

WELLBEING WITH A STROKE

WORKBOOK





Wellbeing With A Stroke

Adjustment, Identity, Values & Goals

- ❖ Living with and adjusting to a stroke
- ❖ Understanding the cycle of low mood and anxiety
- ❖ What is your identity?
- ❖ What are your values and are you living in line with these?
- ❖ Setting realistic goals and making adjustments to fit in with your values

Doing Things Differently

- ❖ Understanding the cycle of reduced activity and how this affects low mood
- ❖ Importance of maintaining a good balance of activity to improve health and wellbeing
- ❖ Using Behavioural Activation to increase activity whilst pacing, managing fatigue and reducing boom and bust periods

Activity Toolkit

- ❖ Importance of physical activity on our mental health
- ❖ Types of physical activity
- ❖ Incorporating activity in our daily lives
- ❖ Being mindful of 'pacing' activities

Managing Anger & Irritability & Relaxation

- ❖ Becoming aware of our typical symptoms and warning signs when angry/irritable
- ❖ Blocking techniques when feeling angry and irritable
- ❖ How our thoughts are impacted when angry and irritable

Dealing with Anxiety

- ❖ To understand the biology of panic and the adrenaline response of 'flight or fight'
- ❖ To explore the cycle of anxiety (worrying) and the impact on our physical health
- ❖ Techniques to manage hypothetical and practical worries
- ❖ Additional strategies to help reduce worry

Unhelpful Thinking and Relaxation

- ❖ To identify unhelpful thoughts and how they link to our mood and behaviour
- ❖ Consider various unhelpful thinking styles
- ❖ Techniques to help distance ourselves from our thoughts
- ❖ Explore strategies to help challenge unhelpful thinking and promote balanced thinking

Sleep and Wellbeing Toolkit

- ❖ To explore common sleep problems, stages of sleep and facts about sleep
- ❖ Tips to improve sleep
- ❖ Journey of recovery and building resilience
- ❖ Developing your wellbeing first aid kit

Welcome

Wellbeing with A Stroke is a 7 week course. This workbook covers material for all 7 weeks. Below are the sessions and the pages within this workbook which refer to each session.

1. Adjustment, Identity, Values & Goals	(Page 4)
2. Doing Things Differently	(Page 9)
3. Activity Toolkit	(Page 13)
4. Managing Anger & Irritability and Relaxation	(Page 19)
5. Dealing with Anxiety	(Page 23)
6. Unhelpful Thinking	(Page 31)
7. Sleep and Wellbeing Kit	(Pages 36)
8. Relapse Prevention	(Page 40)

This workbook also contains useful signposting, please refer to page - **tbc**

If you feel at risk and need further support please refer to page **tbc** which provides services available 24/7.

Remember the words of Winston Churchill: ‘When you’re going through hell, keep going’

Session 1: Adjustment, identity, values and goals

Below you can find areas of life that are valued by some people. This questionnaire will help clarify your own quality of life in these areas.

Rate the importance of each area (by circling a number) on a scale of 1-10 (1 means that area is *not important*, 10 means that area is *very important*).

Not everyone will value all of these areas, or value all areas the same. Rate each area according to **your own personal sense of importance**.

Area	Not Important ←-----→ Very Important									
Family	1	2	3	4	5	6	7	8	9	10
Intimate Relationships	1	2	3	4	5	6	7	8	9	10
Parenting	1	2	3	4	5	6	7	8	9	10
Friends/Social Life	1	2	3	4	5	6	7	8	9	10
Work	1	2	3	4	5	6	7	8	9	10
Education/Training	1	2	3	4	5	6	7	8	9	10
Recreation/Fun	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
Citizenship	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

Time, Effort and Head Space

Now, give a rating to how much time, effort and head space you currently put into each area.

In other words, how in line with your values are you? Are you living your life in accordance with your values?

1 = little time, effort and 'head space'

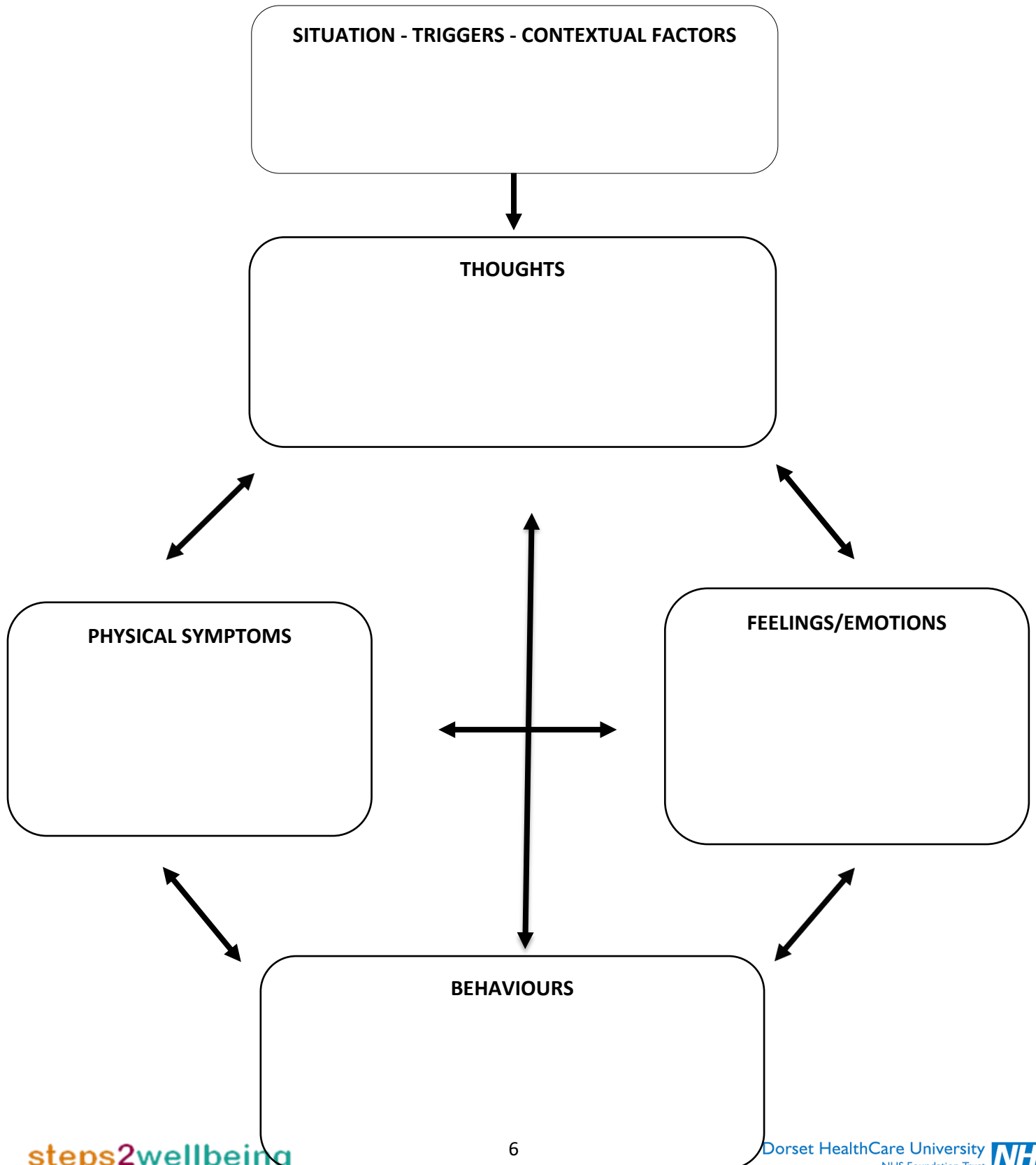
10 = Maximum time, effort and 'head space'

