



steps2wellbeing

Journey to Wellbeing Webinar (Step 2)

Session one

- ❖ Introduction to the Cognitive Behavioural Therapy cycle
- ❖ Understanding the symptoms of common mental health problems
- ❖ Sleep hygiene and appetite regulation
- ❖ Setting SMART goals

Session two

- ❖ Understanding the cycle of reduced activity and how this affects low mood
- ❖ Using Behavioural Activation to address this
- ❖ The benefits of physical activity

Session three

- ❖ Understanding panic psycho-education
- ❖ Using Exposure and Habituation
- ❖ Using Worry Management
- ❖ Learning Problem Solving

Session four

- ❖ Being able to identify Negative Automatic Thoughts
- ❖ Introduction to a thought diary
- ❖ Understanding and labelling unhelpful thinking styles
- ❖ Positive coping statements

Session five

- ❖ Using the Thought Challenging intervention
- ❖ Understanding our anger thermometers
- ❖ Blocking techniques for anger/irritability
- ❖ Diffusing hot, angry thoughts with cool thoughts

Session six

- ❖ Looking at communication styles
- ❖ Being able to say no
- ❖ A re-cap of what we have learnt during the course
- ❖ Relapse prevention