

WELLBEING WITH A LONG-TERM CONDITION

WORKBOOK



Safety and Wellbeing

Due to the format of our courses we are not able to check in with each person individually. If you feel at risk to yourself or others or feel at risk from anyone else please utilise your risk management plan agreed at assessment.

The services below can also be used for support:

- Contact a friend or family member for support
- **Connection** a local 24/7 helpline run by Dorset HealthCare: **0800 6520190**.
- **Samaritans** (24 hours) Telephone **116 123** or e-mail jo@samaritans.org
- Self-present at **The Retreat, Hahnemann Road, Bournemouth BH2 5JW or Maiden Castle Road, Dorchester DT1 2ER**
- NHS out of hours support: **111** or **999** (in the case of an emergency)
- Your GP or other healthcare professionals involved in your care e.g. The Community Mental Health Team
- Present at your local hospital Accident and Emergency Department in an emergency

If you live in Dorset:

- Call **Connection**, a local 24/7 helpline run by Dorset HealthCare: **0800 6520190**.
- Visit the Retreats:
Hahnemann Road, Bournemouth BH2 5JW
Maiden Castle Road, Dorchester. DT1 2ER

If you live in Southampton:

- **The Lighthouse** -
<https://www.southernhealth.nhs.uk/locations/thelighthouse/>
- **Solent Mind** – for peer support

Please make a note of your useful telephone numbers, so that you have them to hand when you need them. You may want to write them in the space below, or save them in your phone so they are ready to use. (E.g. Family/ Friend contact details, your GP / CMHT telephone number?)

My Personal Safety Plan

Signs that my mood is deteriorating
What steps can I take? Who is my support?

Wellbeing With A Long-Term Condition

4 Pillars of Wellbeing

- ❖ Living with and adjusting to a long-term condition
- ❖ The cycle of low mood and anxiety
- ❖ 4 Pillars of Wellbeing: Diet, Sleep, Relaxation, Activity
- ❖ Setting SMART goals

Keeping Active

- ❖ Recovery and building resilience
- ❖ Supporting identity and self-esteem
- ❖ Importance of physical activity
- ❖ Physical activity and pacing

Unhelpful Thinking

- ❖ Identify unhelpful thoughts and how they link to our mood and behaviour
- ❖ Unhelpful thinking styles
- ❖ Techniques to help distance ourselves from our thoughts
- ❖ Strategies to help challenge unhelpful thinking and promote balanced thinking

Doing Things Differently

- ❖ What are your values, and are you living towards these?
- ❖ The cycle of reduced activity and how this affects mood
- ❖ Using Behavioural Activation to increase activity whilst pacing, managing fatigue, and reducing boom and bust periods

Dealing with Anxiety

- ❖ The 'fight or flight' response and the biology of panic
- ❖ The cycle of anxiety (worrying)
- ❖ How this can affect our physical health
- ❖ Managing and reducing worry
- ❖ Tackling practical problems

Healthcare Professionals & Wellbeing First Aid

- ❖ Talking to Healthcare Professionals
- ❖ Target your symptoms
- ❖ Being aware of our warning signs and building a wellbeing first aid kit

Mondays: 13:30-14:30 online webinar
Tuesdays: 18:00-19:00 online webinar

Welcome

Improving Wellbeing with A Long-Term Condition is a six week closed course entailing one workbook for all six sessions. Below are the sessions and the pages within this workbook which refer to each session.

- 4 Pillars of Wellbeing
- Doing Things Differently
- Keeping Active
- Dealing with Anxiety
- Unhelpful Thinking
- Healthcare Professionals & Wellbeing First Aid

Further information within this workbook includes;

Relevant signposting (Pages 29 - 31)

If you feel at risk and need further support please refer to page 32 which provides services available 24/7.