Area	Minimum ←-----→ Maximum									
Family	1	2	3	4	5	6	7	8	9	10
Intimate Relationships	1	2	3	4	5	6	7	8	9	10
Parenting	1	2	3	4	5	6	7	8	9	10
Friends/Social Life	1	2	3	4	5	6	7	8	9	10
Work	1	2	3	4	5	6	7	8	9	10
Education/Training	1	2	3	4	5	6	7	8	9	10
Recreation/Fun	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
Citizenship	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

My value I want to step closer to is

My 5 areas diagram

Please complete an example of a time you notice symptoms this week



SMART Goals

Value	(e.g. socialising, family, outdoors)
Goal	(e.g. meet up with friends)
Specific	(e.g. meet up with Tom)
Measurable	(e.g. see Tom once a week)
Achievable	(e.g. see Tom once a week at mine or his house)
Realistic	(e.g. see Tom once a week at mine)
Timely	(e.g. see Tom next Thursday at mine for 30 minutes)

My SMART Goals (think about values)

1.

2.

3.

4.

5.

- Do I need to break these down to make them easier?

Session 2: Doing things differently

Our behaviour affects the way we feel

We often alter the way we behave when we feel low in mood. Our typical routines and activities are impacted when feeling low (e.g. seeing family or friends, private hobbies, work and routines such as housework).

Low Mood → leads to avoidance → leads to increase in low mood and physical symptoms

How can I do things differently?

Doing things differently (behavioural activation) aims to restart and/or increase the amount of time spent on activities. This helps to reduce 'avoidance' as this can worsen low mood. The idea is to have a **balance** of **routine**, **pleasurable** and **necessary** activities in our week. Doing things differently can be broken down into 4 steps as follows:

Step 1: List the pleasureable, routine and necessary things you would like to do.

Routine activities: Activities we do often, and some daily household or admin work (e.g. washing, watering plants, reading emails, sorting letters), or sleeping routines and personal hygiene (e.g. brushing teeth, showering, making bed).

Pleasurable activities: Activities which bring us enjoyment and social activities (e.g. seeing family and friends). Things we do on our own (e.g. listening to music, watching a film, walking, reading, arts and crafts).

Necessary activities: Activities which, if avoided, tend to have bad consequences (e.g. paying bills, attending appointments, collecting medication).

Routine	Necessary	Pleasurable

Step 2: Listing Activities from Easy to Difficult

Now list those activities in order of easy to difficult. Breaking down activities so they are more manageable may help reduce physical symptoms such as fatigue and/or pain.



Step 3: Putting the activities into your week - diary

Add in 1-2 easier activities from those you have listed, try and get a balance of activities. Make sure you break down activities and have rests. How we feel physically impacts how we feel mentally and vice versa. Behavioural activation takes time, so make a note of any difficulties to review.

C1 Behavioural activation diary

	What	Where	When	Who	What	Where	When	Who	What	Where	When	Who	What	Where	When	Who
Morning																
Afternoon																
Evening																
Monday																
Tuesday																
Wednesday																
Thursday																
Friday																
Saturday																
Sunday																

Step 4: Building up your activity levels

Make sure you listen to your body when adding in new activities and if you get tired, think about if you have done too much. Try and get a balance of pleasurable, routine and necessary activities over the week. You don't have to all of them every day!

Remember:

- Try not to 'Boom and Bust', as this doesn't help your energy.
- Use pacing and STOP when you planned, rather than because you are exhausted.
- Use the 50% of what you can do on a good day rule to help pace yourself better and be more consistent in your activity level.
- Increase your activity levels slowly and listen to your body!

Tips:

1. Try not to bombard yourself; Building up activities takes time. Initially we may lack motivation so set realistic activities for your week and don't be too hard on yourself if they are not at first achieved. Remember Rome wasn't built in a day!
2. The more you do the easier it will become. Consider breaking down activities to make them more manageable, particularly with your physical health in mind.
3. Have fun with it; try new activities. Perhaps think of things you've always wanted to try, but haven't.

Session 3: Activity toolkit (becoming more active)

Lots of research (and lots of word of mouth!) has shown that: Physical activity helps to significantly improve physical and mental wellbeing.

Physical activity improves

- symptoms of depression
- mood
- how we feel about ourselves
- confidence
- self esteem
- quality of sleep
- relaxation
- focus/purpose
- energy
- healthy appetite
- fun and achievement



Physical activity reduces

- stress
- anxiety
- anger
- mental fatigue
- dwelling on unhelpful thoughts/ worries
- feelings of loneliness/isolation

How?

- Levels of chemicals called Serotonin and Endorphins increase and these make us happier. They also help to regulate sleep, energy and appetite and a better sex drive!

