

## Self Esteem Reminisce



**Intervention:** Talent Reminisce

**Domain:** Physical/Emotional

**Population:** Geriatric/Short-Term Rehab

**Goals:** To improve self esteem, socialization, and physical fitness

**Number of clients:** 3-10

**Time:** 1 hour

**Supplies:** Music (cd player); white board or large pieces of paper; pens/markers

### **Description:**

- Position residents in a semi-circle
- Introduce yourself and learn everyone's name (get name tags if necessary)
- Explain to residents that they are going to do an activity to help get to know one another better, but first they are going to do exercise. Explain the benefits of exercise and how it will improve their mood and health!
  - Exercises:
    - Dance! Who has danced in their past?
      - Toe Taps
        - Left-10
        - Right-10
    - Hiker
      - Marching-10
    - Baseball
      - Hit a bat
        - Left-5
        - Right-5
    - Hunter
      - Arrow arms
        - Left-5
        - Right-5
    - Pet Owner
      - Throw a "ball"
        - Left-5

- Right-5
  - Handy Man
    - Hammer
      - Left-5
      - Right-5
  - Seamstress
    - Sew
      - Left-5
      - Right-5
  - Traveler
    - Hand above eyes—look left and right
      - Left-5
      - Right-5
  - Gardener
    - Dig a hole
      - Left-5
      - Right-5
  - Swim
    - Stroke-10
  - Mother/Father
    - Holding a baby-10
  - Biker
    - Bike-10
  - Singer
    - Hands like conductor
    - Sing: Falala
  - A Good Friend
    - Smile
  - Ask residents what other talents can you think of or have, and do exercises that are reminiscent of those talents (i.e. Soccer... 'kick' a soccer ball)
- Then, explain to residents that you are going to talk as a group about the talents.
    - Put up a piece of large paper for each talent described when exercising, and write that 'talent' on the top
    - Then have each participant describe why they like that talent so much and write it down.
      - For example:
        - "Dance"

- “It makes me move”
- “It makes me feel beautiful”
- “It makes me feel confident”
- “I have good memories with dancing”
- Ask individuals to discuss memories involved with that specific talent.
  - Repeat with each talent
- End by going through each of the talents and benefits of them and discuss how that maybe we didn’t do them like we had in the past, but we still were able to engage in them a little today and look back on the positive memories.
- Thank everyone for coming
- End

#### References:

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- Wu, Li-Fen. (2011). Group integrative reminiscence therapy on self-esteem, life satisfaction and depressive symptoms in institutionalized older veterans. *Journal of Clinical Nursing*, 20, 2195-2203.