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# Wellbeing support

# Introduction

## Staff introductions

Sarah Breed- SPWP  
Alice Earnshaw- PWP

## Q&A

- We will ask some questions to the group
- Any questions as we go through please just ask
- Any questions you want to ask in private feel free to ask after the presentation



# Keeping safe



It is quite normal to have some fleeting thoughts about not wanting to live, if you have been feeling low or anxious



It can be helpful and reassuring to speak to friends and family about these thoughts or any difficult situations for support



Should your current situation worsen, and you feel you cannot keep yourself safe, you can contact your GP and make an emergency appointment. Out of hours, you can call **NHS 111** or the **Samaritans on 116 123**; alternatively email **jo@Samaritans.org**



If you are worried about your immediate safety, you can **call 999**

# Aims

Today's aims:



To explain **Cognitive Behavioural Therapy**



Help you to **understand worry & low mood symptoms**



Help you to **recognise your symptoms** and how these impact on your day to day life



Teach you some quick **tools and techniques which can help** you to manage your symptoms

# Plan for today...



Cognitive Behavioural Therapy and the CBT model



Explore common thoughts of worry and low mood



How worry and low mood impact our behaviour



Explore physical symptoms of worry and low mood



Tools to manage worries and low mood



Relaxation and breathing techniques



# What is the impact of poor wellbeing

> Affects sleep

> Increases stress and anxiety

> Poor concentration

> Low mood

> Not 'present'