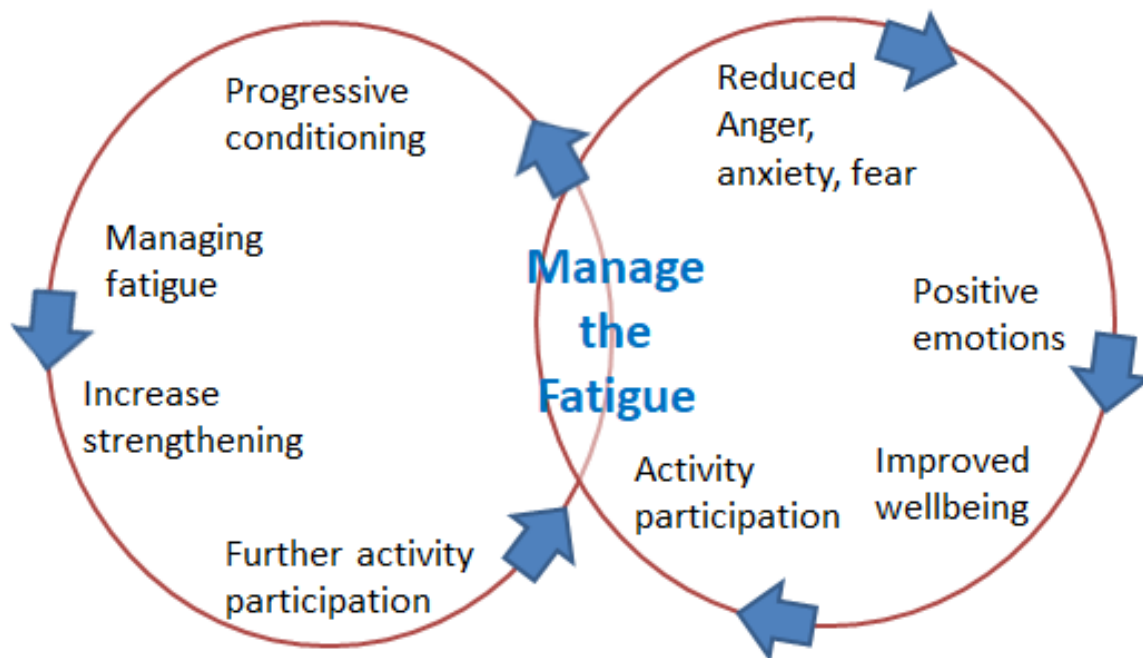


- Acts like a natural antidepressant and helps to lower our sensitivity to stress hormones.
- Helps to improve muscle relaxation.
- Improves brain function and memory.



- Provides a positive focus for us, something to talk about and be proud of, achieve and control.
- Improves our body image
- Draws our attention away from our unhelpful thoughts or worries.

Positive cycle of physical activity on physical and mental wellbeing:

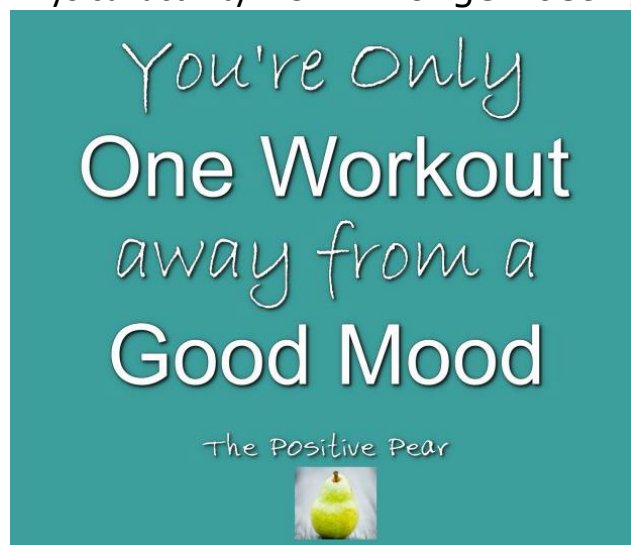


It's so good, in fact:

It is 1 of 4 recommended therapies for people with mild to moderate depression and chronic physical health problems across England and Scotland. Others recommended are Cognitive Behavioural Therapy (CBT) courses, 121 CBT & computerised CBT.

In addition,

Physical activity + CBT = longer lasting effects!



How much activity should I aim to do?

National guidelines for the general population's health are to build up to:

150 mins low - moderate activity a week (so you notice your breathing is a little heavier, but can still talk)

AND

10 repetitions of strength exercises in the main muscles, 2 days a week

BUT

Spontaneous activity is important!

Top tips to be active!



Social

- Be active with a friend – it's more fun together
- Be a good role model for your family (children learn from what their parents do!)
- Vary what you do to keep you motivated– variety is the spice of life!!
- A 'good' activity is only one that you can keep going with
- Be active in a green environment – helps lift your mood and can relax you more
- Distract yourself – listen to your favourite music whilst doing the housework!
- Take the dog for a walk

Change for the better

- Start slow at first
- Making small, but frequent changes are easier than big ones. i.e. Take stairs instead of the lift
- Walk to the next bus stop & get off one stop early
- Wash the car by hand
- Walk for short distances
- Throw away the remote control!
- Write down how good you felt last time you were active and keep it on hand to remind you, when your motivation is low
- Use reminders to prompt you to be active.
- Have a pair of comfy shoes in places where you could be active i.e. at a friend's house
- Be patient, it won't happen overnight – Rome wasn't built in a day!!

Goals

- Set yourself goals and be nice to yourself!!
- Remember to review your goals, don't worry if you have to change the goal posts
slightly, you are doing this for you!
- Use a pedometer to see how far you have come – literally!!
- If you miss an opportunity to be active, try to get back into it again ASAP, the longer
you leave it the harder it becomes!

Add your own ideas below:

Your health. Your choice.



30 seconds
to the top

30 steps
to better health

|

Session 4: Managing anger and irritability

What makes you angry/frustrated with others, or with yourself?
How do you know if you are getting wound up?



What helps you to block the temperature rising?
Here are some ideas below:

Walk away/do something else.

Ignore it/bite our tongue.

Diffuse/distract – time to calm down.

Relaxation/breathing/visualisation

Humour – laugh at self for getting so annoyed (don't laugh at other person!).

