

# Journey to Wellbeing Session One Workbook





# Course Overview

**Session 1:** Identifying symptoms, introduction to CBT, routine regulation, and SMART goals

**Session 2:** Changing behaviours (Behavioural Activation and physical activity)

**Session 3:** Changing behaviours (panic psychoeducation and Exposure, Worry Management, and Problem Solving)

**Session 4:** Identifying unhelpful thoughts and thinking styles

**Session 5:** Challenging thoughts (Thought Challenging and anger)

**Session 6:** Communication, recap and Relapse Prevention

**“Journey to Wellbeing” provides skills for symptoms of depression, anxiety, and stress. It is based on cognitive behavioural therapy (CBT) techniques and consists of six weekly sessions, all with a different focus.**

# Identifying Symptoms

## DEPRESSION

Depression is a common mental health disorder. Those who suffer from depression can experience persistent feelings of sadness and hopelessness and lose interest in activities they once enjoyed as well as other symptoms. Aside from the emotional difficulties caused by depression, individuals can also present with physical symptoms such as chronic pain or digestive issues as well as fatigue. To be diagnosed with depression, symptoms must be present for at least two weeks.



## ANXIETY

Anxiety feels different depending on the person experiencing it. Feelings can range from butterflies in your stomach to a racing heart. You might feel out of control or like there's a disconnect between your mind and body as well as other symptoms.

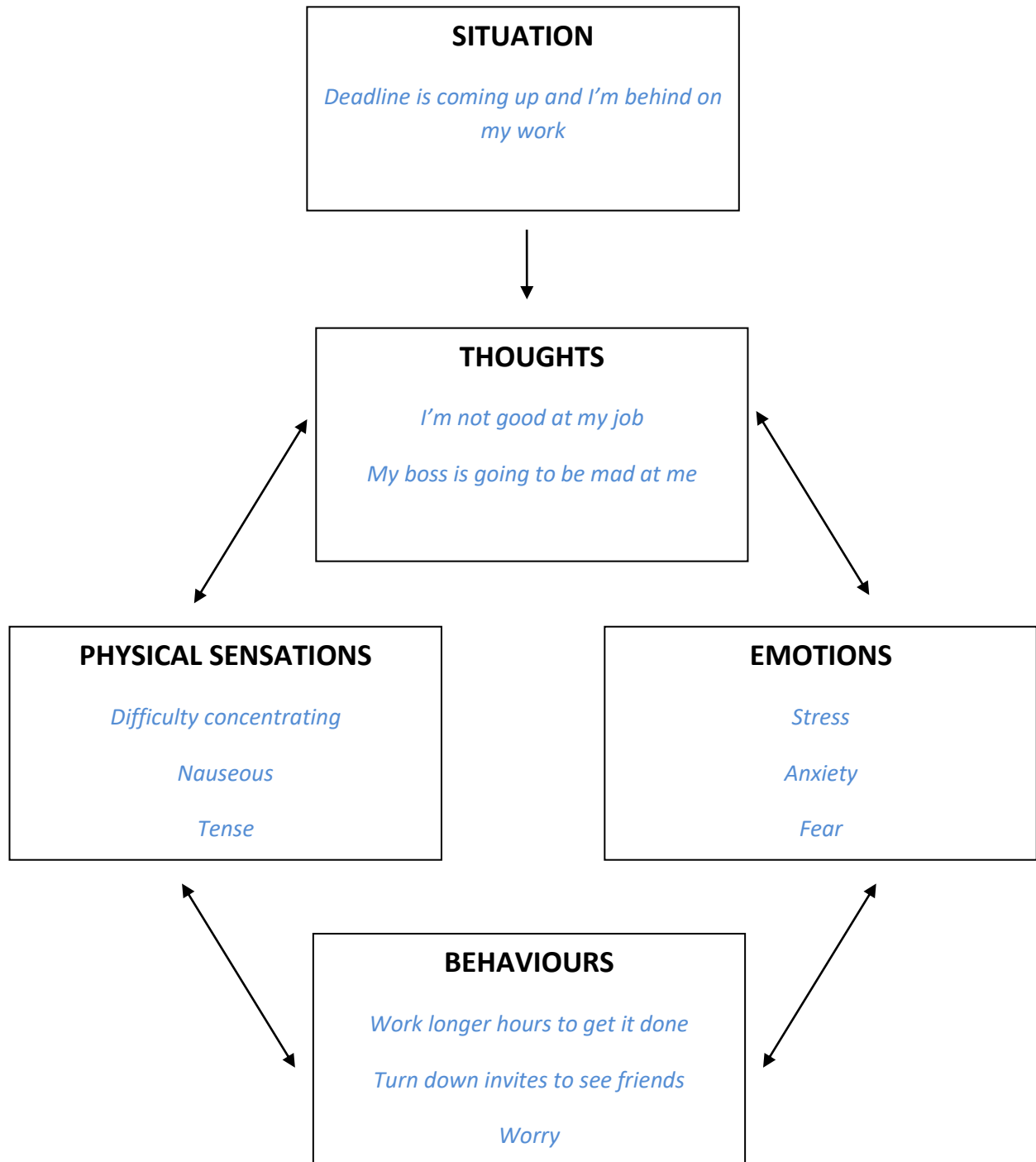
Other ways people experience anxiety include nightmares, panic attacks, and painful thoughts or memories that you can't control. You may have a general feeling of fear and worry, or you may fear a specific place or event. These symptoms may stop you doing things and lead to avoidance.