> Not able to enjoy life

> Low motivation

> Affects relationships

> Less effective at work or at home



# Cognitive Behavioural Therapy



Works on present maintenance cycles



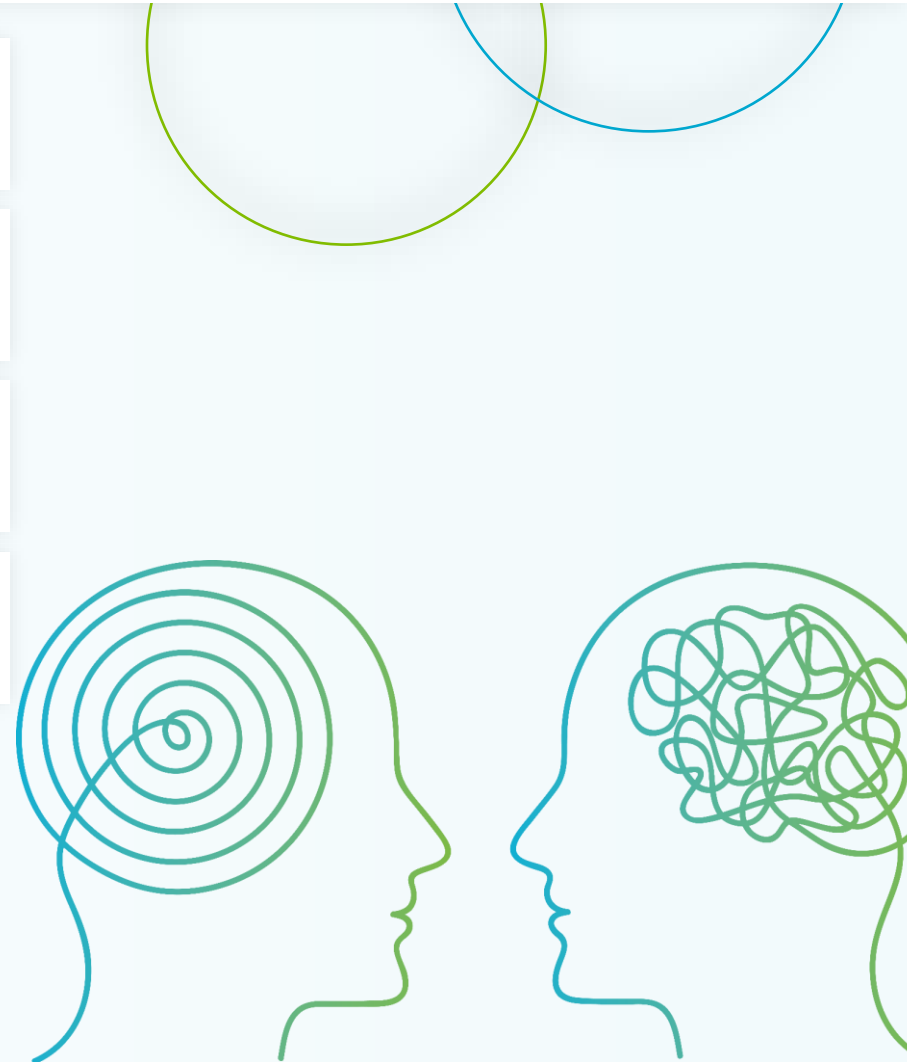
Solution-focused



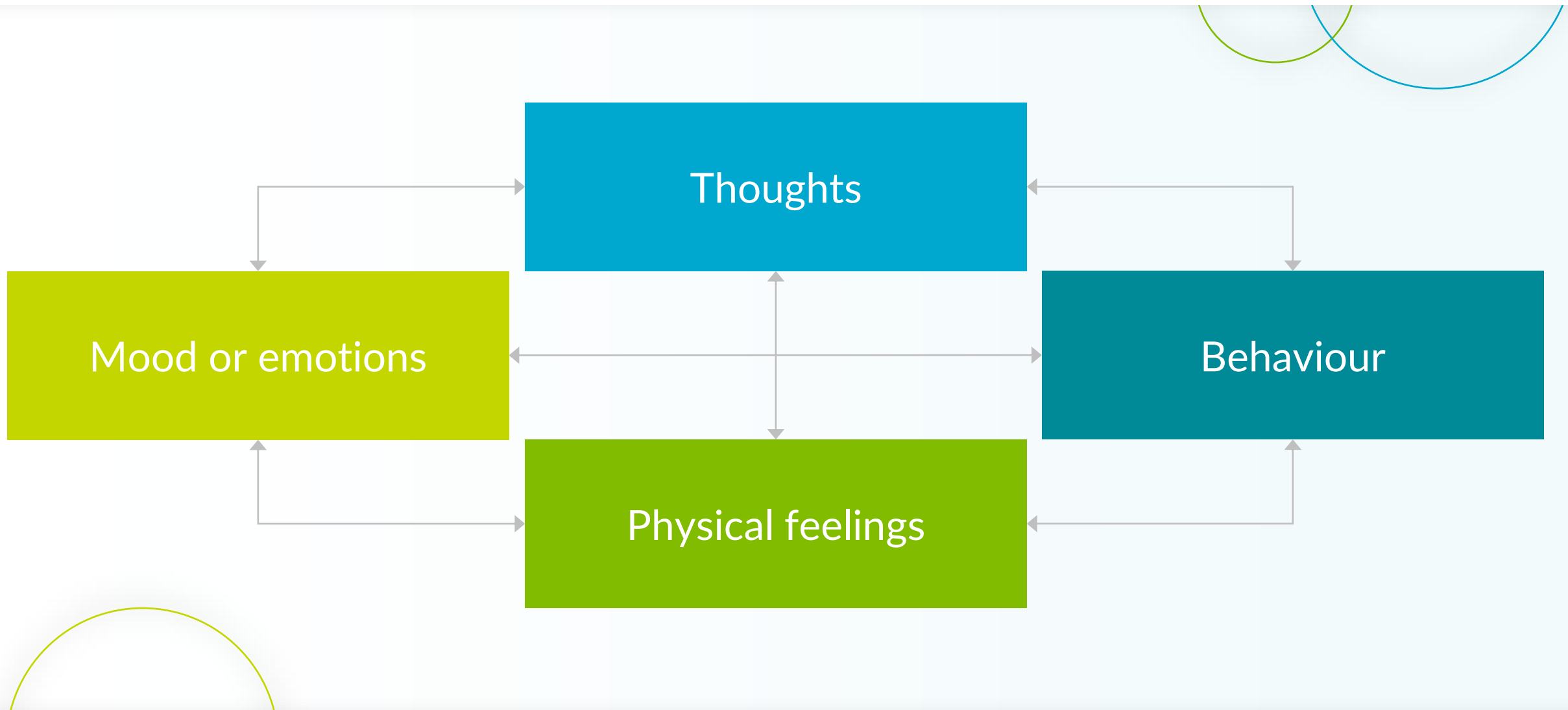
Uses evidence-based techniques to make positive changes to break out of these cycles and improve wellbeing