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

This Webinar is based on Cognitive Behavioural Therapy (CBT)

What is CBT? It is a talking treatment that helps you think about:

- ☐ **How you think about yourself, the World and other people**
- ☐ **How what you do affects your thoughts and feelings.**

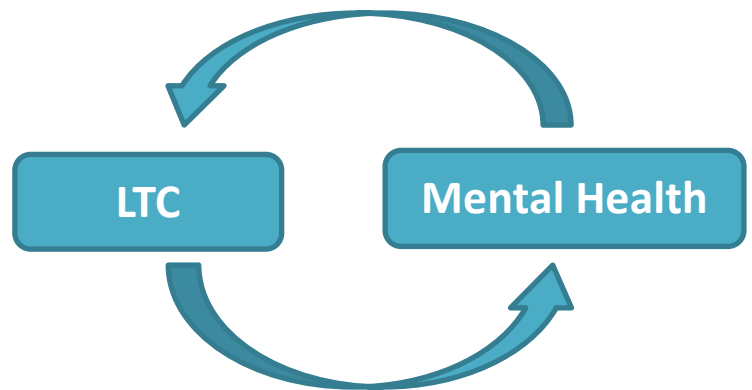
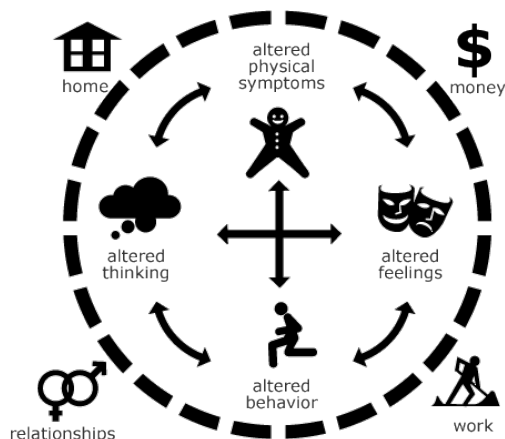
CBT can help you to change how you think ("Cognitive") and what you do ("Behaviour)". These changes can help you to feel better. Unlike some of the other talking treatments, it focuses on the "here and now" problems and difficulties. It looks for ways to improve your state of mind now, rather than focusing on the causes of your distress or symptoms in the past.

How does it work?

CBT can help you to make sense of problems. It does this by breaking them down into smaller parts. It is then easier to see how they are connected and how they affect you.

These five key areas are:

- ☐ **The Situation, relationships, and practical problems you face**
- ☐ **Your thoughts**
- ☐ **Feelings**
- ☐ **Physical symptoms**
- ☐ **Your behaviour or activity levels**