Talk to someone.

Getting outside

Spending time with animals

Exercise or housework – good things to channel anger into and use adrenaline,
Rationalise with self.

Cooling statements – 'be sensible' 'relax man' 'calm down' 'let it go'

The ABC of Frustration/Anger Control

A - AWARENESS of early warning signs of angry symptoms, or high risk situations for getting frustrated

B - BLOCK the arousal by using a technique as above

C - CHALLENGE the angry thought

- CHANGE the angry behaviour

- COMMUNICATE effectively

Relaxation

Relaxation has many benefits such as;

1. Slowing heart rate.
2. Lowering blood pressure.
3. Slowing your **breathing** rate.
4. Improving digestion.
5. Maintaining normal blood sugar levels.
6. Reducing activity of stress hormones.
7. Increasing blood flow to major muscles.
8. Reducing muscle tension and chronic pain



Here are some useful relaxation techniques;

Diaphragmatic breathing:

1. Sit comfortably, with your knees bent and your shoulders, head and neck relaxed.
2. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.
3. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.
4. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.

Progressive Muscle Relaxation:

1. Whilst inhaling, contract one muscle group (for example your upper thighs) for 5 seconds to 10 seconds, then exhale and suddenly release the tension in that muscle group.
2. Give yourself 10 seconds to 20 seconds to relax, and then move on to the next muscle group (for example your buttocks).
3. While releasing the tension, try to focus on the changes you feel when the muscle group is relaxed. Imagery may be helpful in conjunction with the release of tension, such as imagining that stressful feelings are flowing out of your body as you relax each muscle group.
4. Gradually work your way up the body contracting and relaxing muscle groups.

Visualisation – The Mountain Path

Settle back comfortably and close your eyes take a deep slow breath and slowly exhalerepeat this twice more, as you breathe out – imagine you are breathing away all tension and stress mentally scan your body for tightness and tension and just let relaxation replace any tensions allow relaxation to take over.

Now imagine yourself leaving the area where you live leave the daily hassles and the fast pace behind imagine yourself going across a valley and moving closer and closer to a mountain range imagine yourself in the mountain range you are going up a winding road find a place on the road to stop you find a path to walk up start walking up the path find a comfortable place to stop on the path at this place take some time to

examine all the tensions and stress in your life give the tension and stress shapes and colours look at them very carefully and after you have done this, put them down by the side of the path continue walking up the path until you come to the top of a hill look out over the hill what do you see? find an inviting, comfortable place and go there be aware of the sights, smells and sounds be aware of how you are feeling get settled and gradually start to relax you are now feeling totally relaxed experience being relaxed totally and completely (pause for three to five minutes) look around at your special place once more remember this is your special place to relax you can come here anytime you want to bring your attention back to this room and tell yourself that this visualisation is something you have created, and you can use it whenever you want to feel relaxed.

This relaxation is best spoken with appropriate soft music playing in the background.

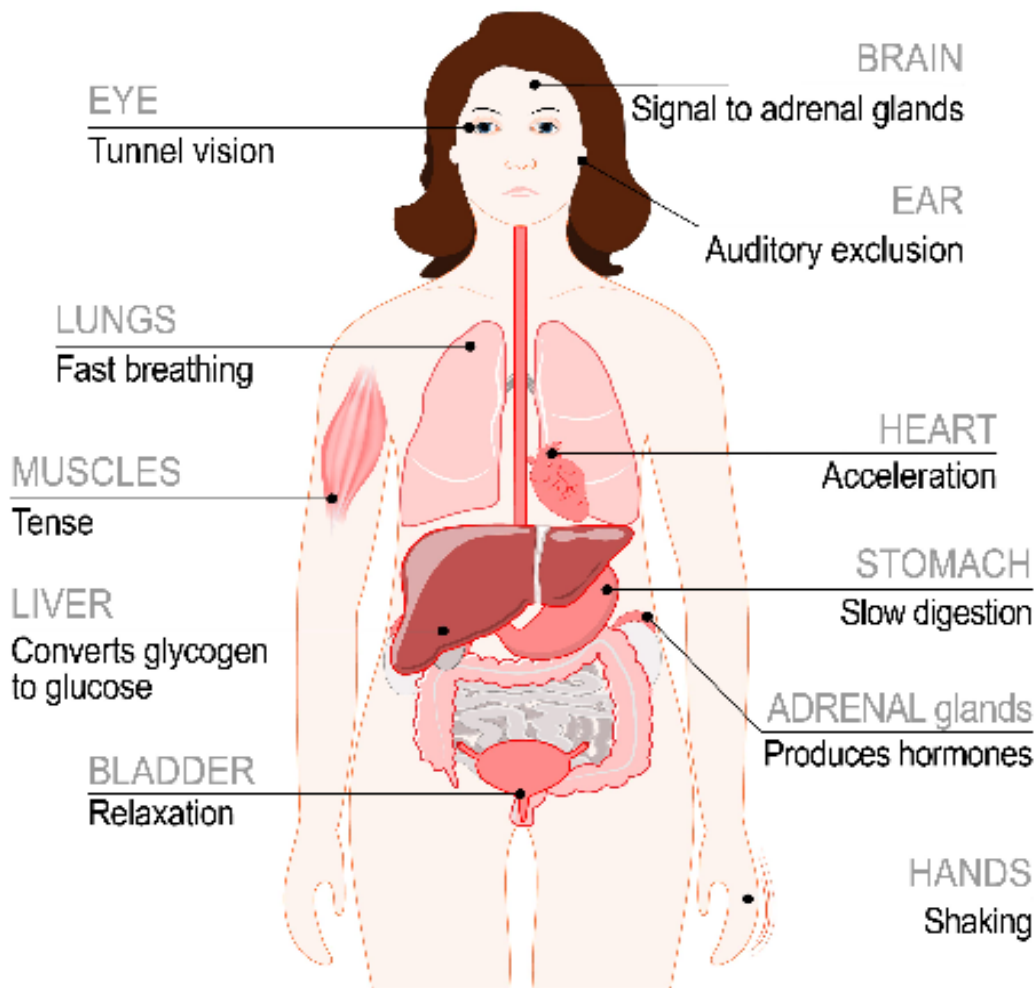
You may like to make your own relaxation tapes and record this for yourself

Headspace is a helpful app which includes techniques and short exercises for sleep, relaxation, meditation, breathing; and a lot of it is free to use!

