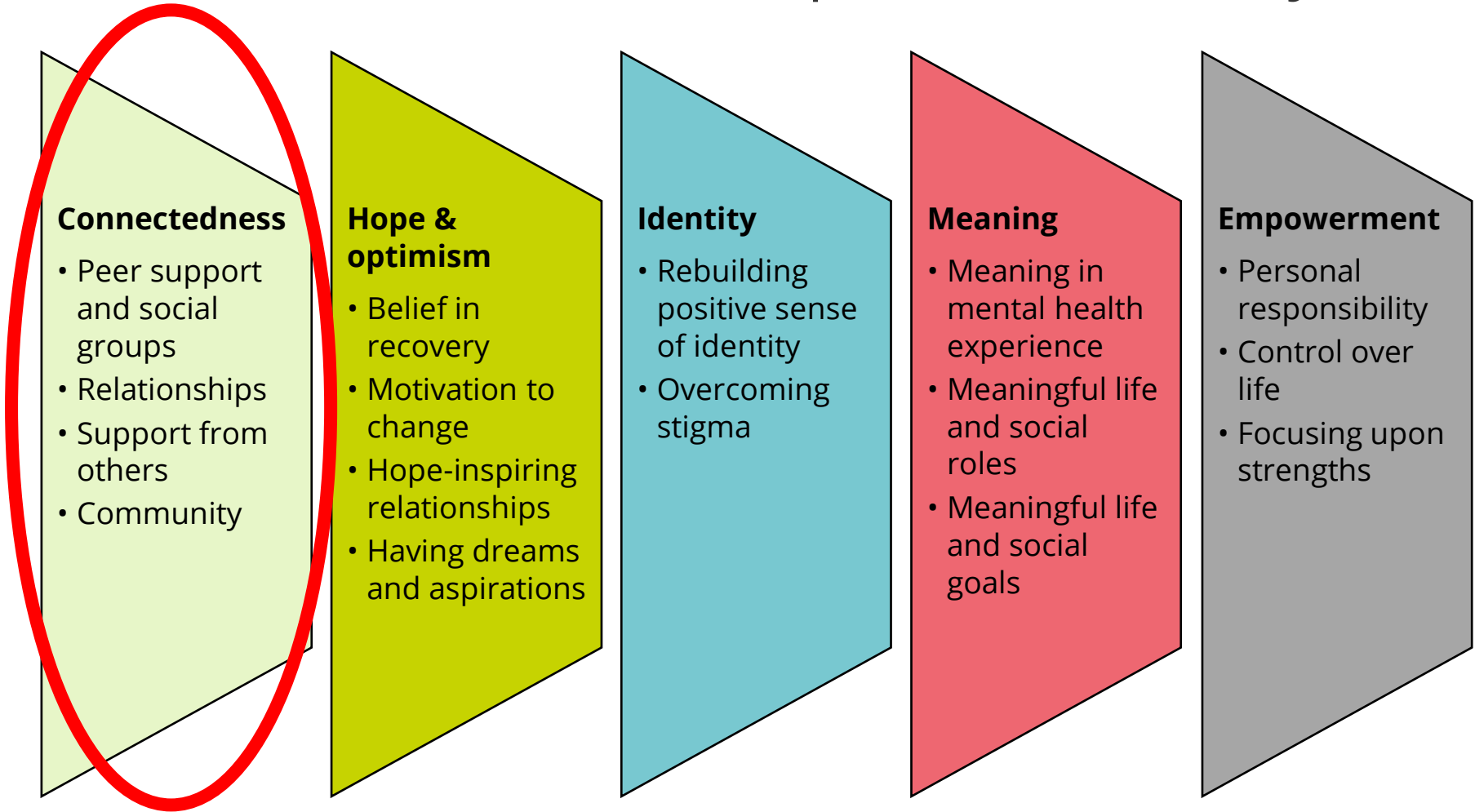


Connectedness

The CHIME framework for personal recovery



Leamy et al. 2011

“Connection is why we are here. We are hardwired to connect with others.”

Brene Brown

- Loss of valued roles
- Loss of connectedness
- Loss of self
- Loss of power
- Loss of hope

in a recovery context

Being connected is associated with good mental health and wellbeing.

For most people, we thrive in social groups. Our connection with other people – and theirs with us – makes us stronger.

The support we get and give makes us more resilient when bad times come along, and that needs to be nurtured.



<https://www.youtube.com/watch?v=bC2Na1E3iVg>

CERTAIN LIFE EVENTS CAN MAKE US MORE LIKELY TO FEEL LONELY

- HERE ARE SOME...