You can become your own therapist

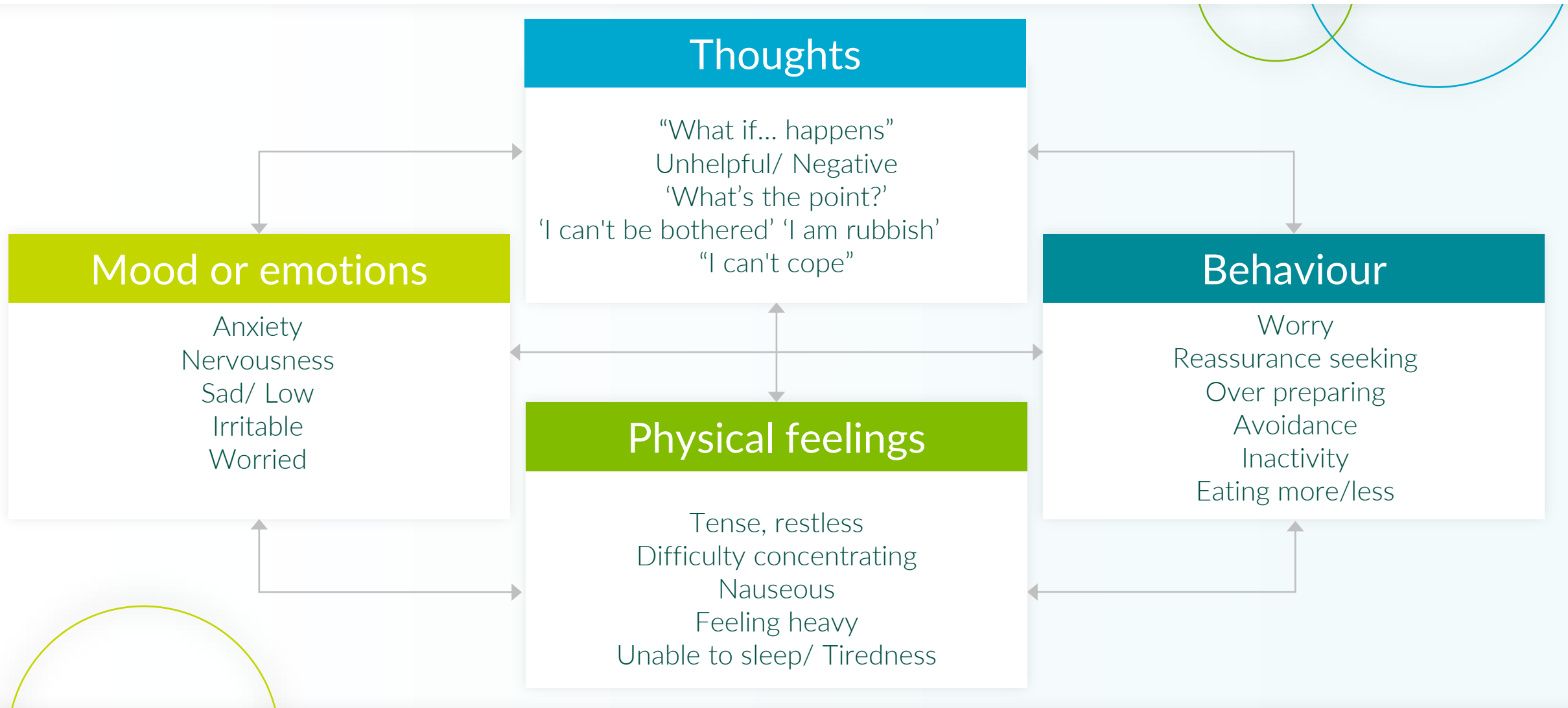


# The CBT model

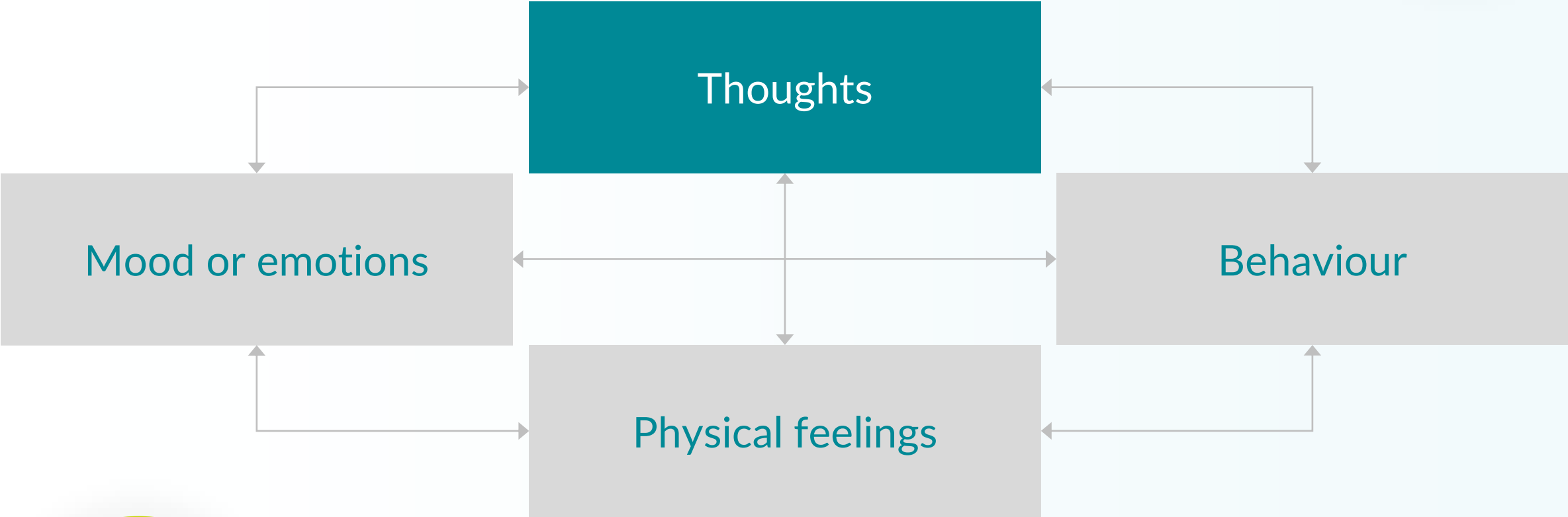




# Example CBT cycle



# Effect of thoughts on wellbeing



# Worry is...



Normal – most people experience some level of worrying



Overestimating the perceived danger and underestimating our ability to cope with it



Imagining the **worst possible outcome**



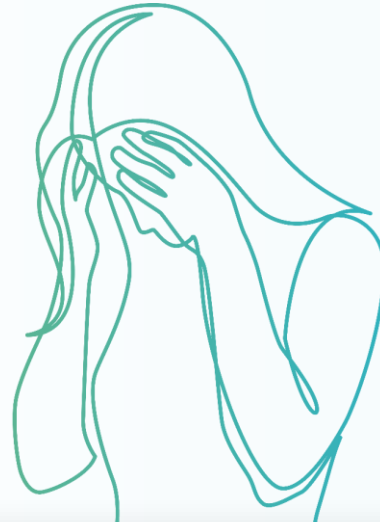
