

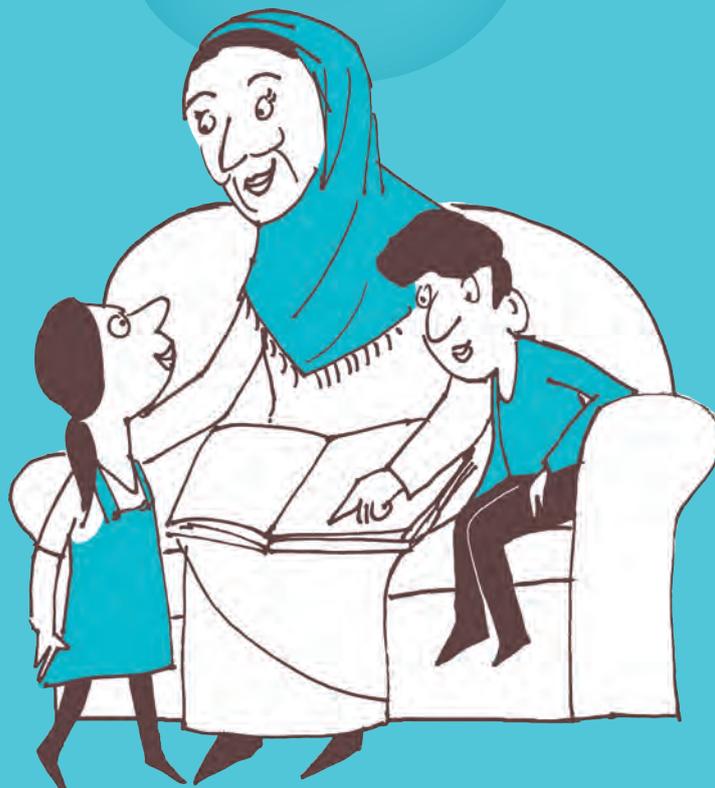
# Connect 5

CHANGING THE CONVERSATION ON MENTAL WELLBEING

LIVE ONLINE

## Module 3

### Participant Notes



# AN INTRODUCTION TO...

# CONNECT 5 SESSION 3

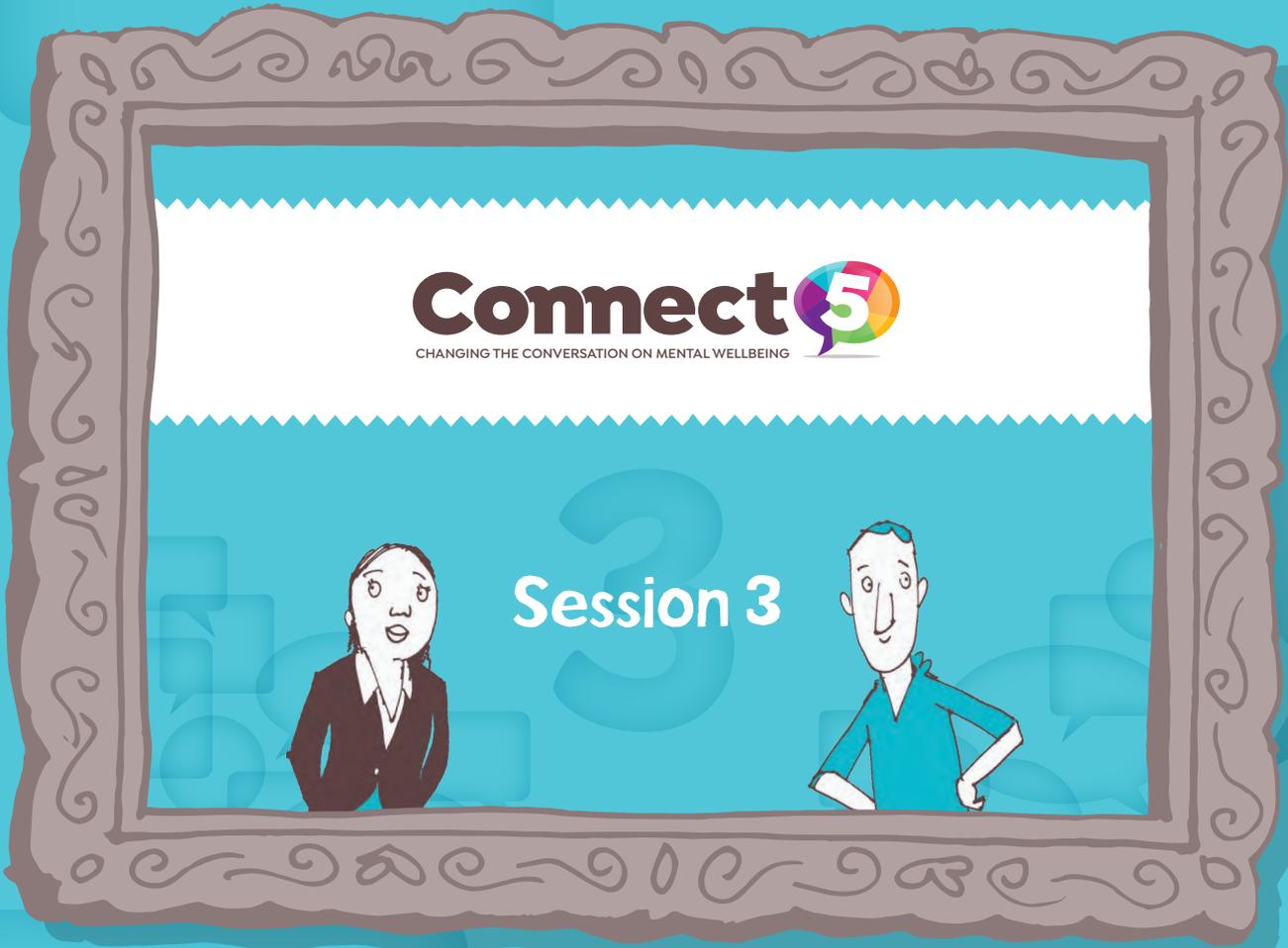
**The aim of Connect 5 is to improve population mental wellbeing by changing the way we have conversations about mental wellbeing.**

## **Session 3: Extended mental wellbeing intervention**

The intended outcome of session 3 is to change the way we have mental wellbeing conversations so that we have conversations that empower a person to make changes that address their mental wellbeing needs.