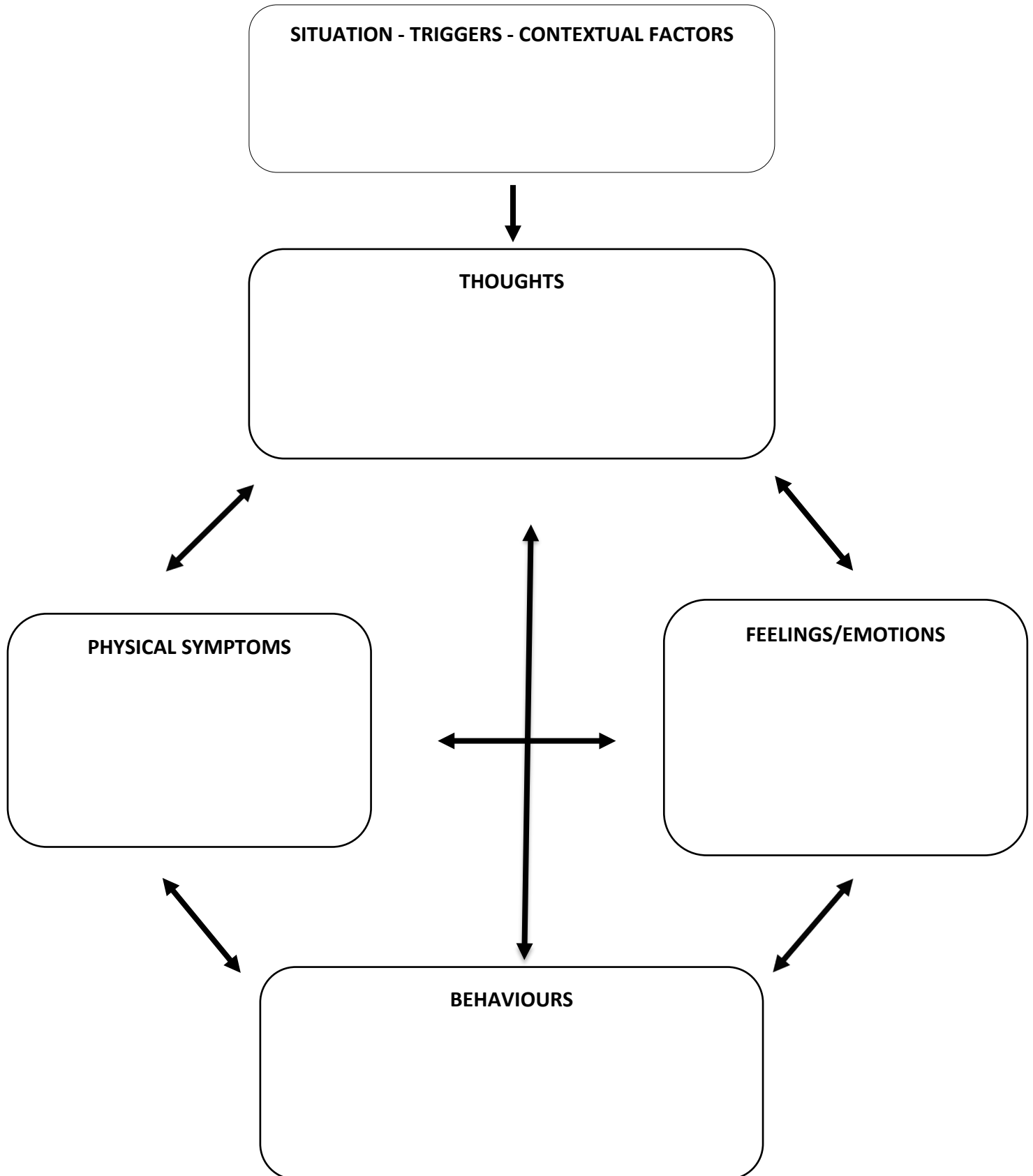


Each of these areas can affect all the others. How you feel physically and emotionally can be affected by how you think about any problems that you have. How you think about those problems can also alter what you do about them. How you feel physically can affect how you feel mentally, and vice versa.

This course will help you to carry out your own five areas assessment, decide which areas to change, and then help you to bring about these changes in a planned step by step way. Low mood or stress can often be caused by many factors, but CBT looks at what might be **maintaining** your symptoms currently and identifying practical strategies to help with this.

My 5 Areas Diagram

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

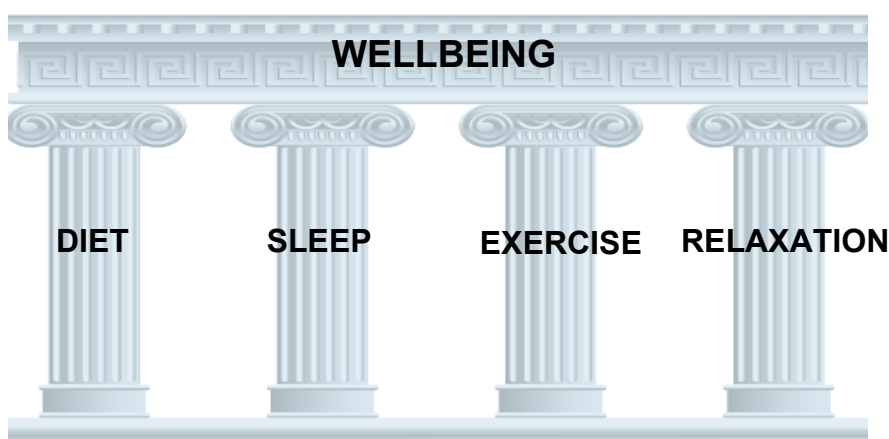


Four Pillars of Wellbeing

Improving mental health can be a hard journey; however, without change everything stays the same. Well done on getting over those first two hurdles – acknowledgement & asking for help. Sometimes when we are feeling down or anxious it's hard to know where to start making changes. As a first step, think about focusing on one of these four areas...

Diet • We are what we eat! • Regular & balanced diet is important – Regulates energy and mood • Alcohol & caffeine can negatively impact mood and anxiety • Reduce 'Added Sugar' intake • Drink plenty of water	Exercise • Exercise increases energy levels & endorphins • Ideally 30 minutes most day • Build into everyday activities – i.e. walk further (parking/next bus stop), take the stairs, walk to next bus stop
Sleep • We have different stages of sleep • Body – don't eat & drink too late • Environment – no screens/TV • Routine – baths, milky drinks, relaxation • 20 minute rule – get up if you cannot sleep and try again when sleepy	Relaxation • Hobbies and interests • Be more aware of the present moment • Use - breathing exercises, Progressive Muscular Relaxation, Mindfulness • Take time out for you

While there might be lots of reasons for changes in our mental health, but often our self-care can be forgotten when we feel down or anxious. Our wellbeing is supported by these 4 areas, like 4 pillars supporting a building. If one or two of them are being neglected, they become wobbly and this can make the building become unstable. Evidence suggests that these four areas can provide us with a solid foundation to start making changes which might help us feel better.



