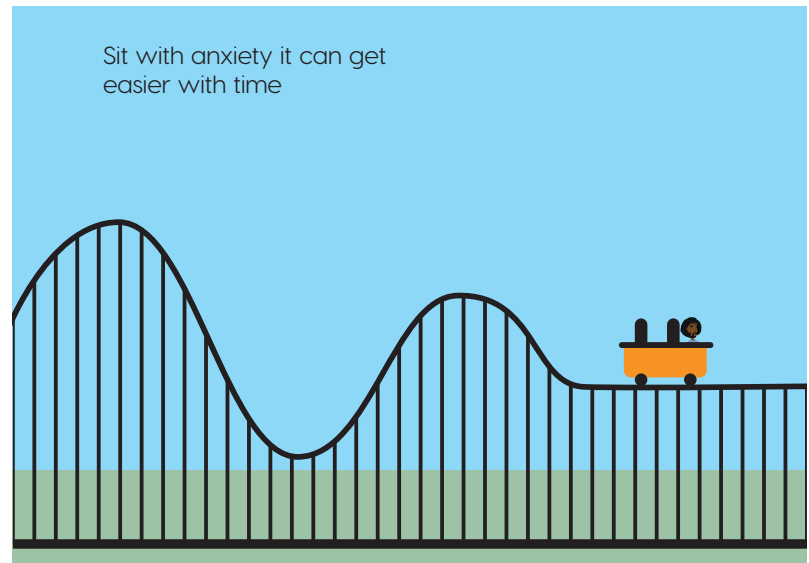


What thoughts do I struggle with?



What techniques help me with anxiety?
e.g. breathing, checking the evidence?

My fears might be bigger in my mind than
they are in reality



Avoidance makes things
harder in the long run



Face my fears one
step at a time



If I face my fears what would I be doing?

Unhelpful thinking patterns:
Notice them
Challenge them
Take them with a pinch
of salt



I can't do this

I'm rubbish

I should give up


I'm a failure

Nobody likes me

What challenges help me?

Black and white thinking

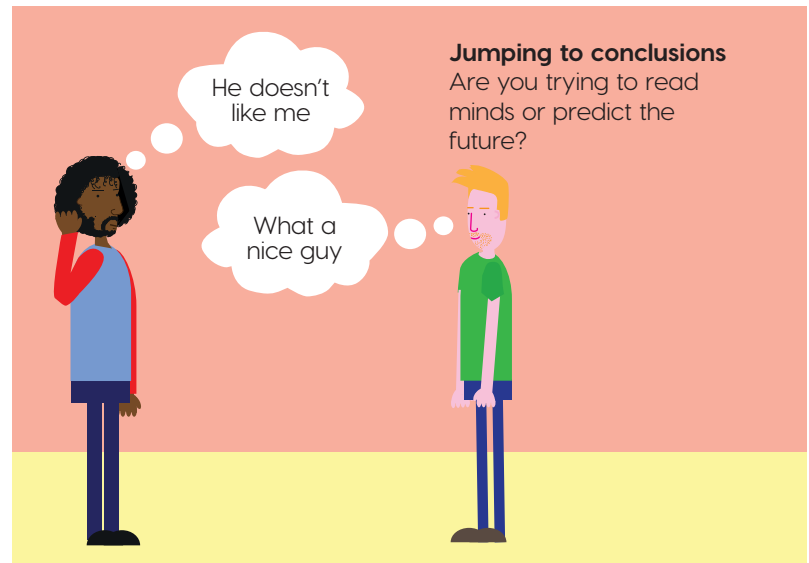
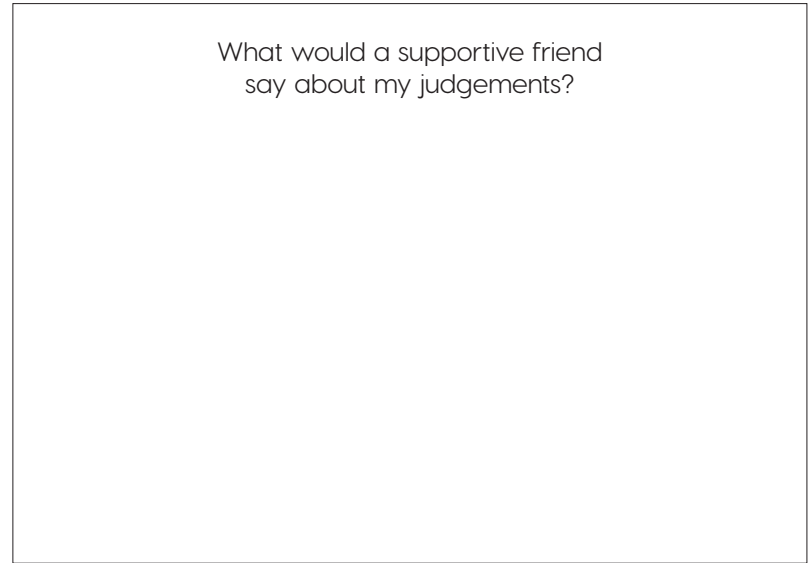
What am I missing
in the middle?