### **The purpose of Connect 5 session 3 is to:**

- ▶ Explain a number of strategies and techniques that break the vicious cycle at each of the five areas.
- ▶ Practice implementing self-management strategies to support successful change processes.
- ▶ Practice working collaboratively to set goals and agree way forward.
- ▶ Incorporate self-management strategies and resources into everyday practice.





The aim of Connect 5 is to improve population mental wellbeing by changing the way we have conversations about mental wellbeing.

### *EXTENDED MENTAL WELLBEING INTERVENTION*

The intended outcome of session 3 is to change the way you have mental wellbeing conversations so that you have conversations that empower a person to make changes that address their mental wellbeing needs.

**By the end of the session you will:**

- ▶ Explain a number of strategies and techniques that break the vicious cycle at each of the five areas.
- ▶ Practice implementing self-management strategies to support successful change processes.
- ▶ Practice working collaboratively to set goals and agree a way forward.
- ▶ Incorporate self-management strategies and resources into everyday practice.



### *ON YOUR CONNECT 5 JOURNEY SO FAR*

What have you learnt?

What are you pleased about?

What have you tried?

What are you concerned about?



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the full  
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## Vicious Cycle

From the:  
Understanding your feelings/  
Why do I feel so bad  
resources.

What's going on? Describe the situation:

---

My thoughts:

My feelings:

My behaviour:

My body:

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**Flourishing wellbeing**  
Feeling good and doing well

**No symptoms of mental illness**

High wellbeing and no symptoms of mental illness

Low wellbeing and no symptoms of mental illness

**Many/severe symptoms of mental illness**

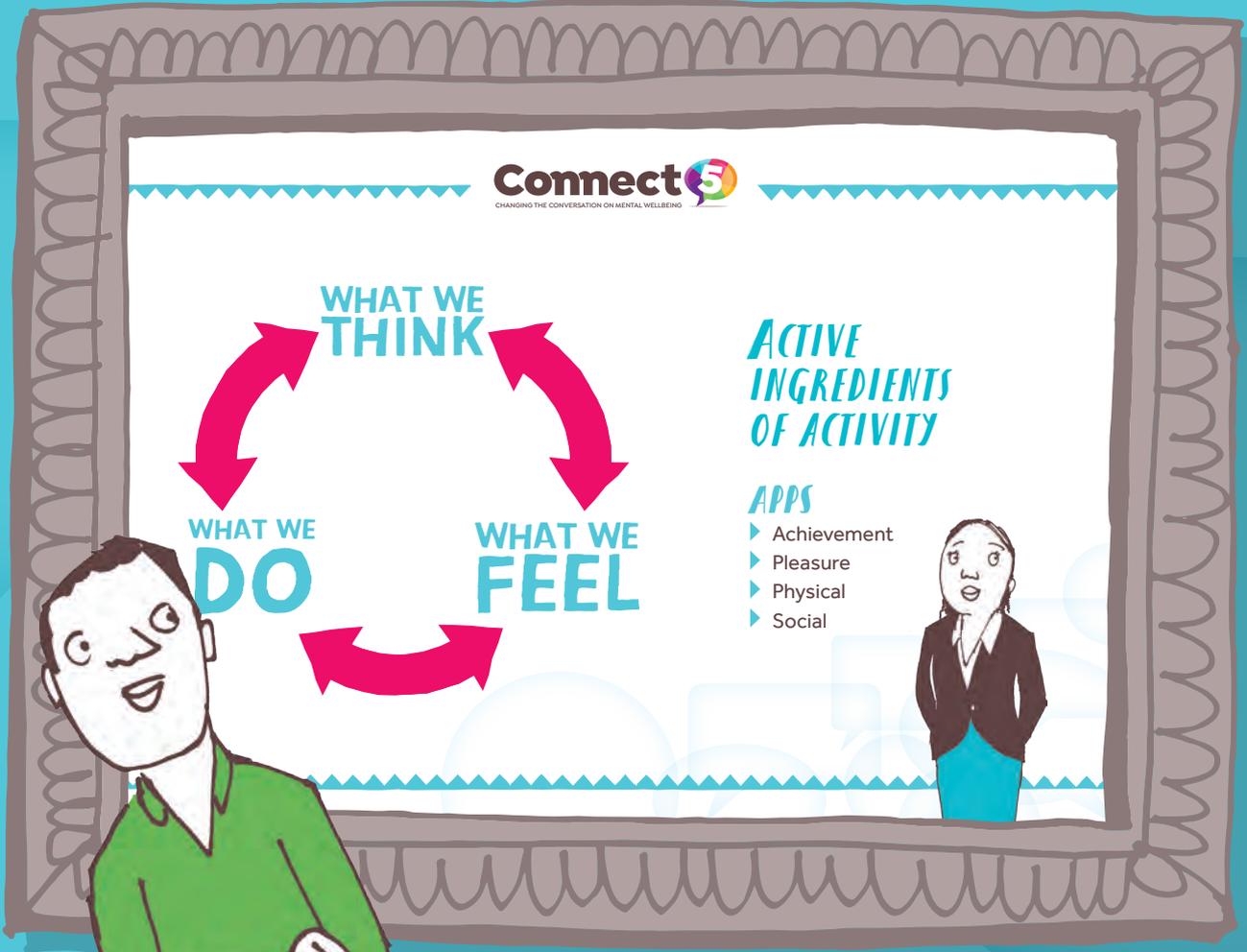
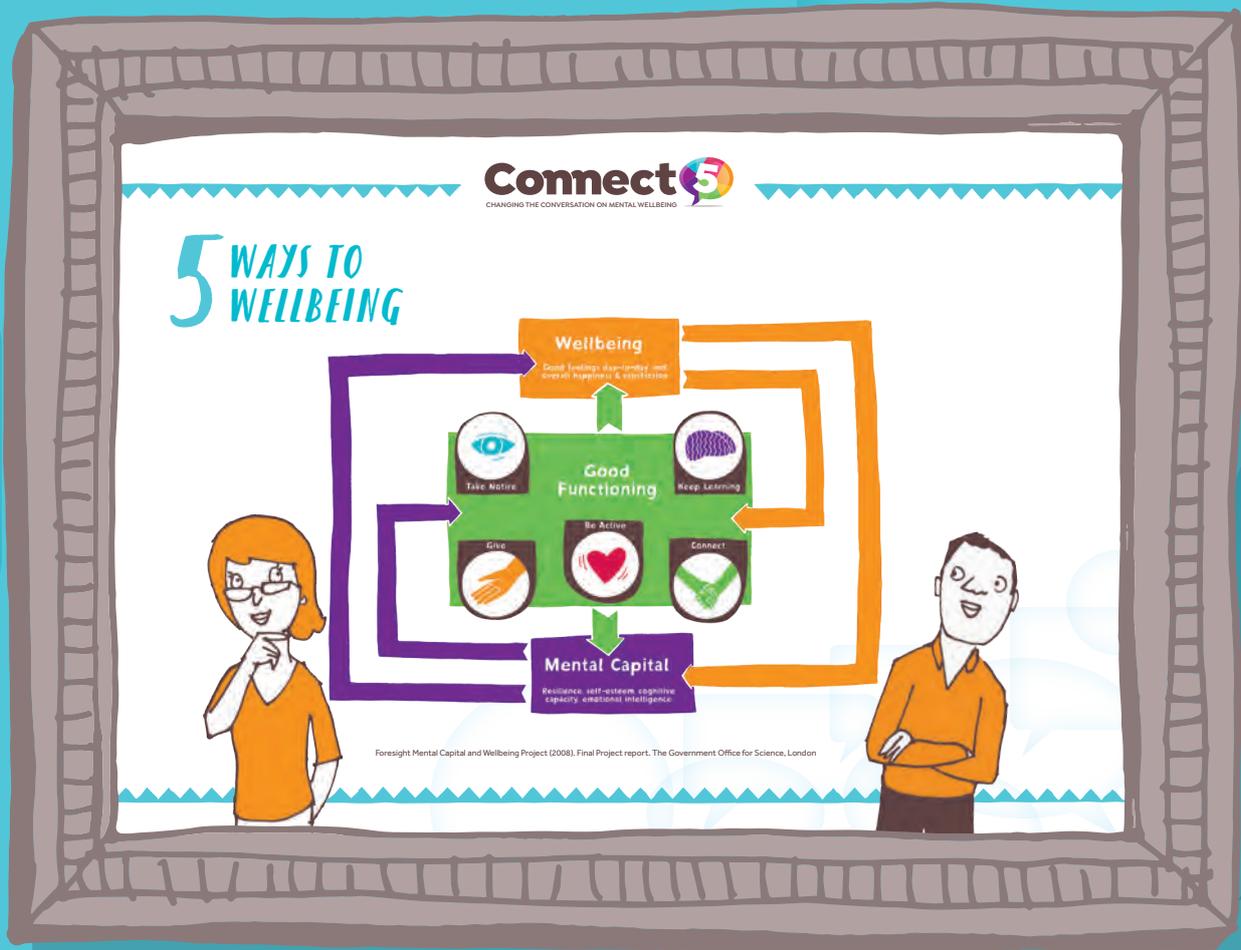
High wellbeing and symptoms of mental illness