Session 5: Dealing with anxiety

When we are anxious, we get lots of symptoms related to our natural survival mechanism - the Fight or Flight response. In times when we feel under threat, either real or perceived, Adrenalin is released and causes lots of symptoms to help us to deal with the threat - run away (if we feel scared) or fight/deal with it (if we feel we can manage it). For instance if we were to come across a loose vicious dog in the street, we would have adrenalin released, if we felt threatened by it.

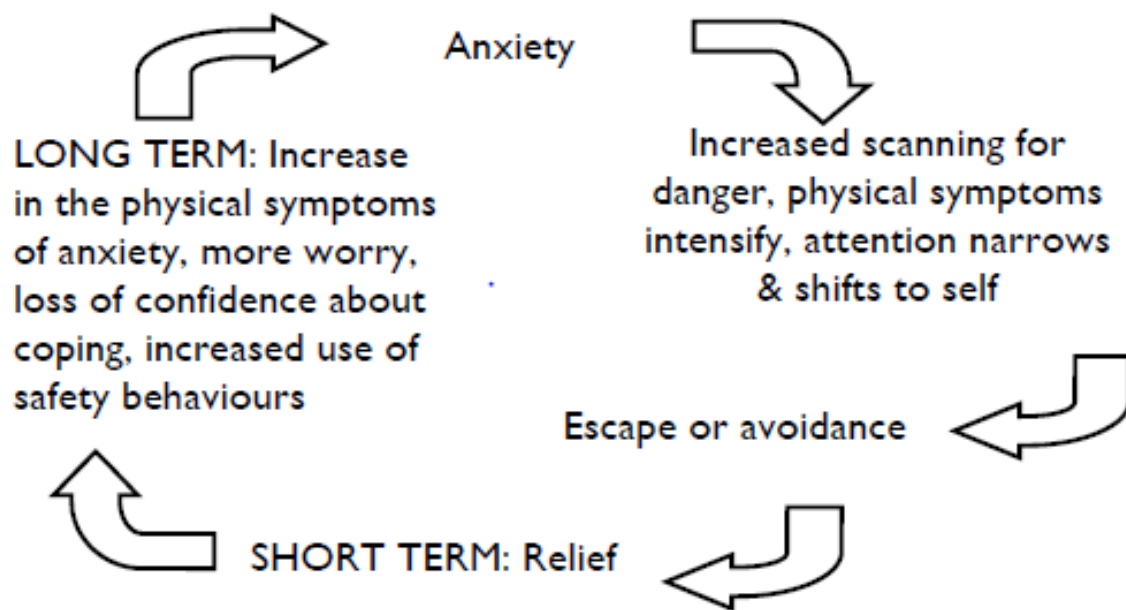
Fight or Flight Response



Anxiety is kept going by:

- Avoidance (not doing things)
- Safety behaviours (doing things to hide our anxiety)
- Escape (leaving stressful situations)
- Worry (over thinking the worst)

The Vicious Cycle of Anxiety



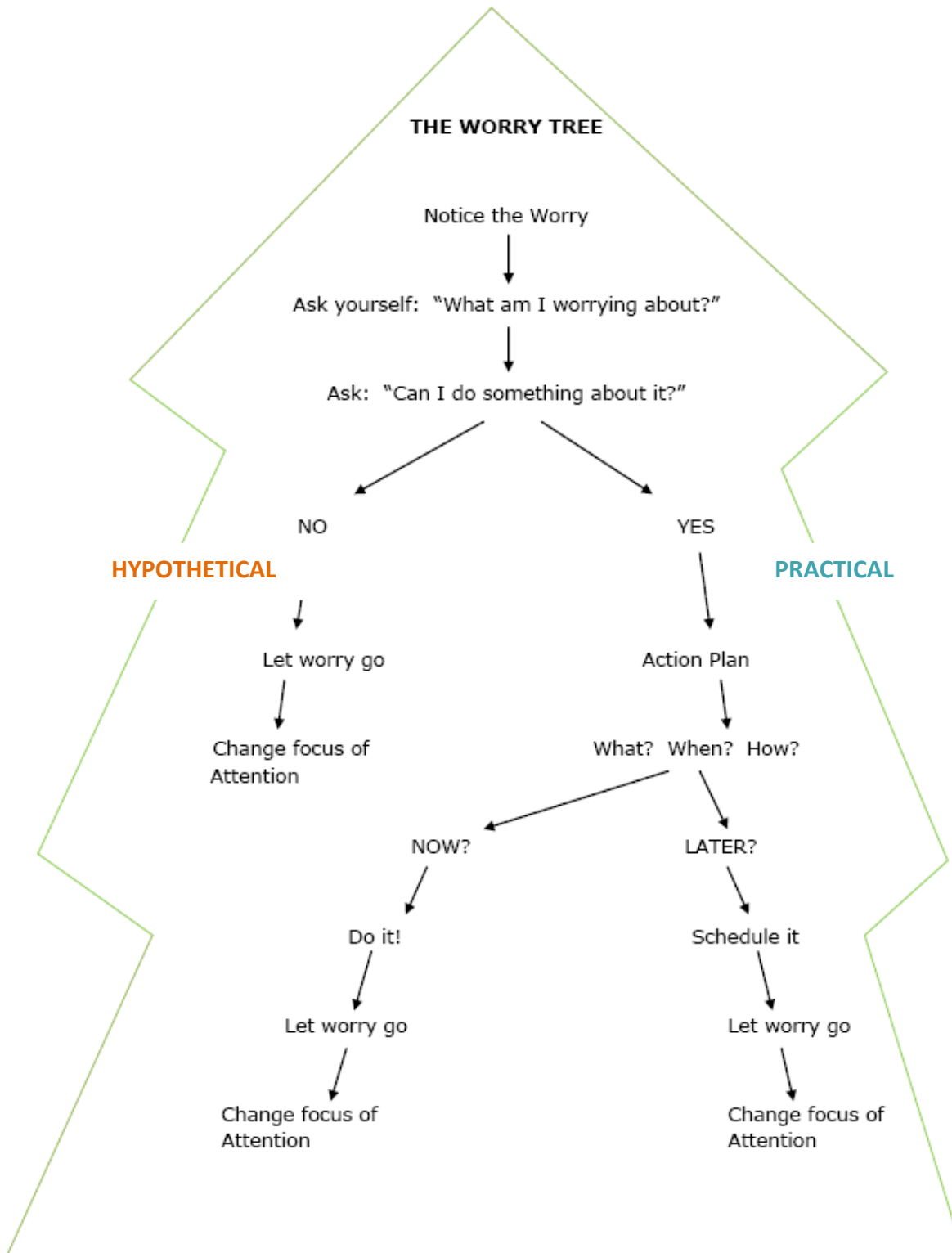
Worry Tree

'Hypothetical' worry

Most worries are hypothetical.
Uncertainties in the future
Not able to do anything about it

