steps you will need to take in order to achieve your main goal. For example, if you want to become more physically active, you will need to first decide what activities interest you. That might be step 1. Step 2 might be identifying any special clothing or equipment that you might need. Step 3 might be deciding how often, on what days, and where you will engage in the activity. Finally, step 4 might be starting the activity itself.

First Steps to Achieving Goal #1:

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

First Steps to Achieving Goal #2:

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

4. Prepare for obstacles. Everybody runs into obstacles when working toward a goal. The trick is to solve the problem and not give up. To give you some practice in problem solving, think of two obstacles that might come up as you work toward a goal. Then write down some ways to solve them. If you can't think of any solutions, ask your doctor for help.

Potential Obstacle #1: _____

Potential Solutions:

1. _____

2. _____

3. _____

Potential Obstacle #2: _____

Potential Solutions:

1. _____

2. _____

3. _____

5. Celebrate your efforts and accomplishments when you successfully achieve a step toward your goal or when you reach your main goal. Rewarding yourself is good motivation to keep working toward your goal. Write down three ways you could celebrate your achievements:

1. _____

2. _____

3. _____