Diet

Healthy Eating

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. It's also recommended to eat at regular times throughout the day. High sugar foods (ready meals, cereal bars, snacks) can cause spikes in our mood and maintain stress levels. Our diet and nutrition can also affect our physical health and LTCs, so improving this can have double the benefit.

Caffeine

Caffeine is a stimulant; it can increase the heart rate and brain activity. Excessive amounts can create a 'high' feeling; however when caffeine leaves the body a 'low' feeling can quickly follow. Excessive amounts can cause physical symptoms similar to anxiety. Drinking caffeine can also cause sleep disturbance. Aim to limit to no more than 2-3x coffee per day.



Alcohol



When we are stressed, in the short-term alcohol appears to relieve symptoms of low mood stress, but in the long-term, prolonged and excessive use of alcohol can lead to a whole host of problems. 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. Alcohol has a depressant effect and can lead to rapid deterioration in mood. Alcohol interferes with sleep patterns which can lead to reduced energy levels. Alcohol depresses the central nervous system, and this can make our moods fluctuate. It can be used by some to help 'numb' emotions, to help people avoid confronting difficult issues. Alcohol is also associated with disruptive sleep patterns, dietary changes and nutritional deficiencies.

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 affecting how you feel.

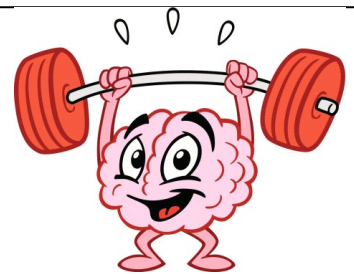
Sometimes people find that if they are going through a stressful period, it can be helpful to reduce or eliminate alcohol or caffeine, to try and help reduce some of the physical symptoms. Find the balance that works best for you!

Keeping Active

Physical Activity - It has long been known that regular physical activity 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 affects certain chemicals in the brain (e.g. serotonin), that affect our mood and can make us feel happier. It can also improve energy levels and helps to regulate and improve sleep. Think about ways you might be able to realistically increase your activity levels – this can include walking, housework, dancing, or gardening.

Most importantly, it's about finding the type of physical activity that works for you, even breaking activity down into small bursts spread across the day, or even just increasing how much we're doing by a minute or two. This may also mean building activity gradually, and planning a time that fits in with your life. If you're not sure about how to do this safely due to your physical health, seek advice from a healthcare professional to help.

Physical Activity Ideas



Plan:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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.

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!

Audio files to try out different relaxation exercises: <https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>

How To Get a Good Night's Sleep

Sleeping is much like eating, drinking and breathing... it is something that everyone does and it's 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 – Make sure you 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 that the room you sleep in is a pleasant place to be

- 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:
 - o Have a soothing drink such as camomile tea or something warm and milky
 - o Have a bath
 - o Try a relaxation or breathing exercise
 - o Read a book

The 20 minute Rule –

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

- 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.



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?

Is your Life in Balance?

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

Value to step closer to

Behavioural Activation

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

What is behavioural activation?

Behavioural activation aims to reintroduce and/or increase the amount of time spent on activities, therefore, targeting the role 'avoidance' plays in maintaining low mood. The idea is to have a balance of routine, pleasurable and necessary activities in our week. Behavioural activation can be broken down into four steps as follows:

1. List all the activities you have been putting off and break these into the three areas mentioned (routine, pleasurable and necessary activities; see the listing activities page).
2. Arrange each activity in to easy, medium and difficult (see the listing activities easy to difficulty page).
3. Starting with the easiest activities, plan a mix of routine, pleasurable and necessary activities in your weekly diary.
4. Use a diary, review how it went and continue to work through easy activities till you're ready to start introducing medium and difficult activities.

Tips:

1. Try not to bombard yourself; Behavioural Activation 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.
2. The more you do the easier it will become. Consider breaking down activities to make them more manageable, particularly with our physical health in mind.
3. Have fun with it; introduce new activities and explore options which will be fun. Perhaps think of things you've always wanted to try but haven't.

