

# Journey to Wellbeing Session Six 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.**

# Communication

How we come across can be greatly impacted by our communication. There are three main communication styles that most people will fit into. We won't necessarily fit into these styles ALL the time, they can change from situation to situation.

Aggressive	Passive	Assertive
Gets in other's personal space	Putting others needs before their own	Willing to compromise
Dominating	Apologetic	Co-operative
Discounting others opinions	Introverted	Mirrors others
Doesn't take others needs into account	Quiet and soft	Calm
May speak over others	Submissive	Empathetic
Tense	Appearing small	Respect for self and others
Dismissive	Avoiding eye contact	Accepts others views whilst maintaining respect for their own views
Swearing	Distant	Active listening

# Assertiveness Tips

## Saying “No”!

If we always say yes to people, they will come to expect it. If we take too much on we can become burnt out. **Therefore, saying no sometimes is important.** A great way to start is to say “can I think about it?” or “can I get back to you?”. This gives us time to think if we want to, and if not we can say “I can’t this week but maybe another time”. Remember there is no need to overly apologise or make excuses

## Broken Record Technique

If someone isn’t taking “no” for an answer, we can come up with a simple statement to stick to, e.g. “no, sorry, I can’t this time”. You don’t need to give excuses or explanations, just keep repeating this phrase.

## Expressing Feelings

It’s important to explain how we feel in a way that doesn’t sound accusatory. If we use “you” statements, others may become defensive. Using “I feel” statements reduce this. We need to name the emotion to make sure we don’t slip back into accusations, e.g. “I feel angry because I have had to look after the kids on my own today”.

## Making A Request

This is an add on to expressing our feelings, it tells the other person what we need to make us feel better. Making a request is more likely to resolve conflict quicker, e.g. “I feel angry because I had to look after the kids on my own today. Please could you look after them tonight?”

# Progress So Far...

## Techniques I have tried so far

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## Things that have helped (could be from the course or elsewhere!)

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## Things to Continue Working On

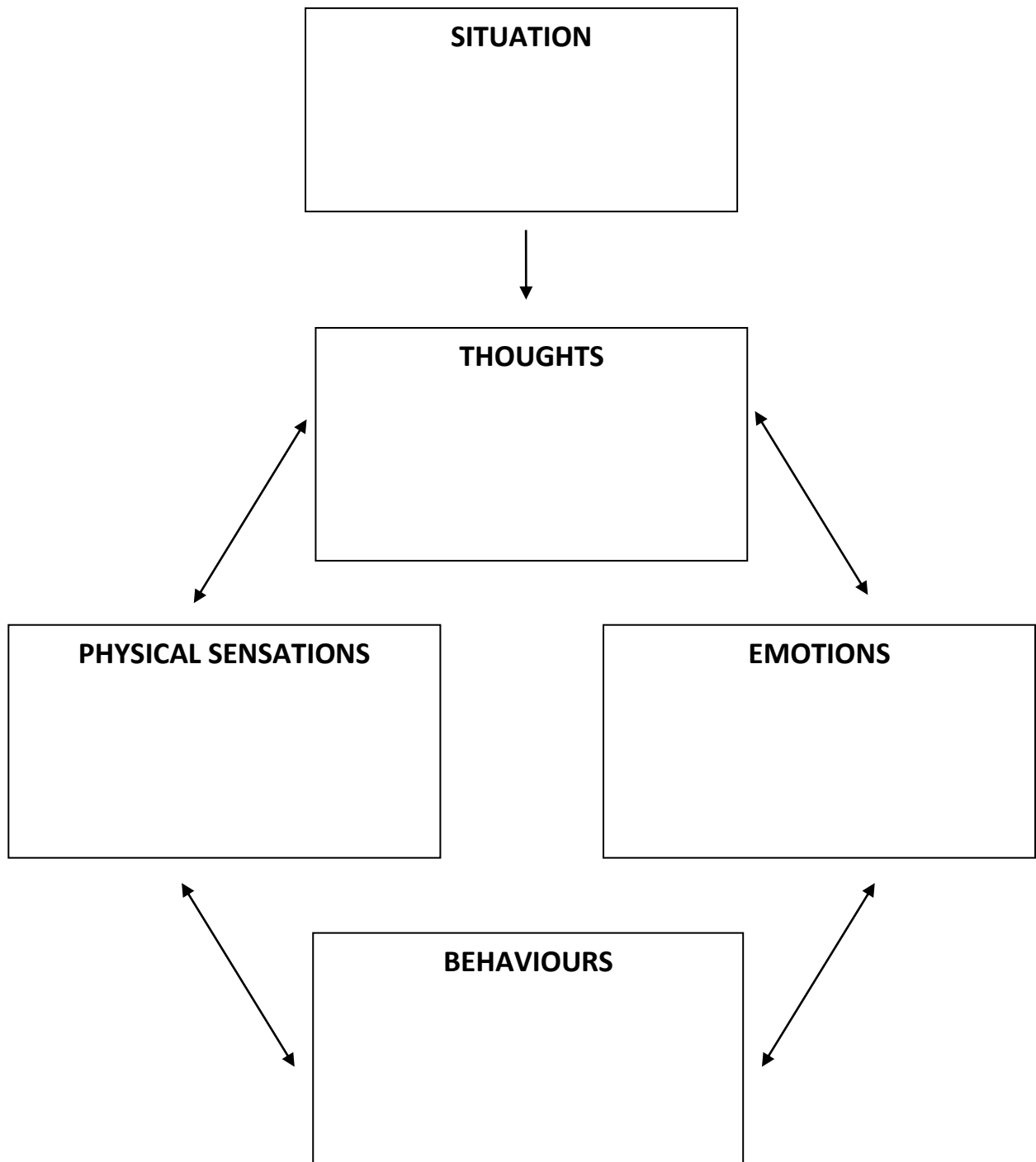
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## Things to Try

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# Relapse Prevention

Use the blank 5 Area's diagram below to identify your early warning signs of stress, anxiety, and/or low mood. It may be helpful to look back at the five areas you completed in your week on workbook. Knowing our early warning signs helps us to put skills in place before we experience a relapse.



# Relapse Prevention Planning

Setting a regular date to check in with yourself can help ensure early warning signs aren't missed and keeps us motivated to maintain changes and progress that we have made during treatment.

Thinking back to what we learned about Behavioural Activation, we know that planning a specific time to check in with ourselves makes us more likely to do it. You can use the space below to do this, or if you are already using a BA diary, feel free to plan your check-in in there instead.

**Write down when, where and for how long you will have your “check in” with yourself:**

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**How many weeks do you think it would be helpful to continue to “check in”?** \_\_\_\_\_

**It can also be helpful to decide what we will do in our check-in, almost like setting an agenda for a meeting or appointment.**

Some suggestions are below:

- Am I still doing the “everyday” things I need to do to manage my stress levels?
- Am I living in accordance with my values?
- Am I experiencing a particularly challenging time at the moment? Do I notice any warning signs? If so, what would it be helpful to do in response?
- Am I working toward my goals? Do I need to change my goals or create new ones?

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# Goal Review

My goal at the start of the course was .....

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Met	Not Met

*If you didn't meet your first goal this could be a good chance to revise it – don't worry or feel bad if the goal wasn't met, this is how we learn.*

My new goal to work towards is .....

.....

.....

Remember when setting goals we can use the SMART goal setting structure.



# Session Six Notes

# Home Practice

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

