

# Journey to Wellbeing Session Two Workbook





# Course Overview

**Session 1:** Identifying Symptoms, Introduction to CBT, Routine Regulation, and Goals

**Session 2:** Changing Behaviours (Behavioural Activation and Physical Activity)

**Session 3:** Changing Behaviours (panic and exposure, worry management, and problem solving)

**Session 4:** Changing Thoughts (unhelpful thinking styles and positive coping statements)

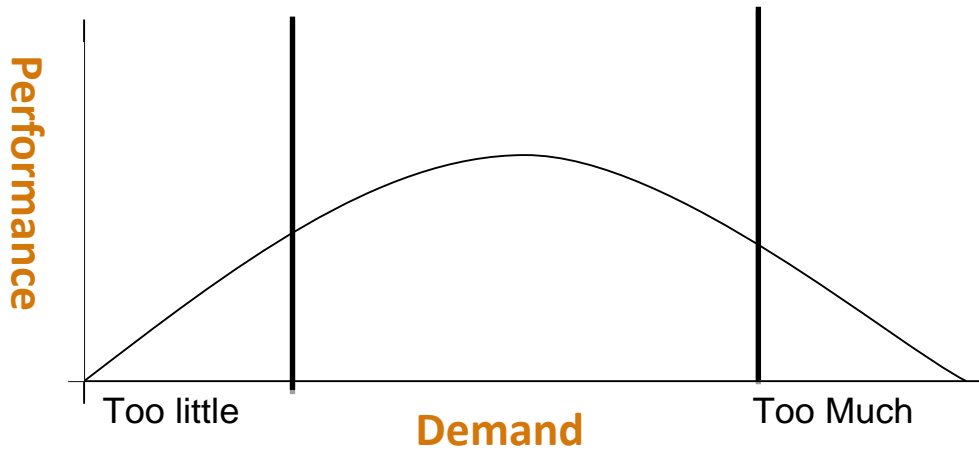
**Session 5:** Changing Thoughts (thought challenging and anger)

**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.**

# Human Performance and Inactivity

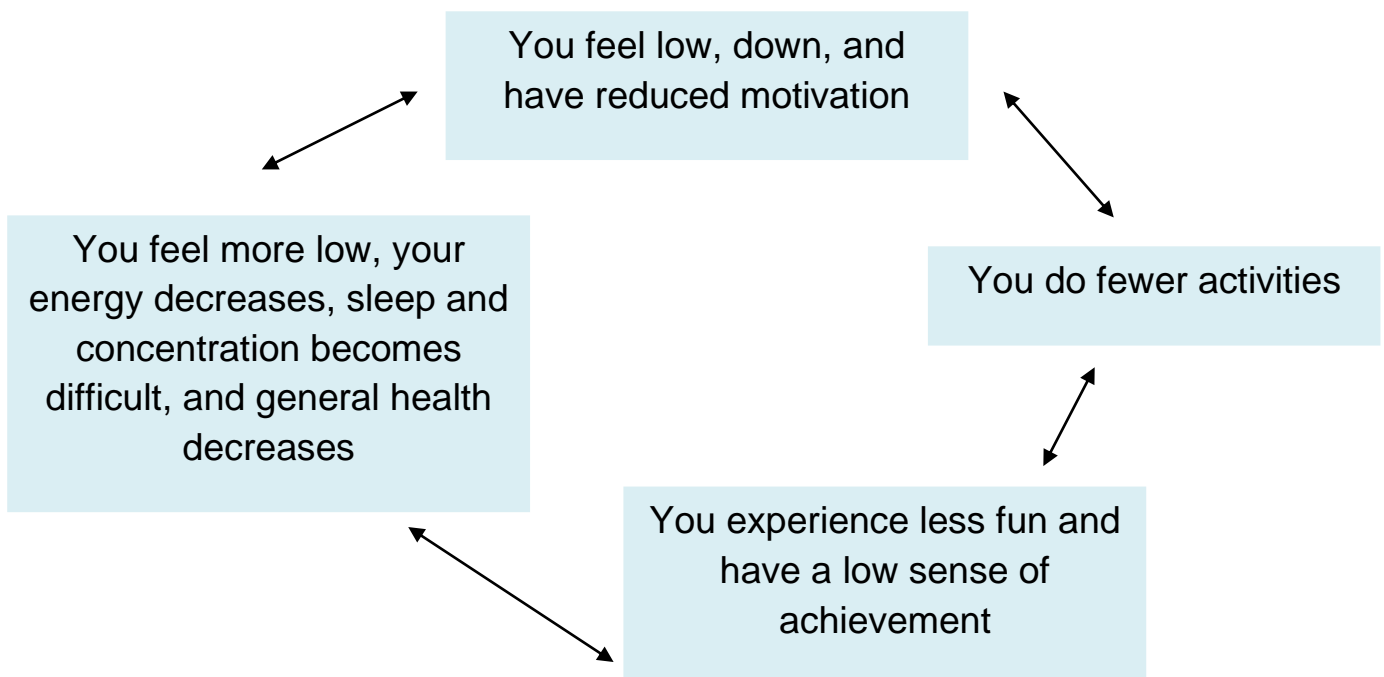
The human performance curve represents how the demands placed on us affect our performance in everyday life.