Low wellbeing and symptoms of mental illness

**Languishing mental wellbeing**

Keyes C.L.M. (2005). Mental illness and/or mental health? Investigating axioms of the complete state model of health. *Journal of Consulting and Clinical Psychology*, 73, 539-548





**Connect 5**  
CHANGING THE CONVERSATION ON MENTAL WELLBEING

## THE CONNECT 5 WHEEL OF INTERVENTIONS

Situation  
Behaviour  
Thoughts  
Feelings  
Physical

**Connect 5**  
CHANGING THE CONVERSATION ON MENTAL WELLBEING

## PSYCHOLOGICAL PRINCIPLES THAT UNDERPIN SUCCESSFUL CHANGE

- ▶ Get specific: pin down the change the person wants to make.
- ▶ Focus in on action.
- ▶ Agree a plan.
- ▶ Review next time you meet.

Miller, W. R. & Rollnic, S. (2012) Motivational Interviewing: Helping People Change, 3rd Edition. New York: Guilford Press, 2013

## SCALING

- ▶ A flexible technique that helps to highlight movement within someone's situation.
- ▶ Used to show what resources people already have inside them.
- ▶ Highlights the possibility of change.
- ▶ A way of finding exceptions within people's situations.
- ▶ Focuses on the solution rather than the problem.

## SCALING



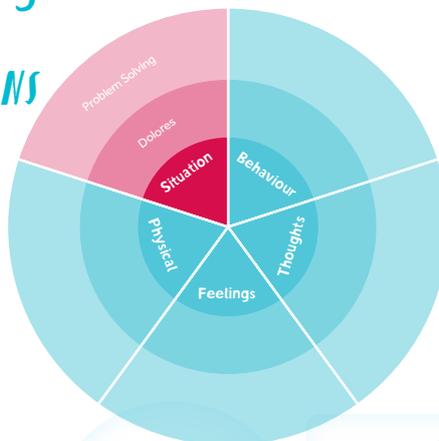
## 6 BASIC STEPS FOR SCALING

Step	Sample Questions
<b>Introduce the scale.</b>	Imagine a scale from 1-10 where 1 is the worst the situation can be and 10 is the best outcome you could hope for.
<b>Current position</b> Find out where the person is at the moment.	Where would you place yourself on that scale now?
<b>Platform</b> Focus on what is already within the person that is working.	What things do you do that puts you at that number? What has helped? What else? What puts you at number...? and not at 1?
<b>Earlier success</b> Look at things from the past that the person has done.	What is the highest position you have been on the scale? What was different then? What did you do differently? How did you think to do that? What does that tell you about yourself? What else?
<b>Visualise</b> Encourage the person to imagine how things would look higher up the scale.	How would things look at...? What would you be doing differently? How would that help you? What else?
<b>Step forward</b> Ask the person about what small steps they could take to move up the scale.	Where would you like to be on the scale? What could you do to move up a number on the scale? What would that mean for you? How would you stop yourself coming back down the scale? What else?