**CBT is an evidence based treatment which is effective at treating symptoms of depression, anxiety, and stress. It focuses on teaching skills and techniques to help us manage our symptoms better and break negative cycles of thoughts or behaviours.**

# Identifying Symptoms

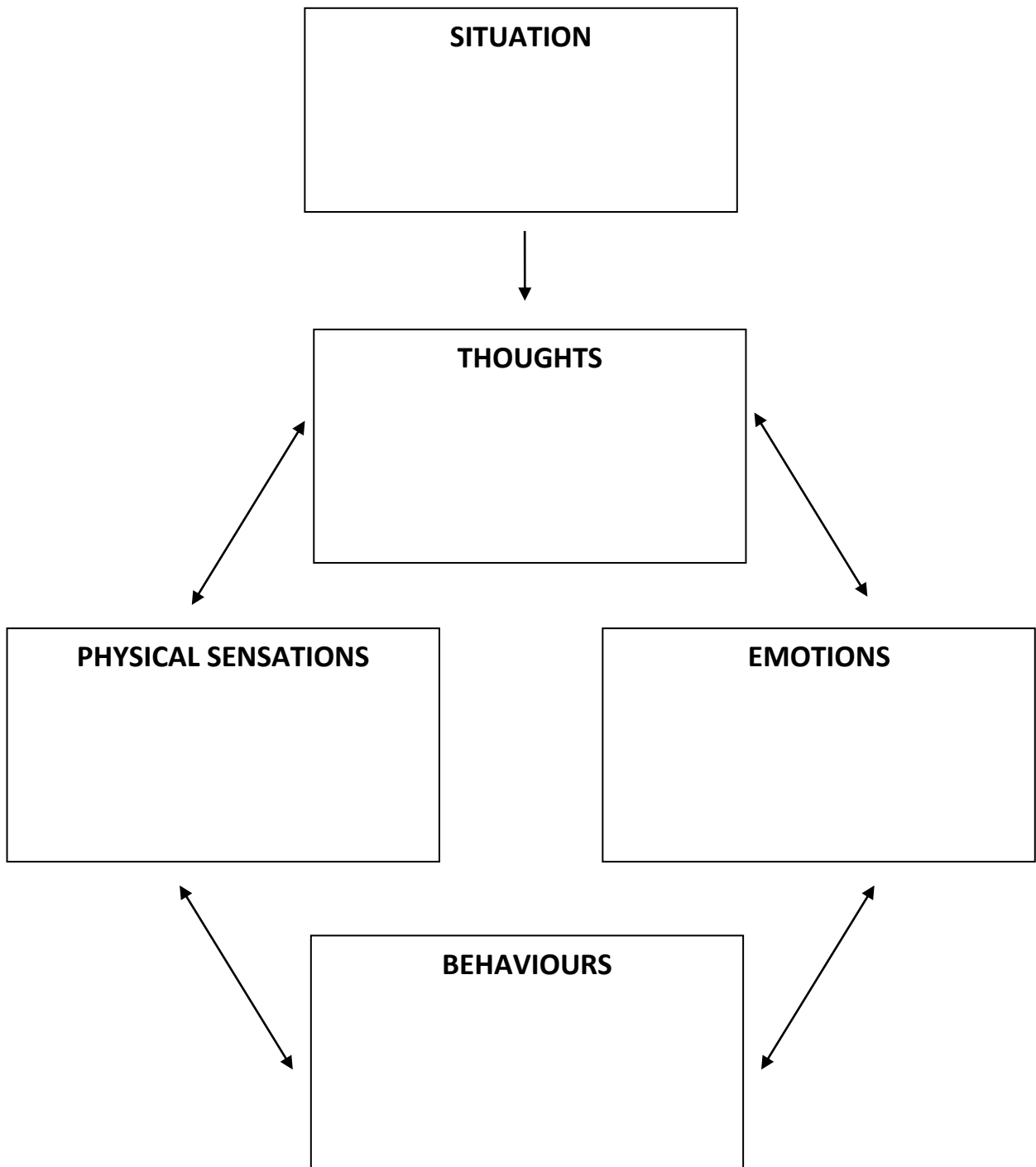
## The Five Areas Model

We can feel low, anxious, or stressed for lots of different reasons. When we begin to feel this way we might find ourselves thinking and acting differently, in a vicious cycle that feels hard to break out of. We can use the five areas model to understand what might be happening when we are feeling this way and this can help us to break this cycle.