'Practical' worry

'Right now' worries
We can do something about



www.getselfhelp.co.uk

Adapted from Butler & Hope 2007

www.get.gg

Worry Time



It might be difficult to let go of the hypothetical worries. These worries may take a lot of valuable time away from effectively problem solving our practical worries. It is useful to deal with these worries differently.

We can manage our hypothetical worries with 'Worry Time'. This is a technique which some people find useful to help let go of hypothetical worries.

Here is how we would do a worry time.

Step One: Set a time during the day for your daily worry time. For example, 15-20 minutes at 6:00 pm. (We would **not** recommend a time before your bed time.)



Step Two: Notice your worries during the day, and write them down on the worry diary below. Write the date and time you had this worry, what situation or event prompted you to have this worry and your specific worry. Please look at the e.g. below.

Step Three: Let the worry go (for now) you can tell yourself "I have written the worry down, I will come back to it on my worry time". Once you have decided to do this your focus can shift back to what you are doing in the present moment. You can also refocus attention using your senses such as breathing or touch.

Step Four: At worry time, you will give yourself permission to go through all your worries you noticed over the course of the day. Do you feel the same way about

these worries now? Did any of the worries come true? Did you forget any of the worries after a while?

Step Five: At the end of worry time try to re-focus your mind back onto the present. Maybe get up and go into a different room, or start doing something different, use all your senses to really tune in to what is going on around you. If you find yourself starting to worry again repeat the process from step one.

An example of a worry diary

Date and Time	Situation (where you are, what you are doing & what is going on around you)	Your worry (what if...)	How anxious do you feel on a scale of 0-10 (0 = not at all anxious, 10 = extremely anxious)	Classify (mainly practical 'P' or hypothetical 'H'?)
3 June at 13:00	Going out for the first time after stroke. Wanted to go for a short walk with my partner.	“What if I have another stroke?”	9	H
		“What if I can’t walk for 15 minutes”	5	P
		“What if I fall?”	5	H
		“what if no one helps me?”	3	H

Problem Solving

If the worry is a practical worry, use problem solving to help find a solution.

Step 1: Problem Identification

Write down the problem you want to solve:

Step 2: Solution Identification

Write down all solutions that come to mind (you can use the solution analysis sheet for this part).

Step 3: Strengths vs Weaknesses of solutions

You can weigh each solution for its strength and weakness.

Step 4: Which solution will you select?

Step 5: Plan

Be specific and plan it in. Is there anything you need to prepare for before that?

When:

Where:

Who:

Anything to do before:

Step 6: Do it!

Step 7: Review it

How did it go? Do you have to go back to the drawing board and pick a different solution?

Problem Solving: Solution Analysis

Weaknesses									
Strengths									
Solution									

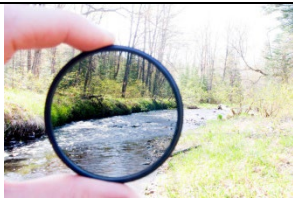
Session 6: Unhelpful Thinking Styles &

Relaxation

When depressed or anxious we tend to get into unhelpful thinking habits. Once you can identify your unhelpful thinking styles, you can start to notice them; they very often occur just before and during distressing situations. Once you can notice them, you can start to challenge or distance yourself from those thoughts.

Unhelpful thinking styles:

Here are some examples of unhelpful thinking styles



Mental Filter - We notice only what the filter wants us to notice, and we dismiss anything that doesn't 'fit'. Like looking through dark blinkers or 'gloomy specs', whilst anything more positive or realistic is dismissed.

We can ask ourselves: Am I only noticing the bad stuff? Am I filtering out the positives? Am I wearing those 'gloomy specs'? What would be more realistic?

Prediction - Believing we know what's going to happen in the future.

e.g. "I am going to have another stroke" "I will have a fall".

We can ask ourselves: Am I thinking that I can predict the future? How likely is it that that might really happen?

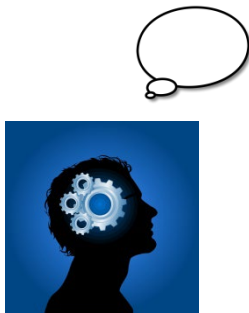


Judgements - Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for.

e.g. "people will think I am stupid because I slur or find it hard to talk sometimes"

We can ask ourselves: I'm making an evaluation about the situation or person. It's how I make sense of the world, but that doesn't mean my judgements are always right or helpful. Is there another perspective?

Emotional Reasoning - I feel bad so it must be bad! I feel anxious, so I must be in danger. *Just because it feels bad, doesn't necessary mean it is bad. My feelings are just a reaction to my thoughts – and thoughts are just automatic brain reflexes*



Mind-Reading - Assuming we know what others are thinking (usually about us).

e.g. "They must think I am burden", "People are being nice because they feel sorry for me".

We can ask ourselves: Am I assuming I know what others are thinking? What's the evidence? Those are my own thoughts, not theirs. Is there another, more balanced way of looking at it?

Mountains and Molehills - Exaggerating the risk of danger, or the negatives. Minimising the odds of how things are most likely to turn out, or minimising positives.

e.g. "I missed my appointment – they will discharge me" "If I am alone at home, I will have fall and no one will help me"

We can ask ourselves: Am I exaggerating the bad stuff? How would someone else see it? What's the bigger picture?