“What if...?” thoughts.



Trying to problem solve something which has **no clear answer**



Can lead to behaviours such as **reassurance seeking or avoidance.**



# Writing worries down

The benefits of writing our worries down:



Start to notice worrying - sometimes we can break the habit just by recognising we're doing it



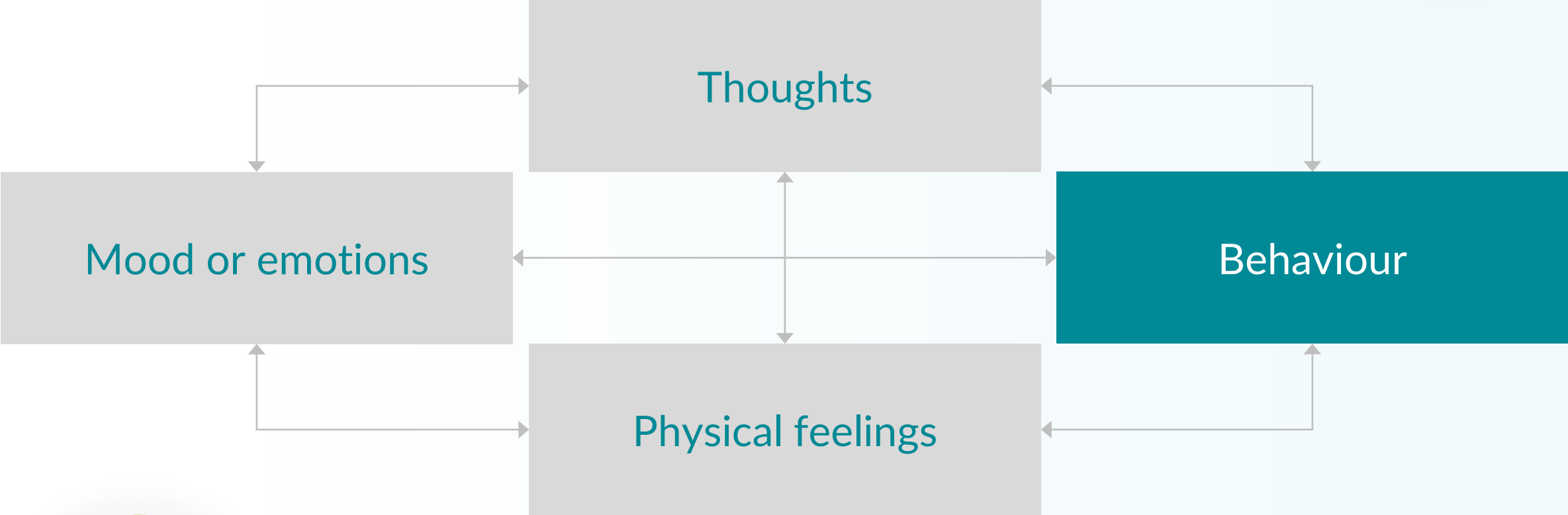
Feels 'safe'- we know the worry is there and we won't forget about it