Ratner, H.; George, E. & Iverson, C. (2012) Solution Focussed Brief Therapy. Routledge: New York



## THE CONNECT 5 WHEEL OF INTERVENTIONS



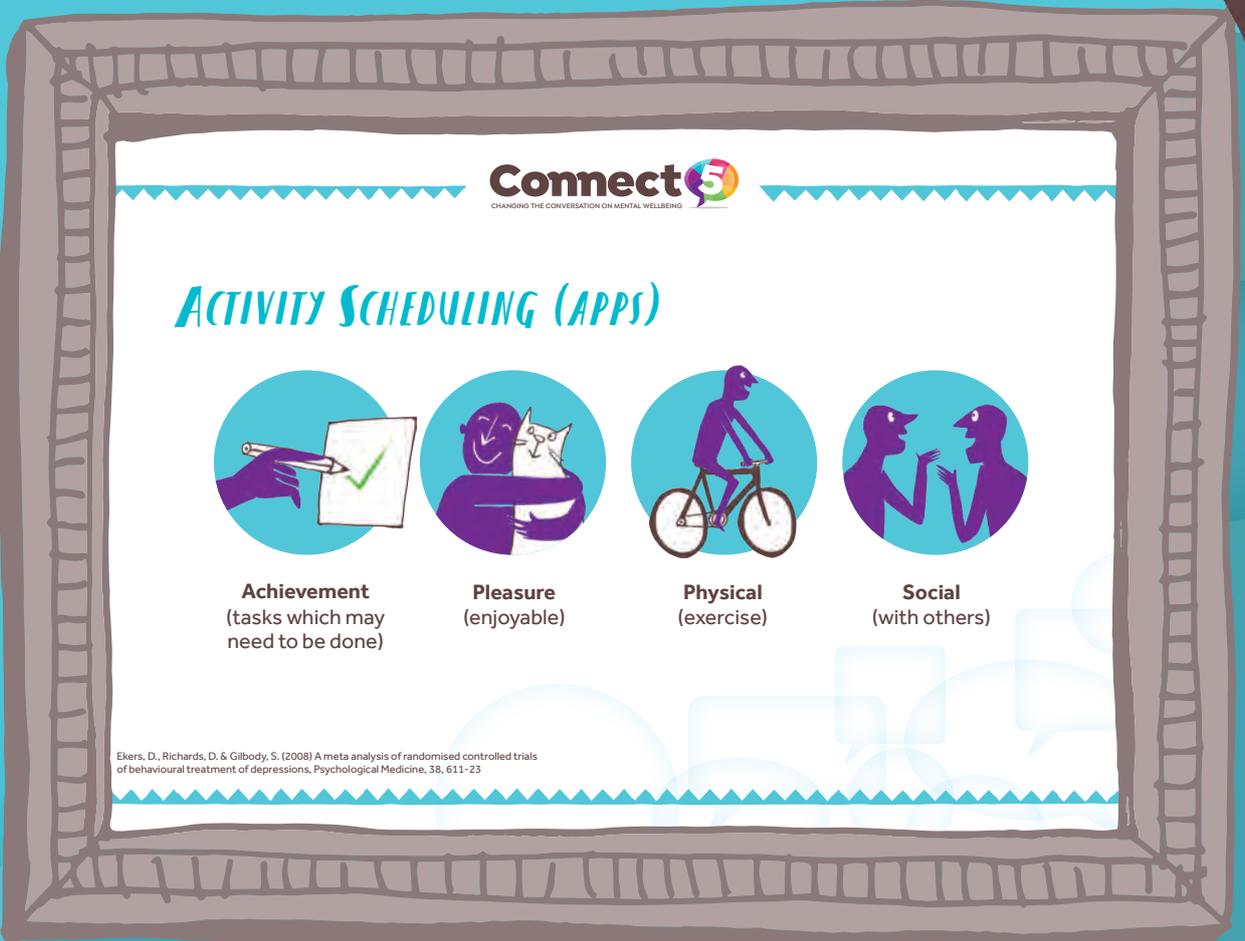
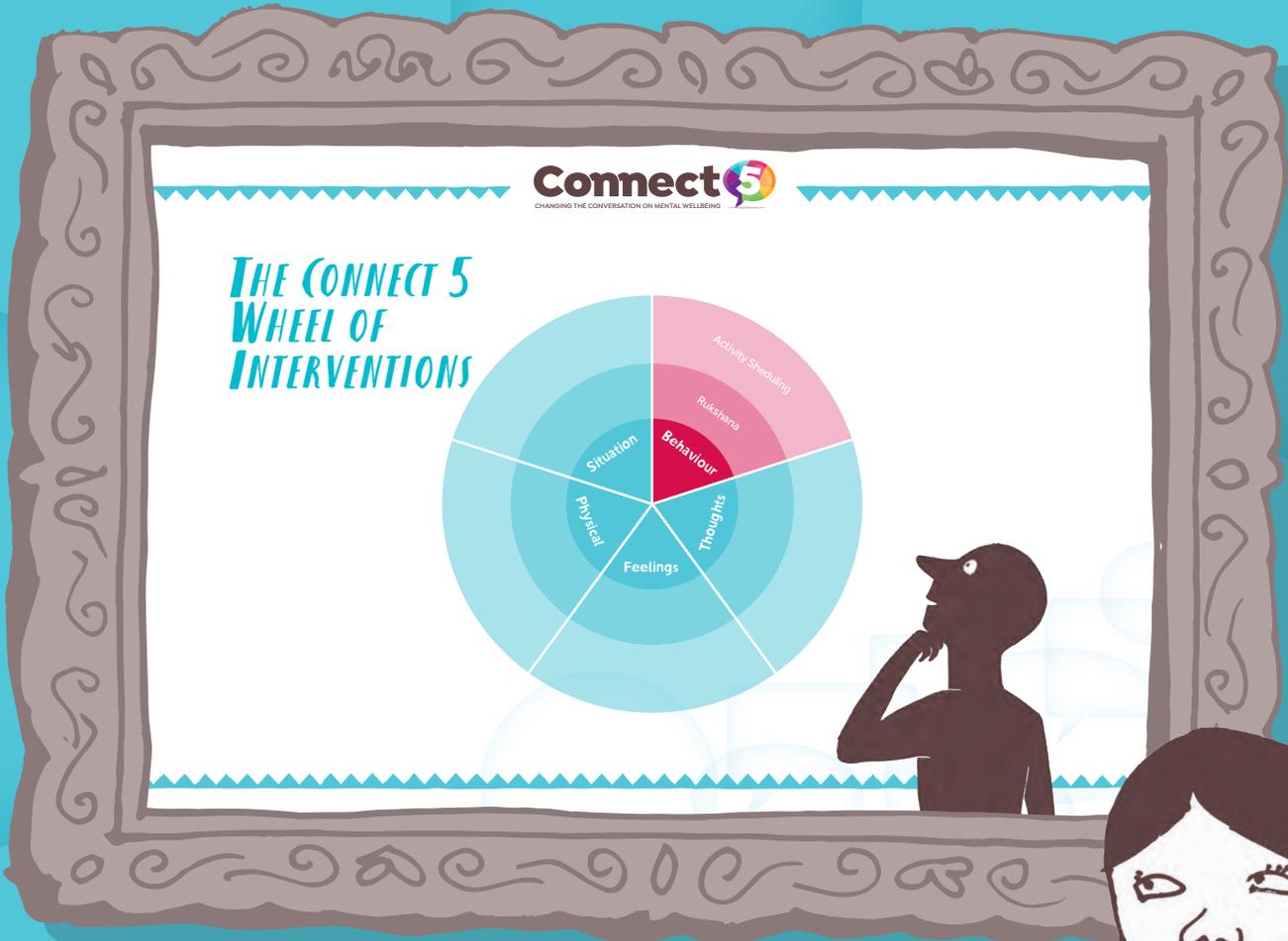
## PROBLEM SOLVING

- ▶ A psychological step-by-step process to help a person discover, analyse and solve their problems.
- ▶ Encourages a positive attitude, a sense of belief in our ability to succeed or accomplish things, and a sense of control.
- ▶ Your role is life skill coaching rather than solving the problem for the person.