**Too Little Demand** - may give rise to a lack of purpose and meaning to life and at times feelings of depression or low mood.

**Too Many Demands** - uncomfortable pressures and the feeling of having too much to do. We may begin to feel tired and burnt out.

## The Cycle of Inactivity



# Behavioural Activation

Behavioural Activation (BA) is a treatment which works to break and reverse the vicious cycle of inactivity in a structured and evidence-based way.

One of the most common behavioural responses to stress, low mood, and anxiety is avoidance. Initially, avoidance makes us feel better by giving us some temporary relief however we call this negative reinforcement as in the long term it prevents us from experiencing pleasure and achievement from activities.

BA works to break this cycle of avoidance and inactivity by targeting different types of behaviour in a manageable way to work on improving our motivation.

## Step One – Identifying Activities

<b>Routine Activities</b> Day to day activities which make our lives more comfortable e.g. housework	<b>Necessary Activities</b> Essential tasks which have a negative consequence if we don't do them e.g. bills	<b>Pleasurable</b> Things that we enjoy that gives us a sense of value and connection
Washing dishes	Paying bills	Seeing friends
Laundry	Food shopping	Gardening
Eating	Taking medication	Reading
Regular bedtime	Taxing car	Walking the dog
Exercise	Booking GP appointment	Baking a cake
Hoovering	Personal care	Learning a new skill
Washing the car	Updating CV	Taking a bath

# Identifying Activities

Make a list of the activities you think you're avoiding or not doing often enough or activities you no longer find pleasure in

Routine Activities

Necessary Activities

Pleasurable Activities

## Step Two – Ranking Activities

Rank the activities you have identified in order of how difficult they would be for you to do right now. Tick whether they are routine, necessary, or pleasurable.

Easy Activities	Routine	Necessary	Pleasurable

Moderate Activities	Routine	Necessary	Pleasurable

Difficult Activities	Routine	Necessary	Pleasurable

### Step Three – Planning Activities

Next, chose a variety of routine, necessary, and pleasurable activities to plan in to your week. Start with the easiest activities first to set yourself up for success.

#### Tips for Successful Plans:

- Make small steps.
- Make sure your plan is realistic and achievable
- Maintain a balance of routine, necessary, and pleasurable activities
- Once it is in your diary, no matter how you feel, do it! You will feel better after.

**It's quite normal for this to feel difficult at first. You may find you don't enjoy the activities that you used to. The more you stick to your plan, the more that enjoyment will return and you will see your motivation increase.**

Obstacles and Solutions	
Starting the activity is too difficult	Try the activity for just five minutes
Tasks are too large	Break them down into smaller tasks
Energy and motivation are lacking	Set specific times in your planner for activities
I don't have enough time	Focus on having a balance of activities rather than increasing how much you're doing
I don't feel better	Complete the activities in spite of how you feel and over time you will see a change

**If you find your problem is having too much on or not having enough time, you can use your BA diary to pace your activities and focus on getting a balance between the three activities types rather than increasing how much you are doing.**