# Worry diary

Date and Time	The situation	The worry	My emotions (intensity 0-10)
12/2/20 11:00	Sitting at home thinking about my daughter	What if my daughter is ill at school?	Anxious, overwhelmed (8)
18/2/20 17:00	Driving to my friends house	The car is making a strange sound	Anxious (7)

# How behaviour impacts wellbeing



# Behaviours - Inactivity and low mood



When we feel depressed we tend to withdraw more



We may stop doing activities or do them less often



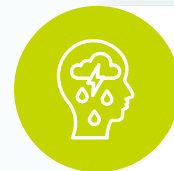
We experience **short-term relief from not doing these activities**



This relief encourages us to do less - **when we do less, we want to do less**



But in the long-term, **doing less means we don't experience a sense of achievement or enjoyment**



This can keep the depression going

# Cycle of low mood and reduced activity





# Behavioural Activation (BA)



Breaks the vicious cycle of low mood



Increases activity in a very gradual way



Reduces unhelpful behaviours



Achieves a more balanced lifestyle



Improves energy levels, motivation and confidence



# Identify routine, pleasurable and necessary activities

In Behavioural Activation, we look at three categories of activity:

<b>Routine</b>	Activities that you do regularly	E.g. cooking, cleaning, shopping for food, self-care
<b>Necessary</b>	Activities that are very important and for which there is a consequence if they are not done	E.g. paying bills, getting an MOT for the car, taking children to school, making medical appointments
<b>Pleasurable</b>	Activities you used to enjoy or new things that you would like to try	These are individual but may include social activities, hobbies or interests



Record the activities that you have **stopped** doing and some things you would like to **start doing**

# Example: Alex

Routine	Necessary	Pleasurable
Washing up	Exercise – going to the gym	Meeting up with friends
Vacuuming	Food shopping	Going to the cinema
Making a simple snack or sandwich	Getting to work on time	Texting a friend
Cooking a meal	Make dentist appointment	

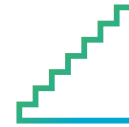
# Put the activities in a hierarchy



Look at your list of activities and think about **how difficult you would find them** to do in the next week or so



Put them in **order** from the easiest to the most difficult



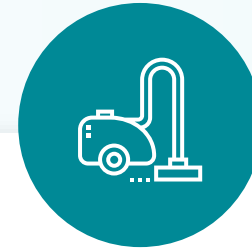
If all the tasks seem difficult, think about **breaking them down** into smaller steps

