



Wellbeing tea connecting exercise

A connecting exercise is a good way to start a recovery conversation café.

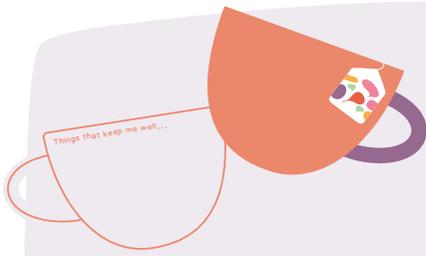
Resources:
Wellbeing teacups | Pens

Why teacups? It's a café and we know that for many people a good chat, over a cup of tea, can really help – it's never about the tea!

It's also a metaphor for making sure we take care of ourselves.

By prioritising self-care and seeing it as a necessity rather than as an indulgence, we fill our own self-care cups. By looking after ourselves we are more able to share our time and energy with others.



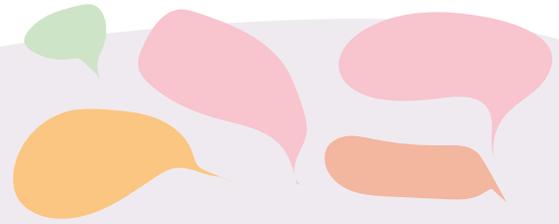


Ask participants to take a few moments to think about the things they do to support their emotional and mental wellbeing. Ask them to note down 3-5 on their teacup that they would be willing to share with others.

Depending on space and time:

- Ask people to stand up, find someone they don't know and share what they have written on their teacup (5 mins)
- Ask people to find someone new and share (5 mins)
- Repeat a 3rd time (if time allows)

Guarantee that the noise in the room will increase!



Bring people back together as a whole group and ask for some feedback:

- What did you notice?
- What surprised you?
- What did you learn from others in your group?
- Is there anything you heard that you would like to try?
- What did it feel like to share your experiences?



Facilitator notes

A group discussion can highlight the diversity of activities and resources that people use for their self-care. It is an opportunity to identify things people have in common and new self-care ideas to try. It is also a chance to introduce and explore self-care, mental health and wellbeing using the key themes of the CHIME framework

The Let's talk about recovery animation is a great resource to introduce the CHIME framework and get people talking about mental health and wellbeing. <http://bit.ly/CHIMETalk>