

## Keeping a Peaceful Home Handout

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### Three Areas: **Peaceful Communication, Structured Scheduling, Calm Home Environment**

Risk factors for relapse: Perceived non-adherence to antipsychotic medication as a leading risk factor of relapse; other risks included poor family support, stressful life events and substance use.

Protective Factors for Relapse: Family support, adherence to antipsychotic medication, employment and religion were viewed as protective factors.

#### 1. Peaceful Communication

- A. When you... I feel... - “*When you...* [concrete observation without judgement], *I feel...* [emotion word(s)]
  - 1) *I feel...* shouldn’t be followed by *like, you are, unimportant, or misunderstood.*
- B. Be responsible for your own feelings - Behavior, Intentions, Actions, Interpretations.
  - 1) “*I feel...*[feeling word] *because I...*[what you do to drive that feeling]”
- C. Empathizing - Basic empathy is to flip it. “Sounds like *you feel* [feeling word], *when I...*[concrete observation]”
- D. Feelings Forward - Starting an interaction by stating your feelings is inviting the other person to participate in holding the tension you feel.
- E. Practice in low conflict, low stakes situations with friends and non-charged relationships.

#### 2. Structured Scheduling

- A. Scheduling is important because 4/5 major factors for mental health can be facilitated with schedule (*Sleeping, Exercising, Eating, Social Interaction*).
- B. Schedule is a way to convey expectations and make a promise that there will be time to observe their need for relaxation. You could say the schedule is to ensure their relaxation because it is so important to have rest time.

C. If a consensus can be met about the schedule then reminders can either become less frequent or met with less hostility.

1) This conversation can start with an acknowledgement of the conflict that erupts over nagging, missed appointments, sleep issues, etc. Bring it up with *Feelings Forward* -

A) *“Sweetie, I want to talk to you about my blow up at you the other night. I’m ready to listen to you, I’m scared that I won’t interpret you as hearing me and then the whole thing will blow up in my face. Can you join me in trying to talk about this without shouting?  
Just let me know as soon as you don’t feel I’m hearing you, and then pause to let me remedy that.*

*I was thinking about what you were saying, and I do nag you a lot. When you are engaged in something you like, here I come to pester you about finishing homework or cleaning something. I imagine that feels aggravating and intrusive, because no time is safe or sacred. Is that how it feels to you? I want to create a schedule so we have agreed times when your time is untouchable, and in turn there are times I am allowed to expect you to make yourself available to do homework or help around the house.*

*I made up my schedule for us to see where your’s can overlap and see when you can rest when I’m not around to bug you.”*  
[showing them your schedule can help create an appreciation of your level of work, but make sure to have it contain balance to model for them, knowing that if they are a teen or not high-functioning their’s will have more rest time.]

### **3. Calm Home Environment**

A. Reducing Stimuli in the Home

- 1) *Visually* - Try to keep surfaces clear and floor and wall space open.
- 2) *Auditory* - Try not to leave TV or Radio on which would have random noises at varied volumes. If you live in a neighborhood that has irregular loud noises consider using a sound machine.

Monday, October 21, 2019

- 3) *Olfactory* - We often can't smell our own homes, but you'll know if there are invasive smells. Attempt to air out the living spaces instead of spraying over them. Clean items that hold odors.
- 4) *Thermometrical* - Attempt to maintain a range of 4-6 degrees in your living space, if possible.

#### B. Domains of Stress & Rest

- 1) *Biological* - all stimulation of the nine senses, sleep, metabolism, etc (everything physiological).
- 2) *Cognitive* - stimulation of the mind including reading, arithmetic, strategy, planning, logistics, memory recall, etc.
- 3) *Emotional* - stimulation of emotions including shouting anger, crying sadness, beaming pride, lit up joy, validation, empathy, etc.
- 4) *Social* - stimulation of social validation including interpersonal connection, engagement, humor, commiseration, etc.
- 5) *Pro-Social* - stimulating one's reciprocal identity including sense of contribution, meaningful effort for another, involvement in altruistic work, etc.

#### C. Restorative Activities

- 1) *Biological* - nap, go on a walk, swim, swing in a hammock, lay under a weighted blanket, bundle up, dance, eat something healthy, go to the gym etc.
- 2) *Cognitive* - listening to music, meditate, color, draw., simple arithmetic, read, listen to a podcast, daydream, etc
- 3) *Emotional* - pray, talk to a therapist, journal, have a good cry, read a letter from future you, review your gratitude journal, etc.
- 4) *Social* - have coffee with a friend, hang out with a group, attend a meeting, buy something at the grocery store and make small talk at the check out, call a loved one, etc.
- 5) *Pro-Social* - volunteer at a homeless shelter, at church, or an animal shelter, ask a neighbor if you can help them with their yard, give someone a dollar, buy put change in someone else's meter, listen to someone else's story, etc.

# Resources

## Peaceful Communication

[Nonviolent Communication: Create Your Life, Your Relationships, and Your World in Harmony with Your Values](#)

[Speaking Peace: Connecting with Others Through Nonviolent Communication](#)

[Website: Reference for Feelings \(feeling inventory\)](#)

[Website: Reference for Needs \(need inventory\)](#)

## Scheduling

[Article: The Power Of A Morning Routine \(Re: SMI\)](#)

[Article: The mental health benefits to having a morning routine](#)

## Rest and Stress

[Self-Reg: How to Help Your Child \(and You\) Break the Stress Cycle and Successfully Engage with Life](#)

## Sleep

[Why We Sleep: Unlocking the Power of Sleep and Dreams](#)

[Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success](#)

[The Power of When: Discover Your Chronotype - and the Best Time to Eat Lunch, Ask for a Raise, Have Sex, Write a Novel, Take Your Meds, and More](#)