# Breaking down activities



Clean the house' could be broken down into

- Clean the lounge
- Clean the kitchen
- Clean the bedroom



If this seems too daunting then you could break these down further

- Tidy the lounge
- Vacuum the lounge

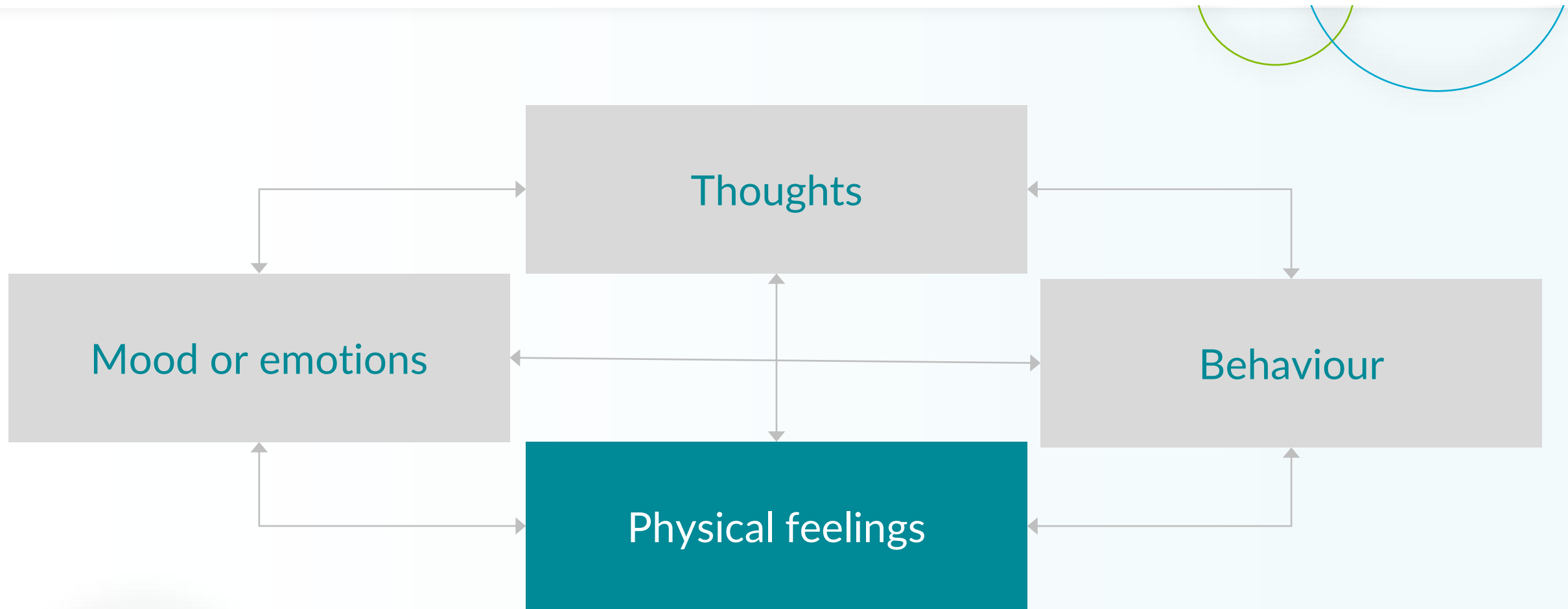
# Alex's Hierarchy

Most difficult		Medium difficulty		Easiest	
Going to the gym	<b>N</b>	Getting to work on time	<b>N</b>	Vacuum one room	<b>R</b>
Going to the cinema with friends	<b>P</b>	Going food shopping in a supermarket	<b>N</b>	Going food shopping online	<b>N</b>
Vacuuming the whole house	<b>R</b>	Seeing friends	<b>P</b>	Washing up	<b>R</b>
Cooking dinner	<b>R</b>	Making a simple lunch or snack	<b>R</b>	Texting a friend	<b>P</b>
Making dentist appointment	<b>N</b>				

# Planning

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		Work	Work	Work	Work	Work	<b>Make dentist appointment</b>
Afternoon	<b>Vacuum bedroom</b>	Work	Work	Work	Work	Work	<b>Online food shop</b>
Evening				<b>Text Amanda</b>			
Comments							

# How physical feelings impact wellbeing





# Physical symptoms



Heart racing



Breathing difficulties



Lightheaded or feeling faint



Sweating



Tiredness



Feeling sick/nauseous



Butterflies or discomfort  
in your stomach



Feeling heavy



Low appetite or overeating



Poor concentration  
& memory



Shaking, or trembling



Tension in muscles  
(shoulders, jaw)



Tightness or pain or  
pressure in the chest



Low motivation



Unable to relax



Restless

# Why does this happen?

## The fight or flight response

- > We experience a psychological sense of danger
- > Our body produces the hormone **adrenaline**
- > It is helpful in keeping us safe, preparing us to cope with a physical threat
- > It is not as helpful when the danger is a 'psychological threat'



# Ways to improve physical symptoms



Self-care



Sleep



Keeping active



Eating well



Relaxation



# Sleep

## What affects sleep?

- Stress, anxiety & low mood
- Poor sleeping environment and sleep routine
- Lifestyle factors
- Physical health conditions
- Medication

## What if we don't sleep well enough?

- Lack of concentration
- Irritability
- Decreased performance and alertness
- Memory and cognitive impairment
- Decreased perceived ability to cope with stress
- Negative impact on relationships
- Low Mood and/or Anxiety

# Sleep tips



# Keeping active

## Physical benefits

- Reduces risk of heart disease and stroke
- Reduces blood pressure and cholesterol
- Maintain healthy weight
- Less likely to have back pain

## Psychological benefits

- Confidence
- Endorphins
- Serotonin
- Connection with others
- Sense of achievement

# Eating well



Eat regularly



Avoid processed high sugar content foods



Eat more:

- Wholegrain foods
- Omega 3 e.g. oily fish, nuts
- Protein (tryptophan) e.g. meat, fish, cheese, eggs, nuts, beans