# My Vicious Cycle

Use the blank 5 Area's diagram below to complete your own cycle of symptoms.



# The Stress Bucket

The “Stress Bucket” is an analogy we use in CBT to help us understand stress.

Stress is a normal part of life, we need an element of stress to help us to feel motivated and push us to achieve our goals at times. We all have an internal “stress bucket” which slowly fills up throughout our life due to different circumstances and **sometimes** our stress bucket can start to overflow.

As long as our bucket can hold the amount of stress we’re experiencing, we can manage okay. When it starts to overflow we can start to see an impact on our life and emotions.

We say using the CBT techniques we talk about in this course is like installing a tap on the bucket, it allows us to drain our stress over time and it stops the bucket from overflowing.

Some common sources of stress might be:

- ◆ Neighbour problems
- ◆ Relationship difficulties
- ◆ Holiday / Christmas
- ◆ Unemployment
- ◆ Change of job or pressure at work
- ◆ Personal or family illness/bereavement
- ◆ Financial worries
- ◆ Moving house



# Sleep Hygiene

- Establish a routine with a regular bedtime and waketime
  - Limit caffeinated products after around 4pm
- If you have been in bed for half an hour and you're still not asleep, get out of bed and do something mundane, wait for sleepiness to kick in and go back to bed and try again – repeat if necessary
  - Avoid nicotine, alcohol, and big meals around bedtime as these are all stimulants
- Make sure your bedroom is a sleep friendly environment – earplugs, a dark, cool room, comfortable
  - Hide the clock – looking at the clock can wake us more
- Establish a soothing pre-sleep routine – relaxations, bath time, relaxing music
  - Try not nap in the day
  - Create a need for sleep through exercise and physical activity
- Get access to natural sunlight during the day to help your body to produce melatonin that it needs to bring sleep

## Better Sleep Checklist

	Yes	No	Comments/notes
Am I having daytime naps?			
Am I going to bed and getting up at regular times?			
Do I need to reduce alcohol?			
Am I getting enough exercise and activity during the day?			
Am I drinking too much caffeine?			
Do I have regular time to wind down before bedtime?			
Do I need to reduce the amount of time I spend in bed (not sleeping)?			
Is the environment I sleep in helping me sleep?			
Am I getting enough sunlight access?			
Am I clockwatching?			



# Appetite Regulation and Diet

**Appetite Regulation** – one of the earliest signs of changes to our mental health can be changes to our appetite. Our appetite is based on the routine times we eat everyday, so if our routine is disrupted, our body may not send consistent signals to eat. To begin with it doesn't matter what we eat, rather it's more important that we eat **something** at similar times everyday.

**Healthy Diet** - Eating healthily is not only good for us physically; it can be just as important for our mental health. Eating a balanced diet including **slow release energy** foods can be beneficial for regulating our energy levels and mood. High sugar foods (ready meals, cereal bars, snacks) can cause spikes in our mood and maintain stress levels.



## Caffeine



Caffeine is a stimulant; it can increase our heart rate and brain activity. High caffeine intake can lead to similar physical symptoms as anxiety and can also disrupt our sleep.

## Alcohol

Alcohol is a depressant but when processing alcohol in the days after drinking our body simulates the symptoms of anxiety – so it can also actually increase both feelings of depression and anxiety. It also disrupts our sleep.



**Tip:** We're not suggesting that you can never drink alcohol or caffeine. It is important, however, to consider whether your alcohol or caffeine intake is a factor that could be maintaining your current symptoms.

## Meal Planner:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

# Your Six Month Tool

*Imagine what your life would be like in six months time if nothing changes and you don't take any steps to address your problems. Write down how you would feel, what you would be doing, and what impact that would have on your life.*

*Now write down all the actions you could take right now to change your life (e.g. join the gym, talk about your feelings to a friend, attend these sessions, etc.)*