"Loneliness doesn't discriminate"
- JO COX

BEREAVEMENT



ENTERING A PERIOD OF POOR HEALTH



CHILDREN LEAVING HOME



RETIREMENT

MOVING INTO CARE



DIVORCE & RELATIONSHIP BREAKDOWN



BECOMING HOMELESS



LEAVING CARE



REFUGEES -AWAITING ASYLUM



BECOMING A PARENT



BECOMING A CARER



LIVING WITH DISABILITY



MAKING CONNECTIONS



BULLYING



MOVING JOBS



LOSING A JOB



EXPERIENCING DISCRIMINATION



LIVING IN AN ABUSIVE ENVIRONMENT



BEING A VICTIM OF CRIME



Social isolation

The inadequate quality and quantity of social relations with other people at the different levels where human interaction takes place (individual, group, community and the larger social environment).

Loneliness

An emotional perception that can be experienced by individuals regardless of the breadth of their social networks.

Social recovery is perceived as a key dimension of mental health recovery, albeit a relatively neglected one.

What is the place of social recovery in mental health alongside personal recovery?

SEPARATENESS ←————→ TOGETHERNESS

Acceptance of separateness and togetherness

Loneliness

Independence
(solitude)

Interdependence

Co-dependence
Possessiveness

(reducing the need for validation)

Relationship with oneself
(self-compassion)

Relationship with
others (compassion)

- We are both social and independent beings.
- We all need time apart. Periods of solitude can allow us to reflect on experiences and explore our creativity. But staying within reach is important.
- That said, feeling comfortable on our own probably directly relates to knowing we can easily reconnect with others.
- Hence, the goal in life is to maintain an **interdependent** existence i.e. grow up to become BOTH independent individuals AND people who can create and maintain relationships.

Consider the following questions:

- How connected are you?
- What do you do to get connected to people?
- Who listens to you when you need someone to talk to?
- With whom do you share good or bad news?
- When you need advice, who do you go to?
- When you have a problem, who do you turn to?

Mapping

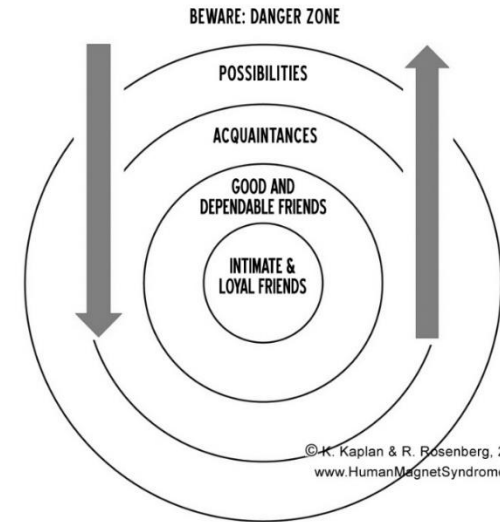
Mapping your networks of support can be a good way to health-check your support system, and to take responsibility for making sure it's robust.

People tend to find that they cope better with situations when they have a support system in place.