## 6 STEPS OF PROBLEM SOLVING: TAKE THE PROBLEM

1. Break it down: choose one chunk to work on and set a goal.
2. Think up all the possible ways you could achieve this goal.
3. Explore the pros and cons of each of your ideas.
4. Choose the one that seems to be the best fit for you at this time.
5. Now put your strategy into action; be specific what, where, when.
6. Review the strategy to see if it is working. If it is, continue with it. If it isn't go back to the start and look again at defining the problem and/or choosing another solution.

Cuijpers, P., van Straten, A. & Warderdam, L. (2007) Problem solving therapies for depression: a meta analysis. *European Psychiatry*, 22, 9-15



Ekers, D., Richards, D. & Gilbody, S. (2008) A meta analysis of randomised controlled trials of behavioural treatment of depressions, *Psychological Medicine*, 38, 611-23

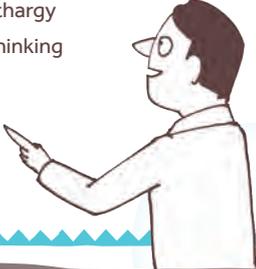


### ACTIVITY SCHEDULING: BENEFITS FOR LOW MOOD

- ▶ Experience of pleasure
- ▶ Build sense of achievement
- ▶ Builds healthy routine
- ▶ Contact with others
- ▶ Reduces lethargy
- ▶ Improves thinking

Feeling LOW

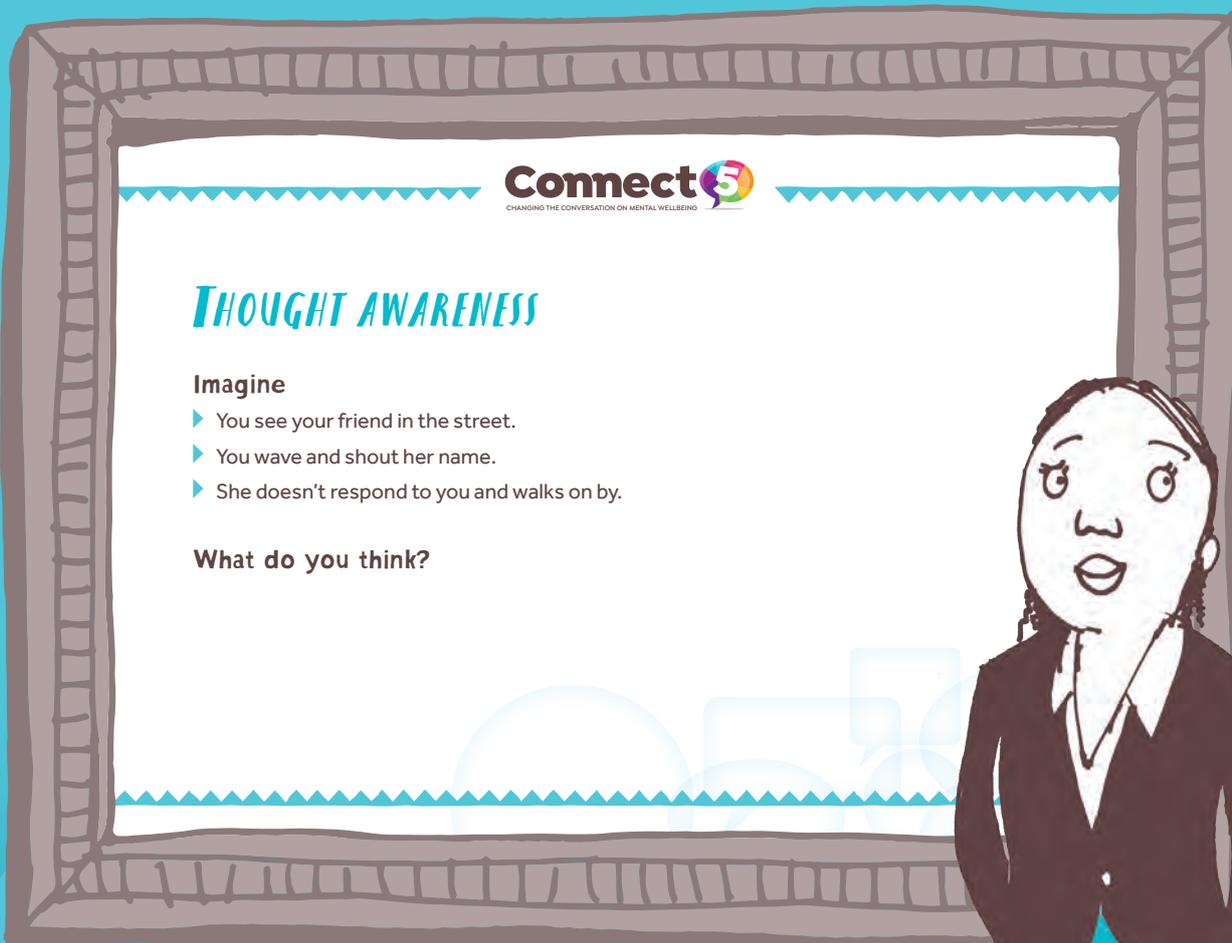
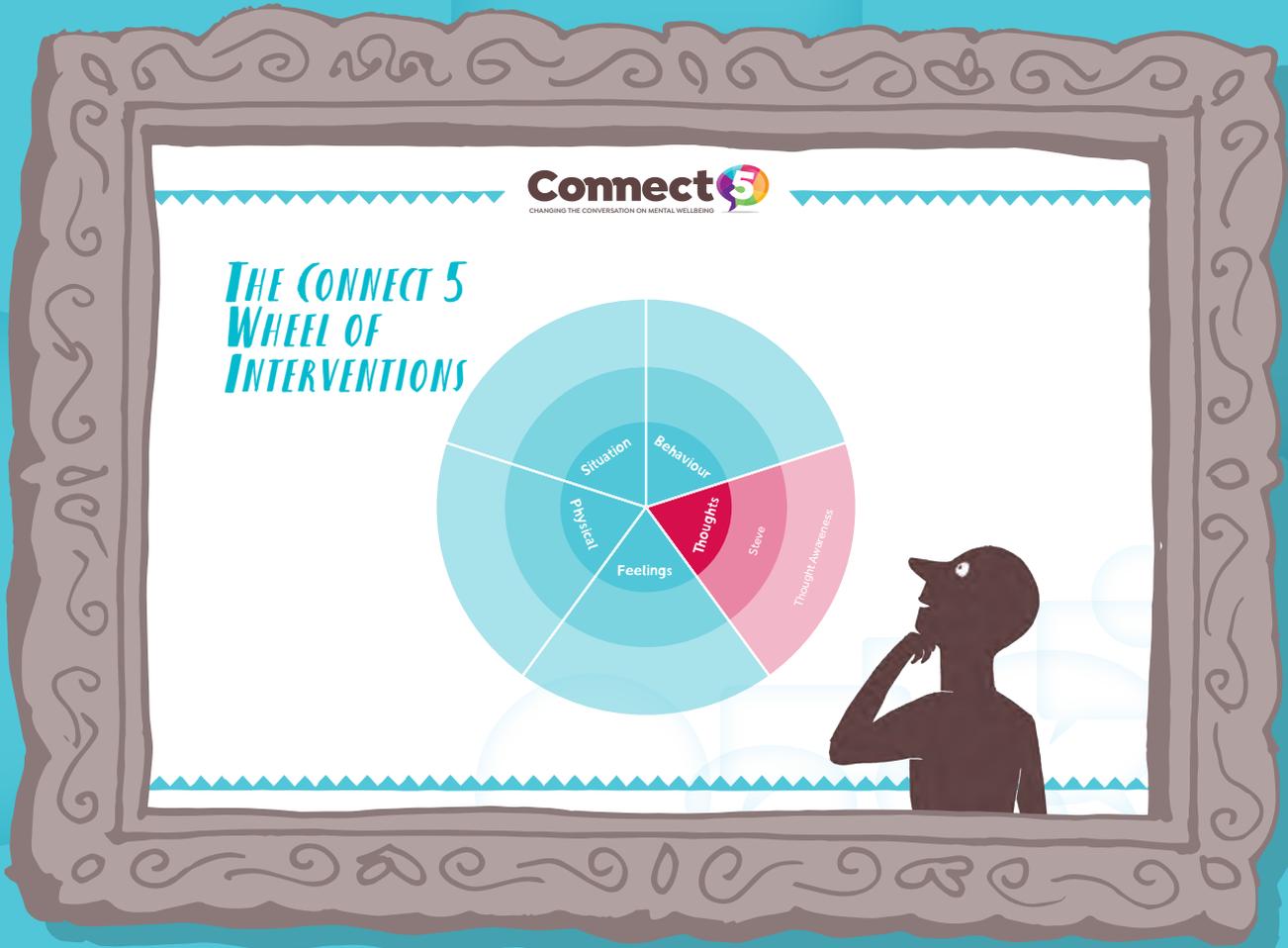
Stop doing THINGS



