OT INTERVENTION: SELF AWARENESS ACTIVITY

Exercise 1:
Firstly brief patient with some warm-up exercise to reduce tens in the group to enhance stimulation of happy feeling before start the next activity and do ice-breaking activity at early session.

Exercise 2:
Therapist do psychoeducation session for patient to understand their condition and how they manage their anger in life.

Exercise 3:
1. Before start the activity, therapist has done the question at whiteboard before session.
2. Therapist provide each patient with white blank paper and pencils to express their feelings base on the question that given.
3. The patient has to write down the answer in paper. Therapist provide 30 minutes for the patient to express feelings and complete the task given.
4. After finish answer the question, therapist will pick up each one of them randomly and ask them to read the answer from paper and tell the answer in front of group members and therapist.
5. Group members also can share their opinion how to manage the anger problems with others.
6. Therapist ask feedback from patient about impact of activity to them.
7. And therapist will grading and change the activities depend on patient behaviour at next session.