Compare and despair - Seeing only the good and positive aspects in others, and getting upset when comparing ourselves negatively against them.

e.g. "I am useless as I can't do what others are doing" – "I could run 5 K before but now I can't even go up the stairs".

We can ask ourselves: Am I doing that 'compare and despair' thing? What would be a more balanced and helpful way of looking at it?

Catastrophising - Imagining and believing that the worst possible thing will happen.

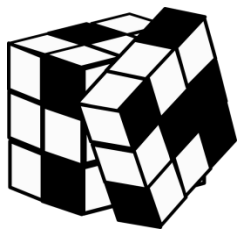
e.g. "I am going to have a another stroke" – "I am going to end up disabled"

We can ask ourselves: is it really helpful to think like this right now? What's most likely to happen?

Critical self - Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility.

e.g. "I am useless because I can't do XYZ", "It was all my fault, if only I had known the symptoms and sought for help sooner"

*We can ask ourselves: There I go, that internal bully's at it again. Would most people who really know me say that about me? Is this something that I am **totally** responsible for?*



Black and white thinking - Believing that something or someone can be only good or bad, right or wrong, rather than anything in-between or 'shades of grey'.

e.g. "There is no point in trying because I will fail" "There is no point in doing things if I am not doing it properly"

Things aren't either totally white or totally black – there are shades of grey. Where is this on the spectrum?

Shoulds and musts - Thinking or saying 'I should' (or shouldn't) and 'I must' puts pressure on ourselves, and sets up unrealistic expectations.

e.g. "I should be the provider but I am the person cared for" "I must make sure the house is always clean"

We can ask ourselves: Am I putting more pressure on myself, setting up expectations of myself that are almost impossible? What would be more realistic?

Memories - Current situations and events can trigger upsetting memories, leading us to believe that the danger is here and now, rather than in the past, causing us distress right now. *This is just a reminder of the past. That was then, and this is now. Even though this memory makes me feel upset, it's not actually happening again right now.*

STOPP Technique

- **S**top
- **T**ake a deep breath down to your tummy
- **O**bserve what is going on
- **P**ull back the blinkers and put into perspective
- **P**ut into practice what works



Thought Record Sheet

Situation (what was I doing)	The thought you had and belief rating out of 100%	Emotions (rate intensity out of 100%)	Evidence that supports this thought	Evidence against this thought (only factual evidence)	Alternative/ Realistic thought more balanced perspective	Re-rate Emotion 0 - 100
What happened? Where? When? Who with? How?	What went through my mind? What disturbed me? What does it mean? What would be the worst thing about that?	What emotion did I feel at that time? What else? How intense was it?	Are any of these an opinion or a fact? Are you using an unhelpful thinking style?	STOPP! Take a breath... Is this fact or opinion? What would someone else say? Is there another way of seeing it? What advice would I give others?	Go back to original thought, how can I make it more balanced? What is a more helpful way of thinking?	Rerate the negative emotions.
e.g. Getting dressed but had problem with buttoning my shirt	"I am a failure" "My family must think I am a burden" "I should be able to do get dressed on my own"	Sad – 90% Disappointed – 70% Frustrated – 80%	It has been weeks and I haven't gotten better. I feel like a burden so therefore my family must think so as well. I used to do all the house work but now I can't even button my shirt.	My family tells me they love me. They look out for me and say that I mustn't be so hard on myself. Everyone's experience of recovery is different. Recovery is a journey and we can only see or notice changes overtime rather than days and weeks.	Maybe I am being harsh on myself, I am struggling but my family still loves me and I am in a path to recovery.	Sad – 60% Disappointed – 40% Frustrated – 30%

Session 7: Sleep & wellbeing kit

Sleep is essential to our physical and mental health. Getting a good night's sleep allows our bodies and minds to rest and re-energise. Here is a list of things that can contribute to your quality of sleep:

BODY – Look after your body

- Caffeine – ideally we should try and stop drinking caffeine at least 4 hours before bed. This is because caffeine is a stimulant and can keep you up and includes tea, coffee, Coca-Cola and chocolate.
- Alcohol – although we may sometimes use alcohol to help us get off to sleep, it actually disrupts sleep later on in the night, therefore stopping us from benefitting and getting a full restful sleep. Try a relaxation exercises instead.
- Food – try to avoid having a big or spicy meal late on in the evening. Also try not to go to bed hungry.
- Exercise – Try to do some exercise (around 30minutes) every day, in order to make our bodies feel tired.

ENVIRONMENT – Make sure the room you sleep in is a pleasant place

- Keep the bedroom clean and tidy
- Make sure the bedroom is cool (try to avoid extreme temperatures)
- Ensure that you have a comfortable mattress, pillows and sheets.
- Try to make the bedroom a quiet and dark environment (black-out blinds may help)
- Introduce pleasant smells such as a drop of lavender oil on your pillow.

ROUTINE – Having a bedtime routine helps teach us when it's time to sleep.

- It's best to keep to regular times for going to bed and getting up (even at the weekend!)
- Avoid having naps in the day – no matter how tired you feel. Naps are going to keep the problem going by making it harder to get to sleep the next night.
- Have at least an hour to unwind before bed – do something that makes you feel tired:
 - Have a soothing drink such as camomile tea or something warm and milky
 - Have a bath
 - Try a relaxation or breathing exercise
 - Read a book

The 20 minute Rule

Your bed is for sleeping, so if you find that you can't sleep after around 20 minutes:

- Get up and go to another room.
- If you have lots of thoughts racing through your mind, write them all down, and come back to them in the morning.
- Engage in another quiet, relaxing activity e.g. reading. Do this activity until you feel tired and only return to bed when you feel sleepy.
- If you still can't sleep after a further 20minutes get up and repeat this routine again.



Sleep Diary

Complete this form each day: write in the shaded area just before going to bed, and the non-shaded area in the morning

Day / date																				
Mood level during the day 0 - 10 (10 worst)																				
Fatigue level during the day 0 - 10 (10 worst)																				
Naps taken during day - what time? How long for?																				
Activity during day? 0 - 10 (10 most active)																				
Caffeine, nicotine, alcohol during day, and during evening?																				
What did I do just before going to bed?																				
What time I went to bed																				
What did I do in bed? (Read, TV, sex)																				
What time did I put the lights out?																				
How many minutes before I fell asleep?																				
What time did I wake up?																				
Number of times I woke up?																				
Number of hours I slept?																				
On waking up in the morning, how rested do I feel? 0 - 10 (10 most rested)																				

Checklist for Appointments with Healthcare Professionals

1. How much time do I have for my appointment?
2. What are the key questions I want to ask?
 - Is this realistic in the time I have for the appointment?
 - Do I need to ask for more time or prioritise my questions?
 - Am I seeing the right person for this?
3. Do I need to write my questions down to help me remember?
4. Do they need me to take anything with me?