I'm not able
to do this

I might be able
to do this so I'm
going to try

I can
do this



I didn't win

Well done you came second

Focusing on the Bad
Remember to look at what you are doing well! What would someone else say?

She didn't say hello. She must hate me

Or maybe she is very busy

Weigh up the evidence
Am I focusing on the evidence to 'fit the crime' and missing out the bigger picture?

I can't do it. I'm not any good

Beware rumination and worrying.
It can make one worry snowball into a much bigger worry.

What helps me to stop ruminating?
e.g. mindfulness, worry time, engaging in interesting activities



Avoiding emotions

Can you practise sitting with them instead?

Mindfulness - just notice and breathe



Emotions are like the weather

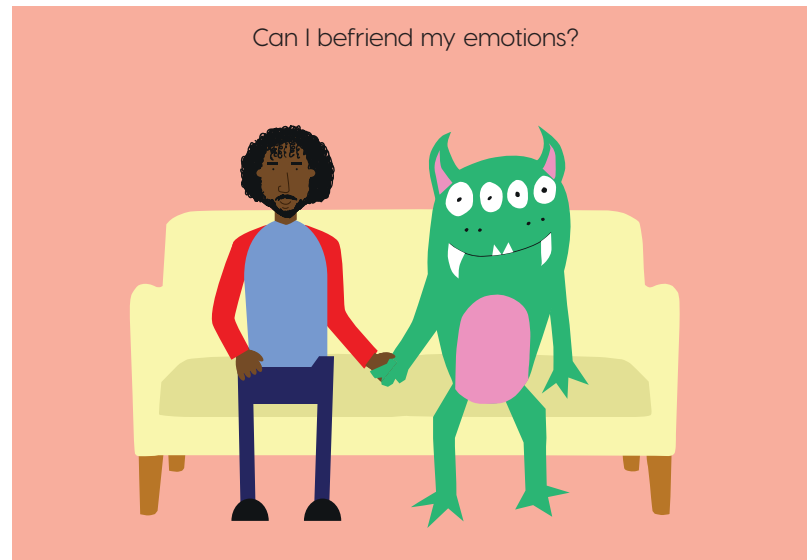
Just like the weather, thoughts and feelings change in time.

The intensity of what you are feeling right now will pass.

Let the storm pass. It will stop raining.



When I avoid emotions they don't disappear, they go to the gym, work out and come back and beat me up!



Can I befriend my emotions?

What are they trying to tell me?
e.g. You are sad, be kind to yourself



Other resources:

CBT books:
Mind Over Mood – Dennis Greenberger

Video:
https://youtu.be/9c_Bv_FBE-c

On line self help:
getselfhelp.co.uk

<https://www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies/>

Other resources:

On-line support - Mind Mental Health Charity:
<https://www.elefriends.org.uk/>

APP:
Catch It - <https://www.liverpool.ac.uk/csd/app-directory/catch-it/>

Created by
Bethany Wood
workplaycreate.co.uk