

MY INVENTORY FOR HAPPY LIFE

Creativity applied to loneliness (Activity 9/12)

DESCRIPTION

This is a self-analysis activity, which exposes the participant to a set of activities, which are examples of healthy habits, helping an individual not to experience loneliness. The participants just need to fill out the table to see how “socially healthy” their routine is.

OBJECTIVES

- Analyze one’s life as for the presence of some healthy habits that are an effective way to combat loneliness.

If no, the participants should definitely include those in their routine.

RESOURCES AND MATERIALS

Each participant will receive a handout with a table, which will look as follows:

Activity	Yes	No
1. I go out of my house every day.		
2. I talk to somebody every day.		
3. I regularly perform activities with other persons.		
4. I feel satisfied with my life.		
5. I have made friendships during recent months.		
6. I know in person the shopkeepers in my area.		
7. People visit me at my place.		

8. At my house I have all the necessary facilities I might need.		
9. I feel happy with myself. 10. I ask for help when I need it		
10. I ask for help when I need it.		

For filling out the table, each participant will need a red marker.

IMPLEMENTATION - INSTRUCTION

The moderator hands out the tables to the participants. Each participant will have 10 min to complete the table – put a tick in the box which is true for them. Then a discussion will take place, during which each participant will share their results. The moderator will transmit the idea that a ‘cross’ means this activity should be incorporated in the routine of the elderly.

POSSIBLE MODIFICATIONS

The ideas for statements can be modified or supplemented with others.

EXPECTED RESULTS

The elderly will see, how ‘socially healthy’ their routine is. They will see, which actions might be incorporated in their routines to stop feeling lonely and be happier.