Stay hydrated and limit caffeine



Avoid alcohol and illicit drug use



# Relaxation



Reduces tiredness



Improves performance



Pain management



Coping with stress



Improves sleep



Improves self-confidence



Improves personal relationships





# Refocusing techniques

- After writing down your worry, bring yourself back to the present moment
- Noticing things around you
- Engaging all your 5 senses
- Listening to music
- Watching something enjoyable
- Deep breathing or one of the relaxation techniques you've learned
- Breathing techniques – try the 'rectangle breathing' from Week 1

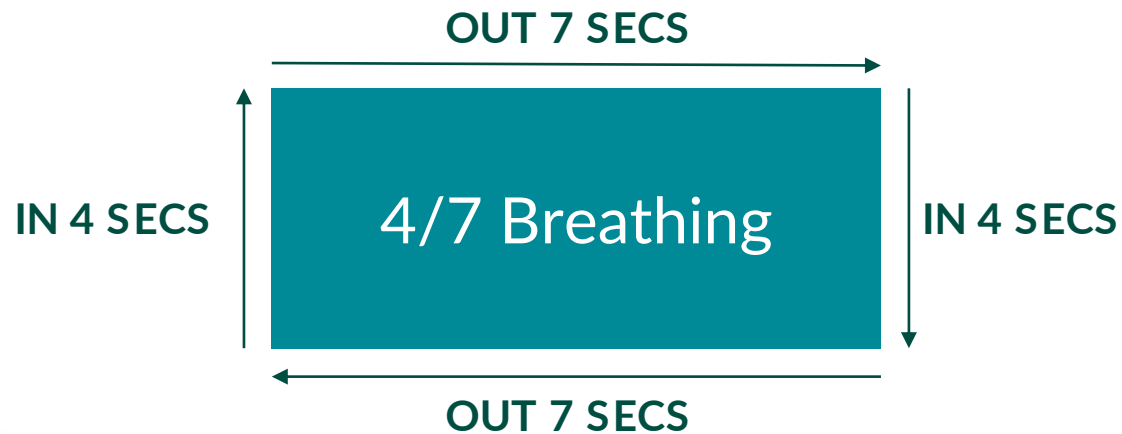
- Playing a game
- Playing with your children
- Talking to someone (not about your worry!)
- Do something practical e.g. cooking
- Do a different task
- Change your environment
- Physical exercise
- Go for a walk
- Be creative
- Read a book

# Breathing techniques

1

## 4/7 breathing

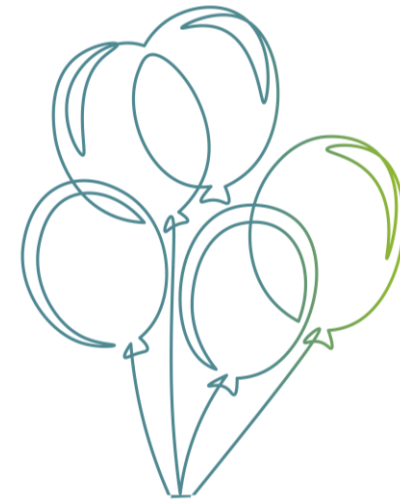
- Breathe in as you count to 4, and breathe out as you count to 7