### ACTIVITY SCHEDULING STEPS

1. Activity and mood monitoring
2. Notice the relationship between particular activities and your mood
3. Schedule more of the "better mood" activities over the coming week
4. Balance Achievement, Pleasure, Physical and Social activities (APPS)
5. Schedule activity to build motivation
6. Plan to review progress
7. Reward and praise efforts





## UNHELPFUL THOUGHT SPOTTER

### Unhelpful Thinking Styles

- ▶ **Are you your own worst critic?**   
Do you always seem to be beating yourself up about something?
- ▶ **Do you focus on the bad stuff?**   
As if you were looking at the world through darkened glasses?
- ▶ **Do you have a gloomy view of the future?**   
Expecting everything to turn out badly?
- ▶ **Are you jumping to the worst conclusions?**   
Thinking it's the end of the world.
- ▶ **Do you assume that others see you badly?**   
When you haven't checked whether it's true, it's called 'Mind Reading'.
- ▶ **Do you take responsibility for everything?**   
Including things that aren't your fault?
- ▶ **Are you always saying things like 'should' and 'got to'?**   
Setting impossible standards for yourself?

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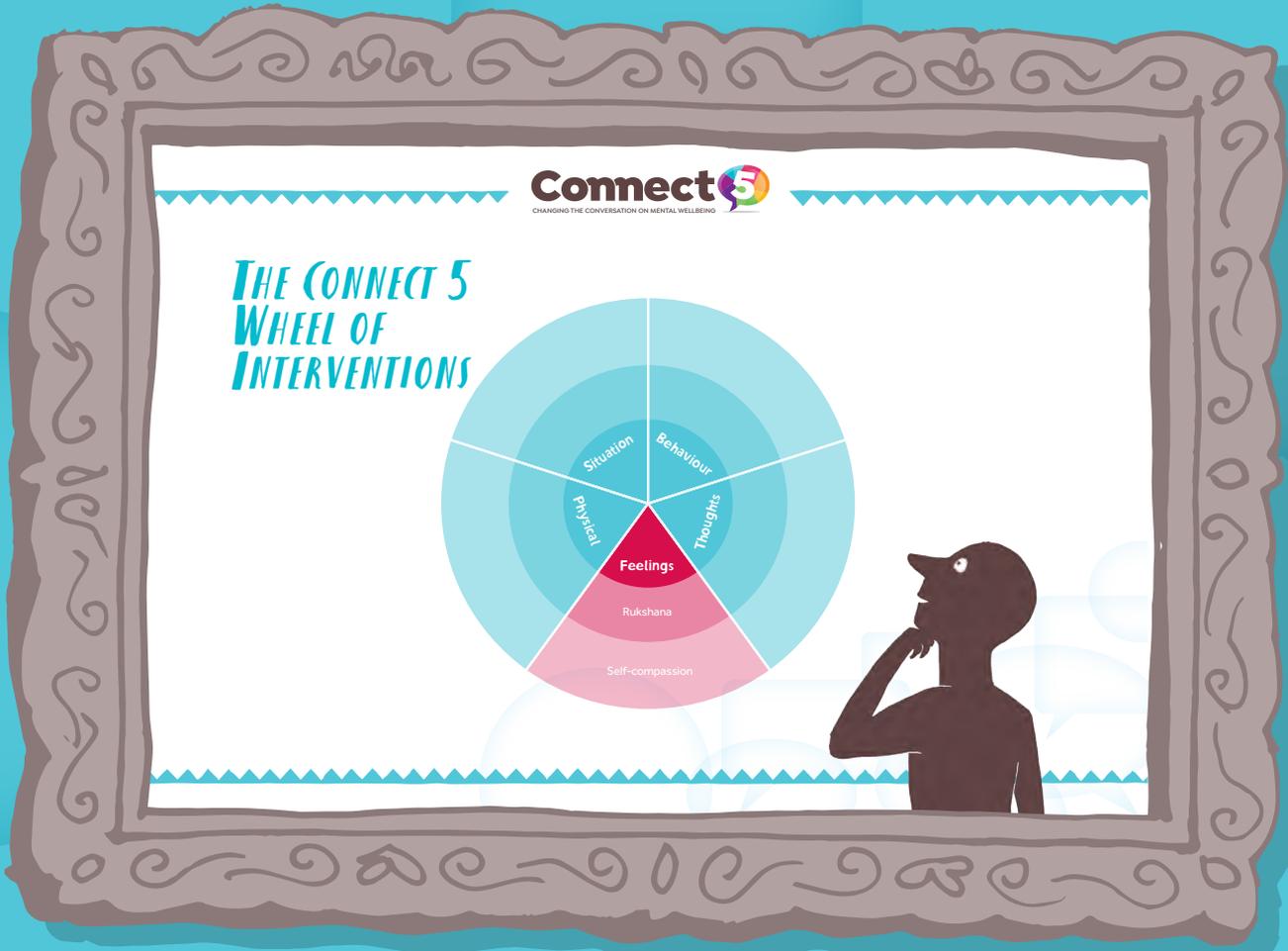


## THE AMAZING UNHELPFUL-THOUGHT-BUSTING PROGRAMME

- 1. LABEL IT**  
Oh, you're just one of those unhelpful thoughts.
- 2. LEAVE IT**  
A unhelpful thought needs attention, so don't give it any.
- 3. STAND UP TO IT**  
Unhelpful thoughts are like bullies. You can beat them.
- 4. BE KIND TO YOURSELF: GIVE YOURSELF A BREAK**  
What warm words of encouragement would someone say? Say it to yourself.
- 5. LOOK AT IT DIFFERENTLY**
  - ▶ Give yourself the advice you'd give a friend.
  - ▶ Ask yourself if it will matter in six weeks or months?
  - ▶ What would other people you respect say?
  - ▶ Does it really matter so much?
  - ▶ Are you looking at the whole picture?

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**Connect 5**  
CHANGING THE CONVERSATION ON MENTAL WELLBEING

## SELF-COMPASSION

Have you noticed that at times of stress, upset, low mood or when we make mistakes we often add to our suffering by being harsh and critical toward ourselves. At just the moment we need kindness and understanding we are less likely to:

- ▶ reassure ourselves
- ▶ soothe and care for ourselves
- ▶ be warm and gentle towards ourselves

*"Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?"*

**Kristen Neff**  
self-compassion.org

## THE THREE ELEMENTS OF SELF-COMPASSION



### 1. SELF-KINDNESS VS. SELF-JUDGMENT

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or beating ourselves up with self-criticism.



### 2. COMMON HUMANITY VS. ISOLATION

Self-compassion involves recognizing that suffering and personal inadequacy is part of the shared human experience – something that we all go through rather than being something that happens to “me” alone.



### 3. MINDFULNESS VS. OVER-IDENTIFICATION

Self-compassion requires taking a balanced approach to our negative emotions so that feelings are neither suppressed nor exaggerated. Mindfulness is a non-judgmental, receptive mind state in which one observes thoughts and feelings as they are, without trying to suppress or deny them. We cannot ignore our pain and feel compassion for it at the same time.