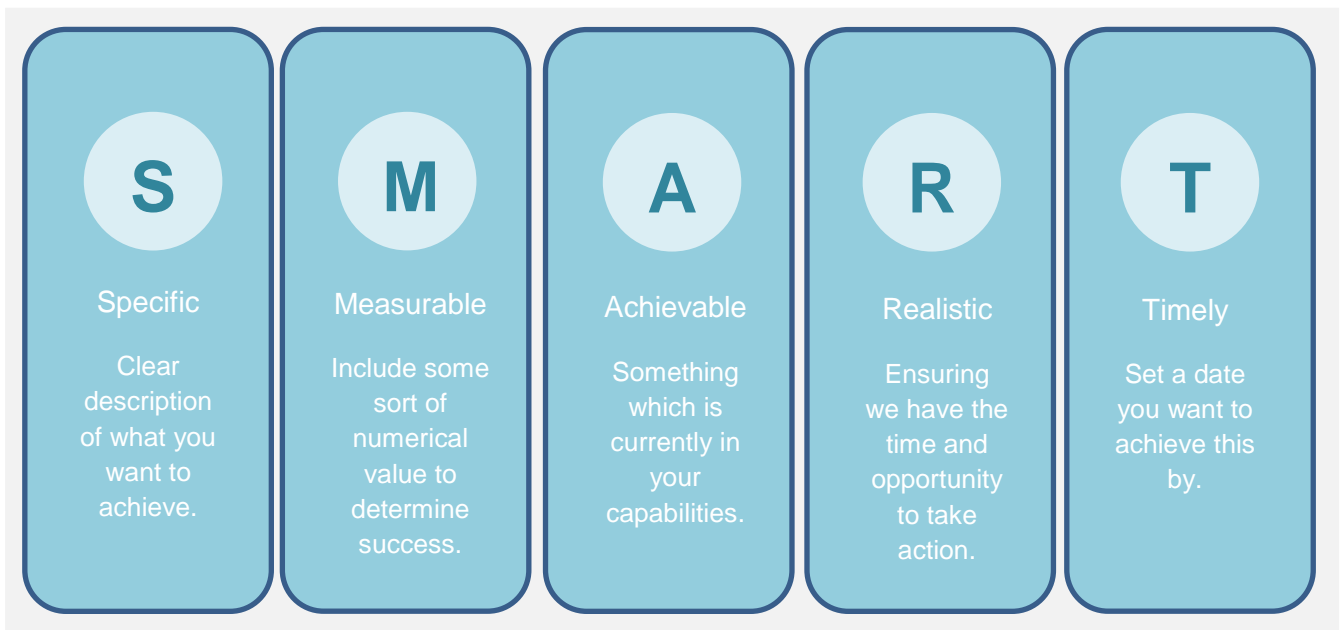
*Imagine what your life would be like in six months time if you did everything on your list of actions. Write down how you would feel, what you would be doing, and what impact it would have on your life.*

# SMART Goals

Goals are a very important part of CBT. It can be helpful to create a goal you would like to achieve by the end of this course to get you started. It may be a goal towards something you identified in your six month tool.

## Tips for setting goals:

- Make it attainable – success breeds success
- Break it down into short, medium, and long term goals if needed
- Regularly review your goals to check your progress toward them



Creating a goal at the beginning of treatment is a helpful way to keep us motivated and check our progress at the end. What do you want to achieve over the next six weeks?

**My goal is...**

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# Progressive Muscle Relaxation

Before you begin make sure you are comfortable; find a quiet place to sit, then close your eyes and let your body 'go loose'. Take five slow, deep breaths before you begin.



## Step One: Tension

The first step is applying muscle tension to a specific part of your body, eg/ right hand. Take a slow deep breath and squeeze the muscles as hard as you can for about 5 seconds. **BE CAREFUL** not to hurt yourself – If you have problems with pulled muscles, broken bones or any other medical conditions that would hinder physical activity

**CONSULT YOUR DOCTOR FIRST!**

## Step Two: Relaxing the Tense Muscles

This step involves relaxing the tensed muscles. After about 5 seconds of tensing your right hand muscles, let all the tightness flow out of the tensed muscles. Exhale as you do this. You should feel the muscles in your hand become loose and limp as the tension flows out.



Remain in this relaxed state for about 15 seconds, then move on to the next muscle group.

Repeat step one, then step two with each muscle group i.e. the arms, the shoulders, the neck, the mouth, the eyes, the forehead, the chest, the stomach, the buttocks, the legs and the feet.

## Tips:

1. If your mind wanders, don't worry, just acknowledge the thought and then bring the focus of your attention back to the muscle you are tensing.
2. It is important to deliberately focus on and notice the difference between the tension and relaxation – this teaches your muscles the difference.

## Why bother?

If you've been stressed or anxious for a long period of time this exercise will help remind your body what it's like to be relaxed. As our thoughts, feelings and behaviours are linked if we can reduce physical tension it will help reduce the overall feeling of being stressed and may influence our thinking and behaviour in a positive way too!

**[Link to Audio:](http://www.steps2wellbeing.co.uk) [www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk) (Client Login > Audio Files)**

**Service User Login: Southampton Password: ss2w**

# Session One Notes

# Home Practice

(use this tool kit to remind you of the tools to practice)