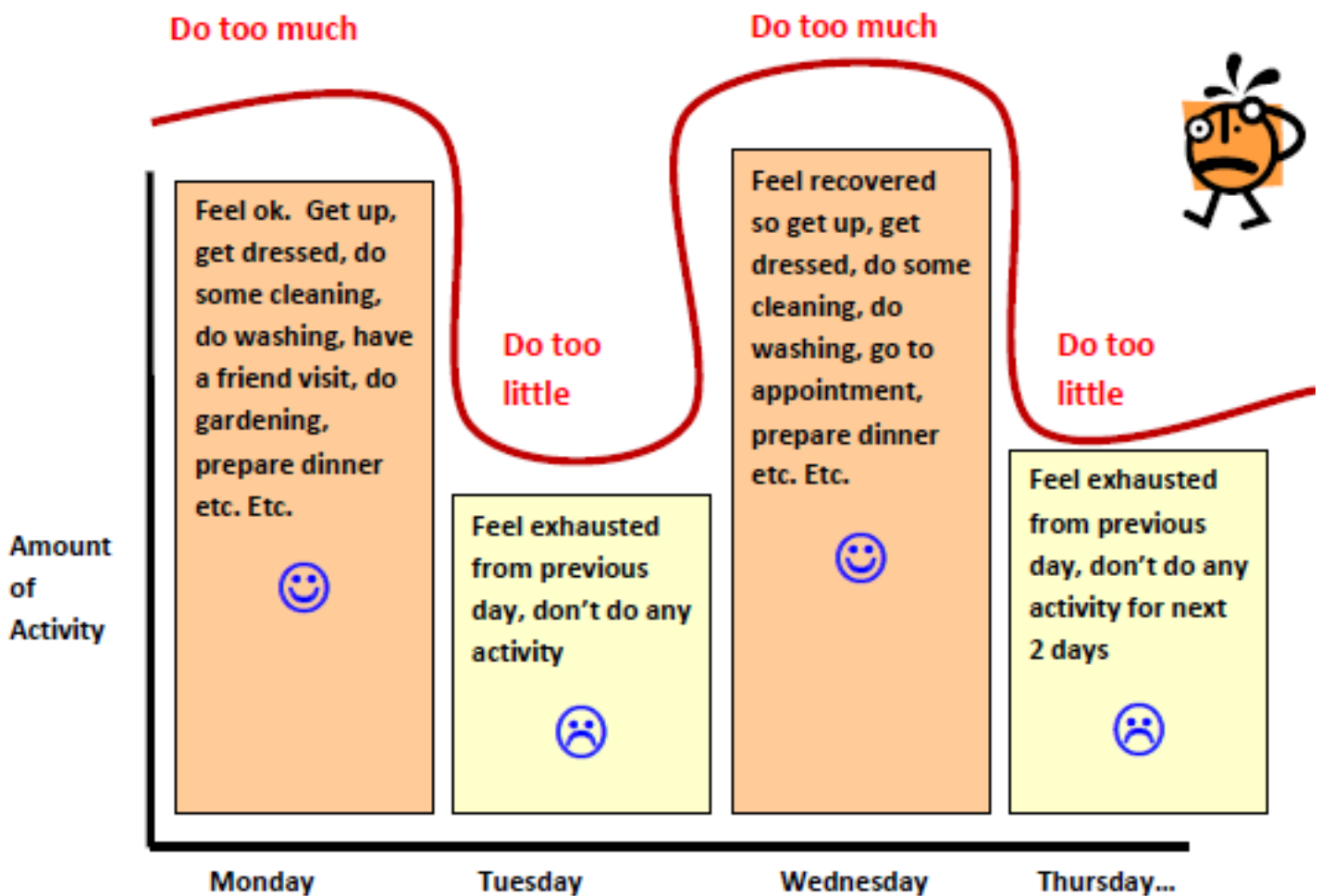
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>6am- 10am</b>							
<b>10am- 2pm</b>							
<b>2pm- 6pm</b>							
<b>6pm-10pm</b>							
<b>10pm-2am</b>							
<b>2am-6am</b>							

# Pacing

It is important to maintain a balance between knowing when you are pushing yourself too much and knowing when you are not pushing yourself hard enough.

It can be common to get into a cycle of doing as much as you can on a day when you feel well, but then feeling worn out the next day and needing to recover. This is called 'boom and bust'.

Boom and bust can lead to a loss of sense of achievement, confidence and lower mood.



Pacing means doing a regular appropriate amount of activity each day. Activity is based on a PLAN rather than influenced by our mood or what we might be thinking about. Activity is increased in small planned stages, like climbing stairs or a ladder, step by step.

# Exercise

It has long been known that regular exercise is good for our physical health; however it can also be very good for our mental health. It can improve mood, reduce anxiety and improve concentration. Exercise has an effect on certain chemicals in the brain that affect our mood and can make us feel happier. Exercise also improves energy levels and improves sleep.

**The general guidelines are to do 150 minutes of moderate exercise OR 75 minutes of vigorous activity a week. It is also recommended to do strengthening exercises twice a week.**

Some ideas:

<b>150 Minute Moderate</b>	<b>75 Minutes Vigorous</b>	<b>Strengthening</b>
Brisk walking	Jogging or running	Yoga
Water aerobics	Riding a bike fast or uphill	Weight lifting
Riding a bike	Sports like football, rugby, netball, etc.	Working with resistance bands
Dancing	Skipping rope	Body weight exercises e.g. push ups
Doubles tennis	Aerobics	Heavy gardening
Pushing a lawn mower	Gymnastics	Wheeling a wheelchair
Hiking	Martial arts	Lifting and carrying children
Rollerblading	Running up the stairs	Carrying heavy shopping bags

## Some Points to Remember

- Any activity is better than nothing
- Break up time spent sitting or lying down by standing up or doing some activity regularly
- If you're struggling, do the exercise for five minutes. If you feel you can carry on that's great, but if not that's fine!
- Split up your activity throughout the day in smaller chunks if you're finding it difficult
  - Make small changes like walking to work, getting off the bus a stop earlier, or go for a short walk in your lunch break

**Plan physical activity into your BA diary to help you create a routine if you need to. If it's easier, you can use a specific exercise planner like the one below.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

# Session Two Notes

## Homework:

- Complete the steps for Behavioural Activation in your worksheets
- Plan in some physical activity or try a new exercise if you are already exercising

# Home Practice

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