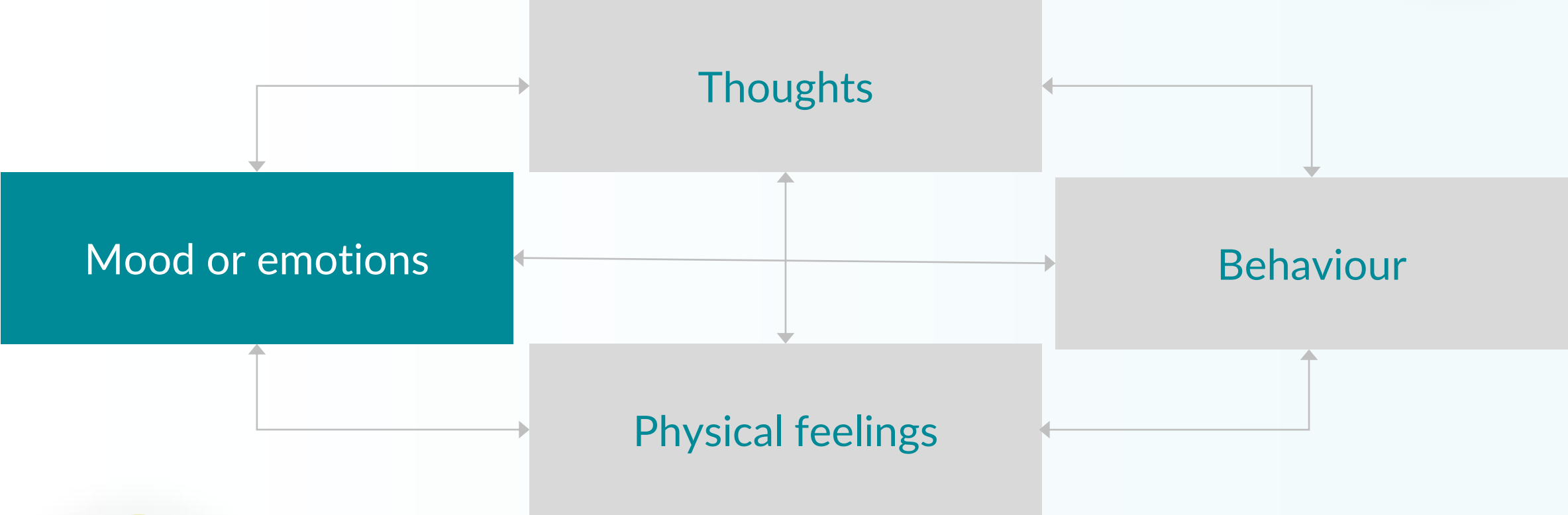
2

## Belly breathing

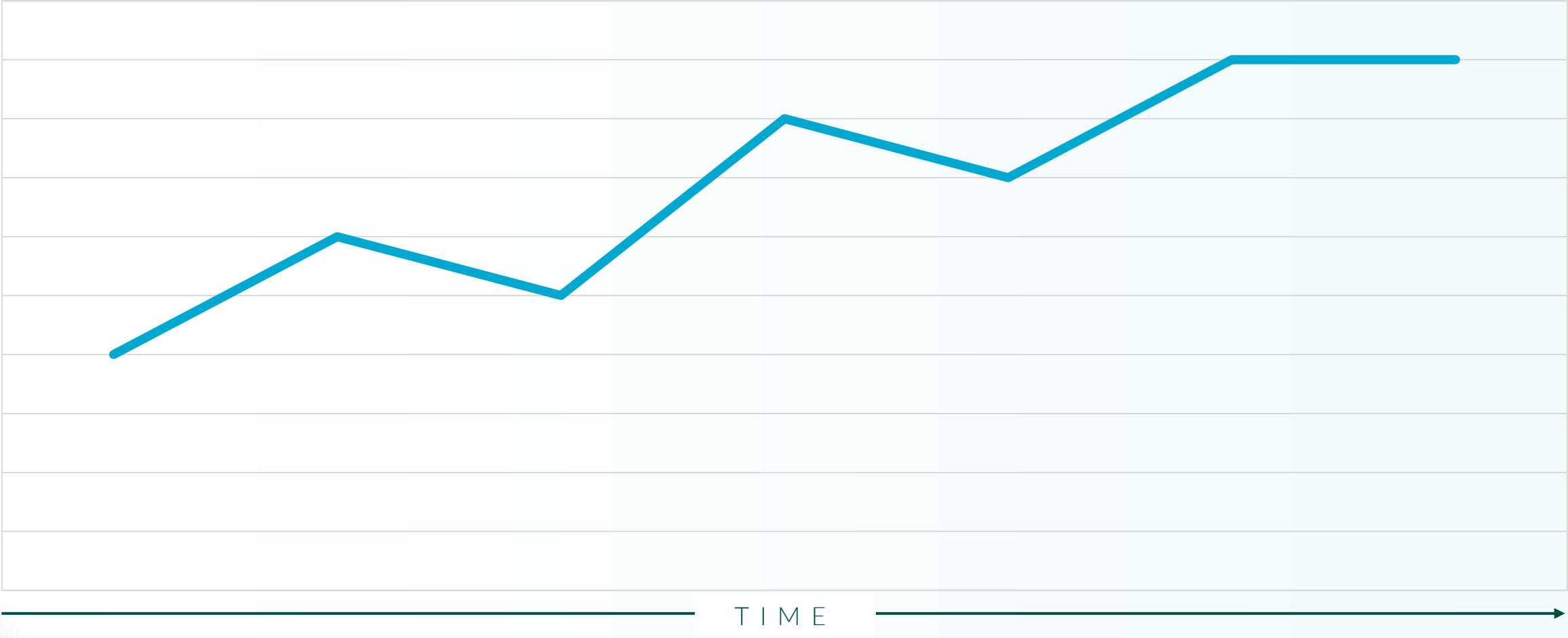
- As you breathe in, expand your stomach, as you breathe out, allow your stomach to contract. Imagine having a balloon in your stomach!



# How mood and emotions impact wellbeing



# Mood & emotions



# Breathing exercise



# Q&A

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**vita**  
health group