Networks of support



RELATIONSHIP CIRCLES



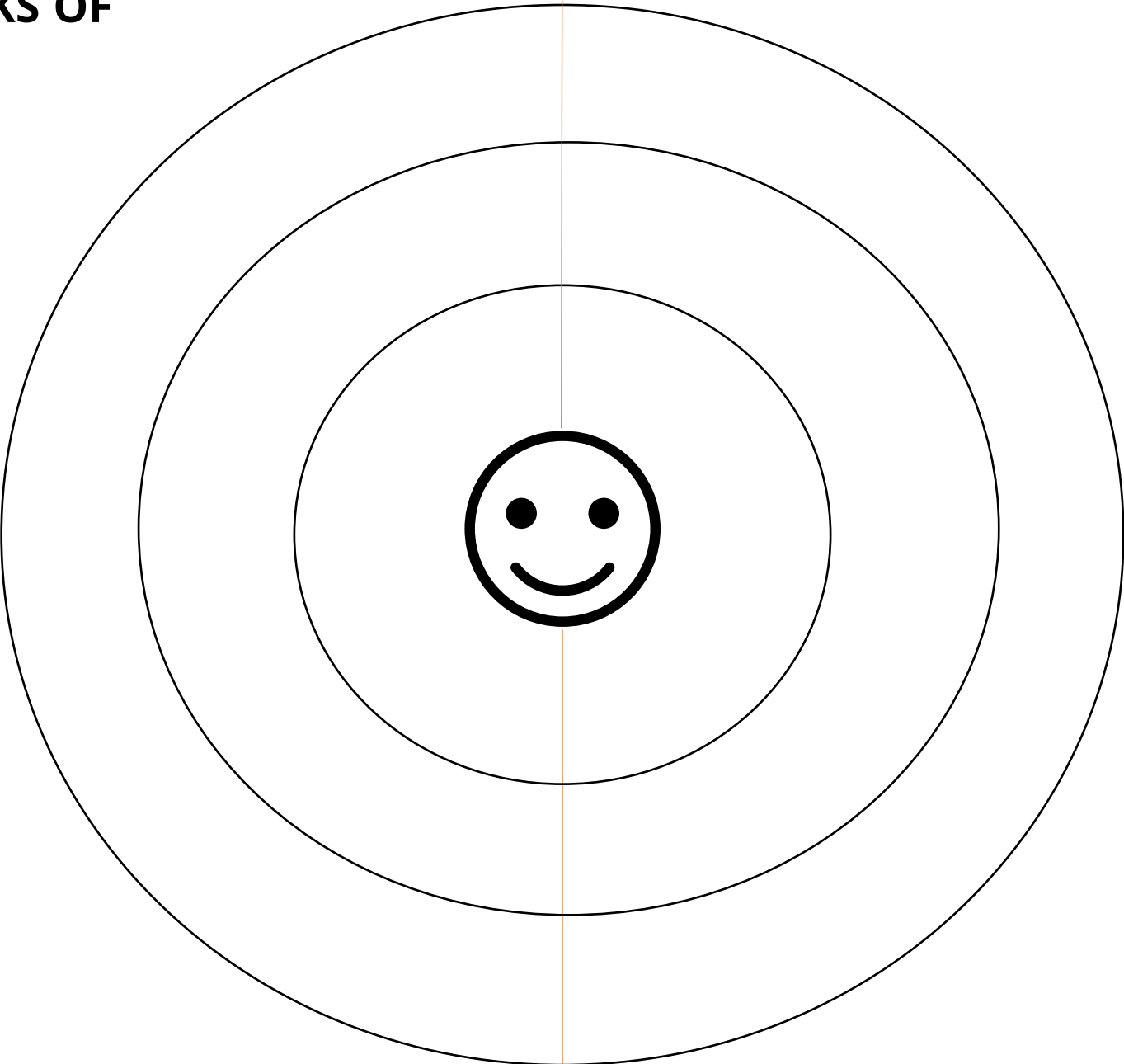
Relationships

Other people in my life

Important people in my life

Most important people in my life

NETWORKS OF SUPPORT



FAMILY & FRIENDS

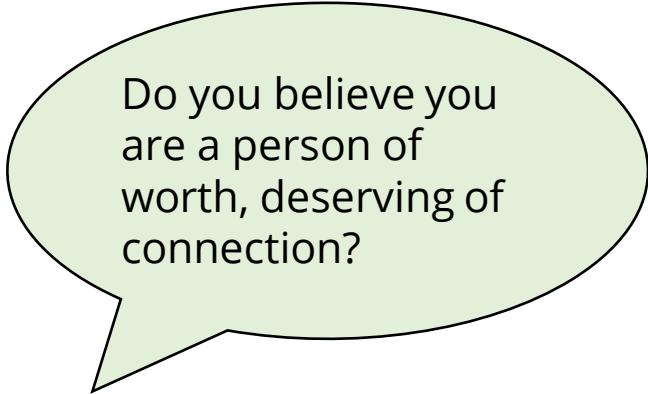
SERVICES/COMMUNITY GROUPS

Consider your networks of support:

- What does your diagram tell you about your ability to ask for and receive support when you need it?
- Are you leaning too heavily on members of your support network or on a particular service?
- Do you have sufficient supports in place, or do you need to expand your network?
- What specific steps could you take to expand your support network?

In life, behaviour follows belief. Everything we do is directly connected to what we believe is true. Complete the following sentence stems.

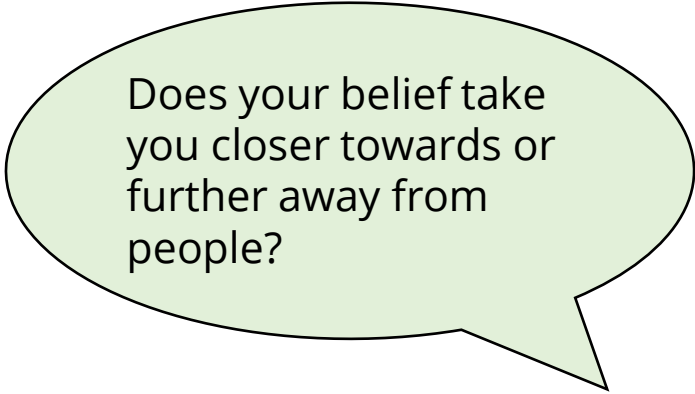
I am...



Do you believe you are a person of worth, deserving of connection?

Other people are...

The world is...



Does your belief take you closer towards or further away from people?

“ Connection is the energy that is created between people when they feel seen, heard and valued—when they can give and receive without judgment.”

— BRENE BROWN, PHD, LMSW

SUPER
SOUL
sunday

THE MOST IMPORTANT
THINGS IN LIFE ARE
THE CONNECTIONS
YOU MAKE WITH
OTHERS - TOM FORD

Sometimes our light
goes out, but is blown
again into instant flame
by an encounter with
another human being.

Albert Schweitzer



CONNECTED
HEART TO HEART
DISTANCE CAN'T
KEEP US
APART