Types of Activity:

Routine activities: These are the typical activities we do often, and some daily. For instance, household tasks (e.g. washing, cooking, hoovering, shopping), sleeping routines and personal hygiene (e.g. washing, showering, applying make-up).

Pleasurable activities: These include activities which bring us enjoyment. Social activities (e.g. seeing family and friends) and private activities (e.g. listening to music, watching a film, walking, reading, learning another language).

Necessary activities: These include activities which, if avoided, tend to have repercussions (e.g. paying bills, attending appointments, collecting medication).

Listing Activities

List some routine, pleasurable and necessary activities that you would like/need to get back to doing.

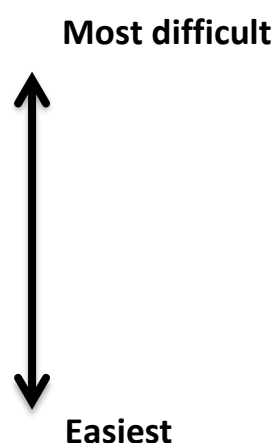
Routine Activities (e.g. washing up, hoovering, cooking, shopping, exercising)

Pleasurable Activities: (e.g. family, friends, private hobbies)

Necessary Activities: (e.g. paying the bills, booking a doctor's appointment)

Listing Activities (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.



Behavioural Activation Diary

Complete the diary with activities you have listed, starting with the easiest ones at first. Ensure to break down activities and have breaks. Management of your long-term condition is important, as how we feel physically impacts how we feel mentally. Behavioural activation takes time; make a note of any difficulties to review.

C1 Behavioural activation diary

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

Why Keep active?

Extensive 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
- self-perception/worth
- 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
- social isolation

How?

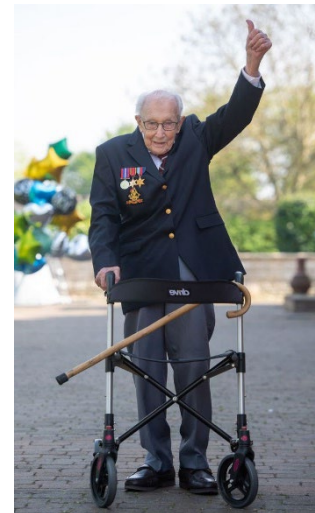
Physical activity is shown to increase levels of Serotonin and Endorphins which makes us happier. These may also be involved in sleep, appetite and sex drive.

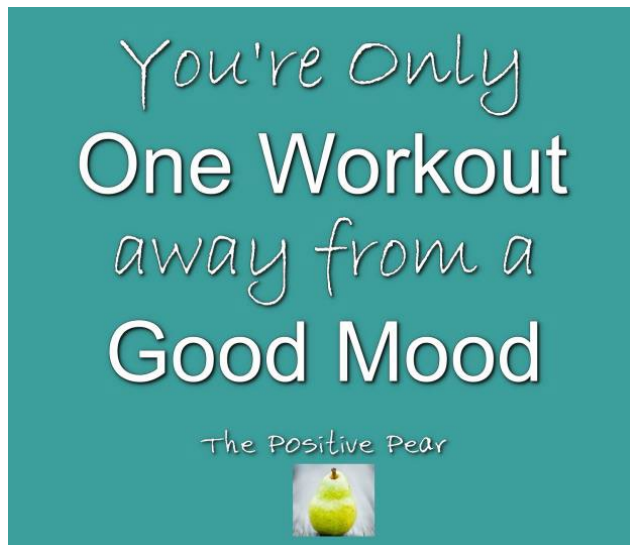
It's so good, in fact:

It is 1 of 4 recommended psychological therapies for people with mild to moderate depression and chronic physical health problems across England and Scotland. Others recommended are CBT courses, 121 CBT & cCBT.

In addition,

Physical activity + Cognitive Behavioural Therapy (CBT)
= longer lasting effects!





How much activity should I aim to do?

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

A Minimum of 30 minutes moderate activity on at least 5 days a week. (60 minutes for children or young adults.)

Or

A minimum of 20 minutes of vigorous activity on at least 3 days a week.

And

approx. 10 strength exercises, 10 repetitions of each, 2 days a week

But

This can be broken up into bite size chunks of 10 minutes or more.

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 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!