Be honest! Professionals can't help you effectively if they don't know what's going on.

Top Tip: at the end of your appointment, try summarising what you've understood of the advice you've been given, so you both know you've got the key points from the appointment. If not, they can then clarify.

Relapse Prevention

My Early Warning Signs

I think...

I notice symptoms of...

Thoughts

Physical Symptoms

Emotions

Behaviour

Emotionally I feel...

I am....

I am avoiding...

Make some notes of the symptoms that you experience first i.e. feeling down or getting stressed. Keeping an eye out for these will help you to recognise when low mood or stress levels are creeping up. It's normal for this to go up and down as situations and events around us continue to change day to day but knowing what our warning signs are can really help us stay on top of things.

- Think about how your condition might impact on this - or how it might be affected if you are struggling.

Maintaining Progress (getselfhelp.co.uk)

It is often helpful to set aside a regular time to refresh your memory of what we covered here and to renew your determination to make and maintain behavioural changes.

By identifying a specific time when it would be helpful for you to do this, you are more likely to remember to do this.

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

Decide what you will do during your check-in.

Some suggestions are below:

- Am I still doing the “everyday” things I need to do to manage my stress levels and mood?
- How am I doing with my long-term condition?
- Am I living in accordance with my values?
- **What have I learned on this course?**
What was most useful?

- **What can I continue to do to prevent a setback?**
What are my high risk situations of this happening?
What events / situations / triggers cause me to be more vulnerable?

What are the signs?
(Thoughts/feelings/behaviours?)

- **What can I do to avoid losing control?**
What could I do differently? What would work

best?

When I'm struggling or feeling bad, what could I do that will help?

- **What could I do if I did lose control?**

What has helped? What have I learned? Who can help?

Signposting

Self-isolating help from volunteers

<https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal/isolating>

Domestic Violence

You First – 0800 032 5204

Domestic Abuse Helpline – 0808 2000 247

Women’s Aid – helpline@womensaid.org.uk / online chat room 10am-12pm Monday to Friday
chat.womensaid.org.uk

Galop – 0800 999 5428 (advice for lesbian, gay, bisexual and transgender)

Dorset Police – 999 in emergency / in non-emergency 101@dorset.pnn.police.uk or 101

Looking after Mental health, employment and children/young people

https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAlaIqobChMI9pa9lLeN6QIVy7HtCh2wig5sEAAYASAAEgKIXPD_BwE

CAMHS – children support

<https://www.camhs-resources.co.uk/>

Managing Anxiety

Russ Harris: FACE COVID (acronym):

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

British Heart Foundation:

<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/news/coronavirus-and-your-health>

General Guidance about COVID-19

World Health Organisation – Guidance on the Coronavirus:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

World Health Organisation - Mental Health and Psychosocial Considerations During COVID-19

Outbreak: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_10

Centers for Disease Control and Prevention – Manage Anxiety and Stress:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

A Resource on Talking to Children about the Coronavirus:

<https://twitter.com/thelovelymaeve/status/1238399538878087169/photo/2>

Gov.uk

<https://www.gov.uk/coronavirus>

NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Dorset County Council
<https://www.dorsetcouncil.gov.uk>

FINANCIAL

Dorset Citizen Advice
<https://www.citizensadvisedorset.org.uk/advice.html>

Council Tax Hardship Fund
<https://www.gov.uk/government/publications/council-tax-covid-19-hardship-fund-2020-to-2021-guidance>

Claiming Benefits
<https://www.gov.uk/browse/benefits>

SELF-EMPLOYED

Dorset Growth Hub
<https://www.dorsetgrowthhub.co.uk/covid-19/>

For small business
<https://www.fsb.org.uk/campaign/covid19.html>

FREE ONLINE COURSES

Open Learn
<https://www.open.edu/openlearn/free-courses>

Skill and Learning
<https://www.skillsandlearningace.com/distance-learning/>

VOLUNTEERING

NHS
<https://www.goodsamapp.org/NHS>

SELF-HELP APPS

Breethe
<https://breethe.com/>

Mood Gym:
www.moodgym.anu.edu.au

FearFighter:
<http://fearfighter.cbtprogram.com>

Happyhealthy:
www.happyhealthyapp.com

Headspace: www.headspace.com

Sleepio

www.sleepio.com

LONG-TERM CONDITIONS

Diabetes UK

www.diabetes.org.uk

Chronic pain

www.paintoolkit.org

www.tamethebeast.org

Pain concern

<https://painconcern.org.uk/>

0300 123 0789

<https://painuk.org/>

Fibromyalgia

www.fmauk.org

0300 999 3333

British Heart Foundation publish free booklets online

<https://www.bhf.org.uk/informationsupport/publications>

British Lung Foundation

[https://www.blf.org.uk/support-for-](https://www.blf.org.uk/support-for-you/copd?gclid=EAlaIQobChMIypeB5iLi4gIVA7TtCh0A1AJWEAAYASAAEgIE4PD_BwE)

[you/copd?gclid=EAlaIQobChMIypeB5iLi4gIVA7TtCh0A1AJWEAAYASAAEgIE4PD_BwE](https://www.blf.org.uk/support-for-you/copd?gclid=EAlaIQobChMIypeB5iLi4gIVA7TtCh0A1AJWEAAYASAAEgIE4PD_BwE)

Need Further Support?

If you are concerned about your safety or you do not feel able to keep yourself safe, please contact one of the following for support:

- **GP**
- **NHS 111**
- **Samaritans**

Freephone: 116 123

Email: jo@samaritans.org

- Connection a local 24/7 helpline run by Dorset HealthCare:
0800 652 0190
- In an emergency, urgently attend your **Accident and Emergency** Department at your local **hospital** or dial **999**