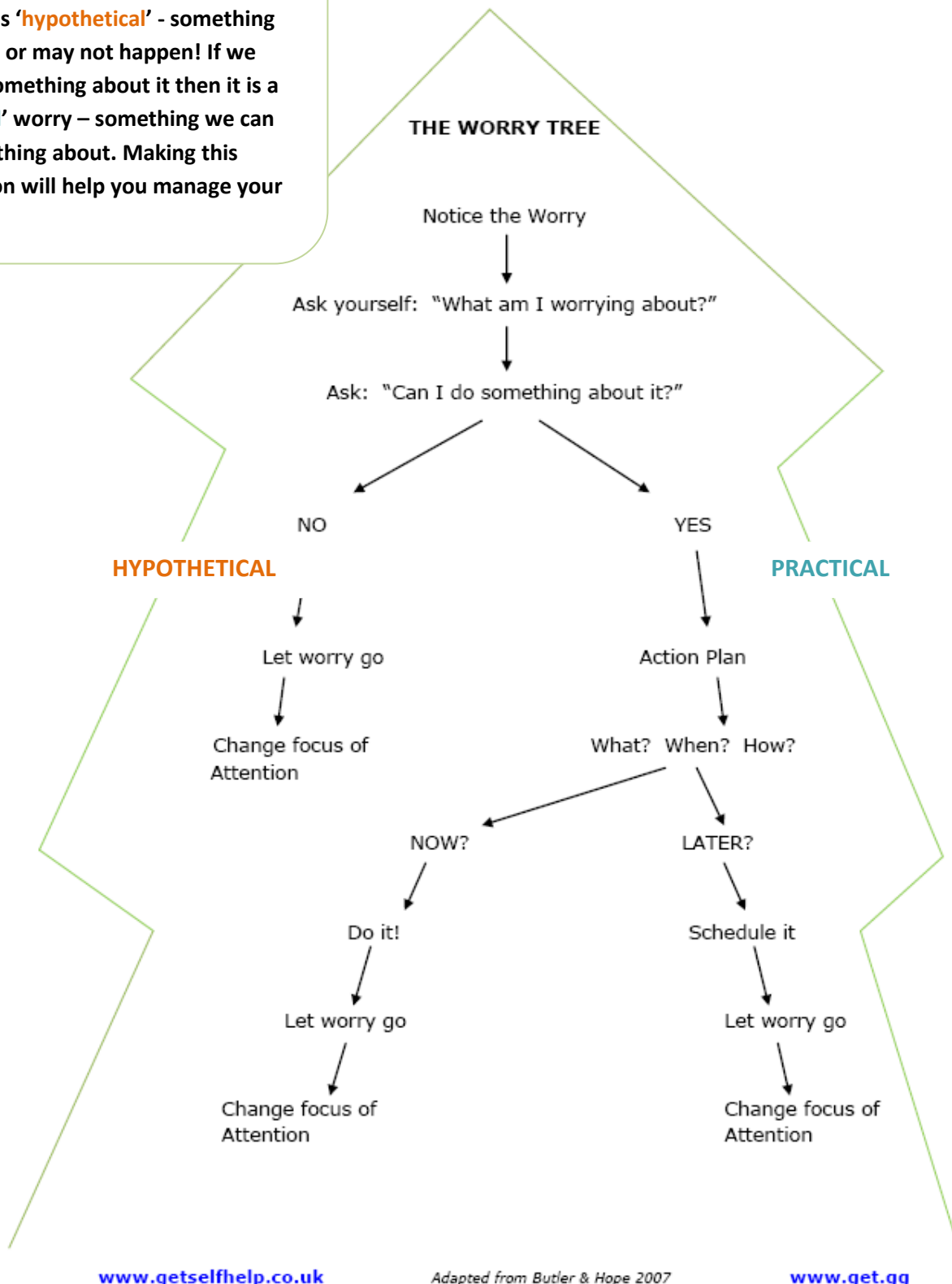
Add your own ideas below:

Your health. Your choice.



Worry Tree

If we can't do anything about our worry it is '**hypothetical**' - something that may or may not happen! If we can do something about it then it is a '**practical**' worry – something we can do something about. Making this distinction will help you manage your worries.



Worry Time



This is a technique which some people find useful to help let go of hypothetical worries. You put aside around 15 minutes at a particular time of the day (e.g. 8pm to 8.15pm; this is your 'Worry Time'). If you start to worry about something at any other time throughout the day, tell yourself that you will save it for your 'worry time' and let it go.

At worry time, sit down somewhere quiet and give yourself permission to worry about the things you have stored up over the course of the day. You may have forgotten some, some things may have already been resolved and you may find that you feel differently about some of the things you were worrying about now that some time has passed.

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: you will worry about it in your next worry time.



Worry Time Technique

Step One: Set a daily worry time. For example, 15 minutes at 7:30pm.

Step Two: When you notice a worry during the day, label it, 'I'm just worrying about.....', write it down if you can (see 'worry diary')

Step Three: Accept the worry is there and ask yourself, 'can I do anything about this right now?' If no.....

Step Four: Let the worry go (for now) and refocus attention using your senses

Step Five: At worry time, your time to worry by going through any worries you noticed during the day. Then repeat the process from step one.

My 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 (record the worry as practical 'P' or hypothetical 'H')

Problem Solving

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

Step One: Problem Identification Write down the problem you want to solve
Step Two: Solution Identification Write down all solutions that come to mind
Step Three: Strengths vs Weaknesses of solutions
Step 4: Which solution will you select?
Step 4: Plan
When: Where: Who: Anything to do before:
Step 6: Implement the plan
Step 7: Review it

Problem Solving: Solution Analysis

Solution	Solution Analysis								
	Solution Analysis								
	Solution Analysis								
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	Solution Analysis								
	Solution Analysis								
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Strengths	Solution Analysis								
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Unhelpful Thinking Styles

Over the years, 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.

Mental Filter - When we notice only what the filter allows or wants us to notice, and we dismiss anything that doesn't 'fit'. Like looking through dark blinkers or 'gloomy specs', or only catching the negative stuff in our 'kitchen strainers' whilst anything more positive or realistic is dismissed. <i>Am I only noticing the bad stuff? Am I filtering out the positives? Am I wearing those 'gloomy specs'? What would be more realistic?</i>	Judgements - Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for. <i>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?</i>
Prediction - Believing we know what's going to happen in the future. <i>Am I thinking that I can predict the future? How likely is it that that might really happen?</i>	Emotional Reasoning - I feel bad so it must be bad! I feel anxious, so I must be in danger. <i>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</i>
Mind-Reading - Assuming we know what others are thinking (usually about us). <i>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?</i>	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 <i>Am I exaggerating the bad stuff? How would someone else see it? What's the bigger picture?</i>
Compare and despair Seeing only the good and positive aspects in others, and getting upset when comparing ourselves negatively against them. <i>Am I doing that 'compare and despair' thing? What would be a more balanced and helpful way of looking at it?</i>	Catastrophising - Imagining and believing that the worst possible thing will happen <i>OK, thinking that the worst possible thing will definitely happen isn't really helpful right now. What's most likely to happen?</i>

Critical self Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility <i>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?</i>	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'. <i>Things aren't either totally white or totally black – there are shades of grey. Where is this on the spectrum?</i>
Shoulds and musts - Thinking or saying 'I should' (or shouldn't) and 'I must' puts pressure on ourselves, and sets up unrealistic expectations. <i>Am I putting more pressure on myself, setting up expectations of myself that are almost impossible? What would be more realistic?</i>	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. <i>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.</i>

STOPP Technique

- Stop
- Take a deep breath down to your tummy
- Observe what is going on
- Pull back the blinkers and put into perspective
- Put into practice what works

Thought Record Sheet

Situation (what was I doing)	Unhelpful Thoughts / images (belief rating out of 100%)	Emotions (rate intensity out of 100%)	Evidence for / against that thought (only use factual evidence)	Alternative/ Realistic thought more balanced perspective (Rate belief in new thought out of 100%)	What I did/ What I could do/ What's the best response? 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?	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 could I do differently? What would be more effective? Do what works! What's most helpful for me?

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?
 - a. Is this realistic in the time I have for the appointment?
 - b. Do I need to ask for more time, or prioritise my questions?
 - c. 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 bring 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.

Wellbeing First Aid & 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.

Relapse Prevention Planning

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:

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

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?
 - Am I experiencing a particularly challenging time at the moment? Do I notice any warning signs? If so, what would be helpful to do in response?
-

Relevant 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=EAlaIqObChMI9pa9lLeN6QIVy7HtCh2wig5sEAAYASAAEgKlXPD_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: 0300 123 5440
- In an emergency, urgently attend your **Accident and Emergency** Department at your local **hospital** or dial **999**