Kristen Neff: self-compassion.org

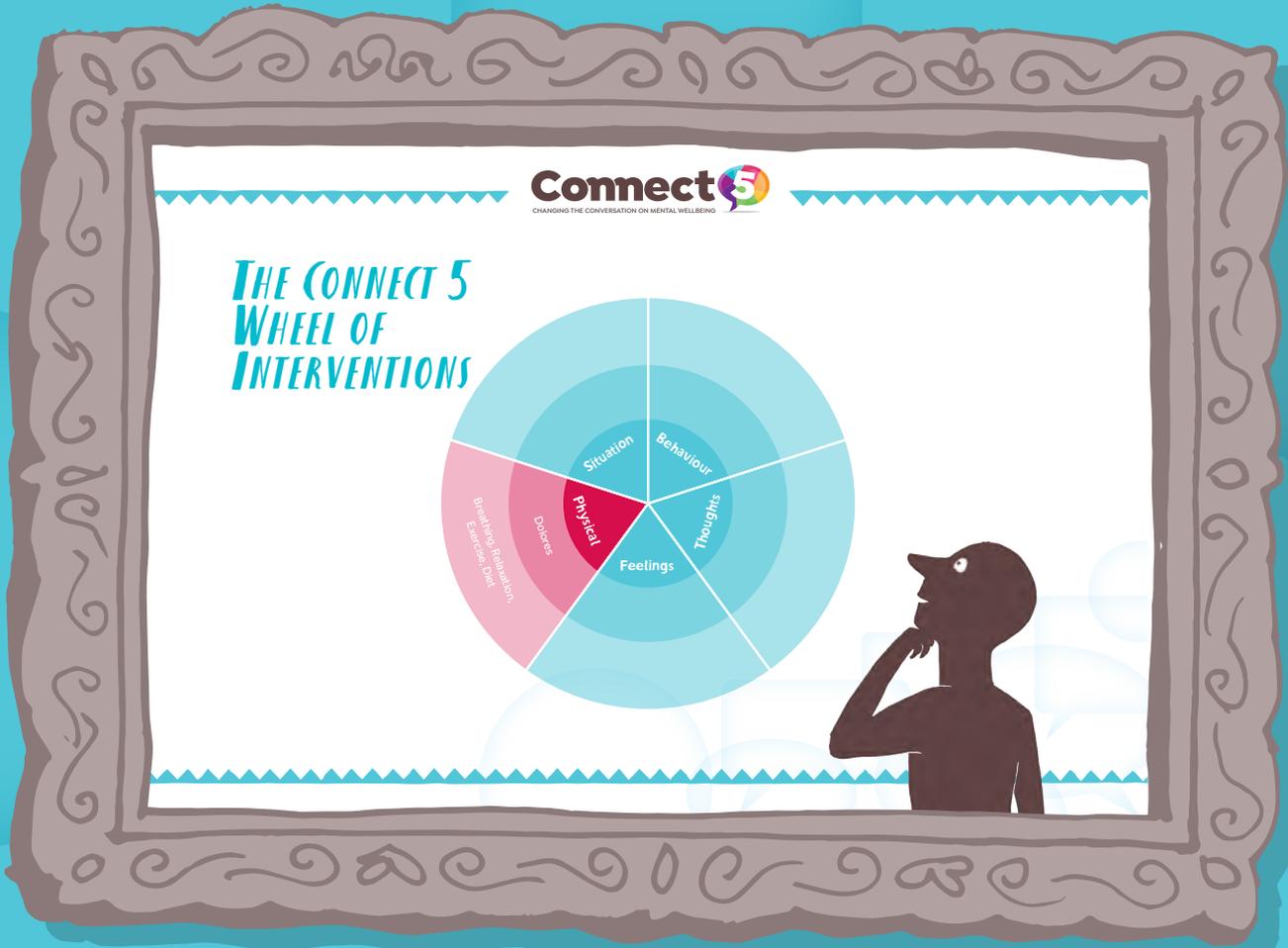
## THE INTERACTIVE FLOW OF COMPASSION

Developing your compassion in any domain impacts on all the others, cultivating a compassionate self.



compassion foundation www.compassionatemind.co.uk





**Connect 5**  
CHANGING THE CONVERSATION ON MENTAL WELLBEING

## THE PHYSICAL DOMAIN

**In the moment**

- ▶ Relaxation techniques and breathing.

**Long-term wins**  
(long-term management and maintenance).

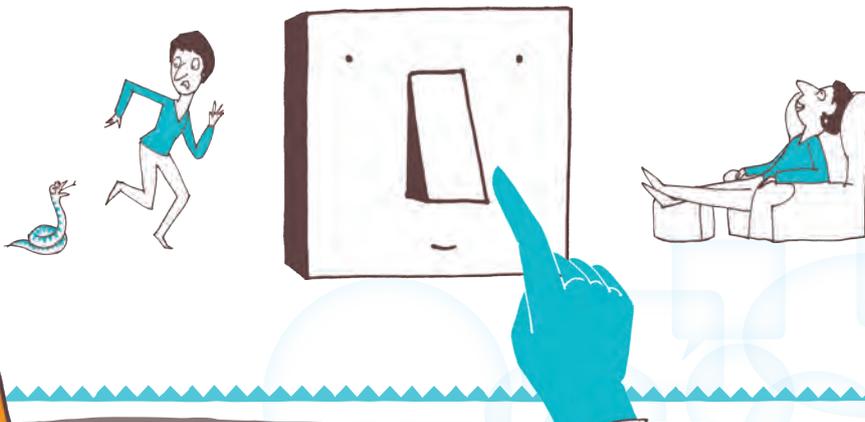
- ▶ Relaxation on a regular basis.
- ▶ Increase physical activity.
- ▶ Improve nutrition.



## STRESS AND THE BODY

What Happens	Why
Heart Racing. Heart Palpitations	Pumping blood to get oxygen and glucose to the arm and leg muscles and the brain
Breathing fast and shallow. Shortness of breath. Chest pain / tight chest	Body needs more oxygen so the chest muscles are being used a lot
Headaches	Brain is working overtime. More blood to brain so it is ready for action
Tense neck & shoulder muscles. Tense leg muscles. Shaky legs and arms	The body is getting ready for action and more blood is going to muscles
Butterflies in stomach. Feel sick	Less blood to stomach and intestines
Numbness / tingling toes and fingers	Less blood to fingers and toes
Vomiting. Need to go to the toilet	Body wants to be lighter for escape
Dry mouth. Throat tightening	Body does not want to digest food when running away or fighting
Sweating. Hot and flushed	The body is getting ready to cool you down. Extra activity will make you hot
Tired	Nervous system uses up energy even when the body is at rest
Blurred vision. Pupils dilate	Pupils get bigger to see surrounding better. Eyes take time to focus close up
Tearful	Reaction to worry and the physical symptoms of stress
Can't concentrate. Forgetful. Feel like you are not really there. Can't sleep. Ringing in ears. Strange tastes / smells	Nervous system is overloaded. The brain is trying to process too much information at once.

## RELAXING AND BREATHING: SWITCHING ON THE PARASYMPATHETIC SYSTEM



## GREAT WAYS TO RELAX



Go for  
a lie down



Try  
meditating



Deep  
breathing



Go for  
a walk



Talk to  
someone

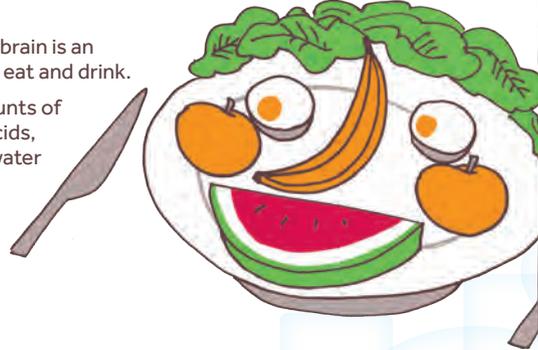
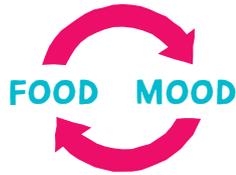
“Food is the most widely  
abused anxiety drug  
and exercise is the  
most potent underutilised  
anti-depressant”

Bill Philips

## FOOD-MOOD CYCLE

Just like the heart, stomach and liver, the brain is an organ that is acutely sensitive to what we eat and drink.

To remain healthy, it needs different amounts of complex carbohydrates, essential fatty acids, amino acids, vitamins and minerals, and water



Mental Health Foundation (2006) Feeding Miracles  
The impact of food on mental health

## PHYSICAL ACTIVITY AND WELLBEING



Increases production of neurochemicals that promote brain cell repair



Improves memory



Lengthens attention span



Boosts decision making skills



Prompts growth of nerve cells and blood vessels



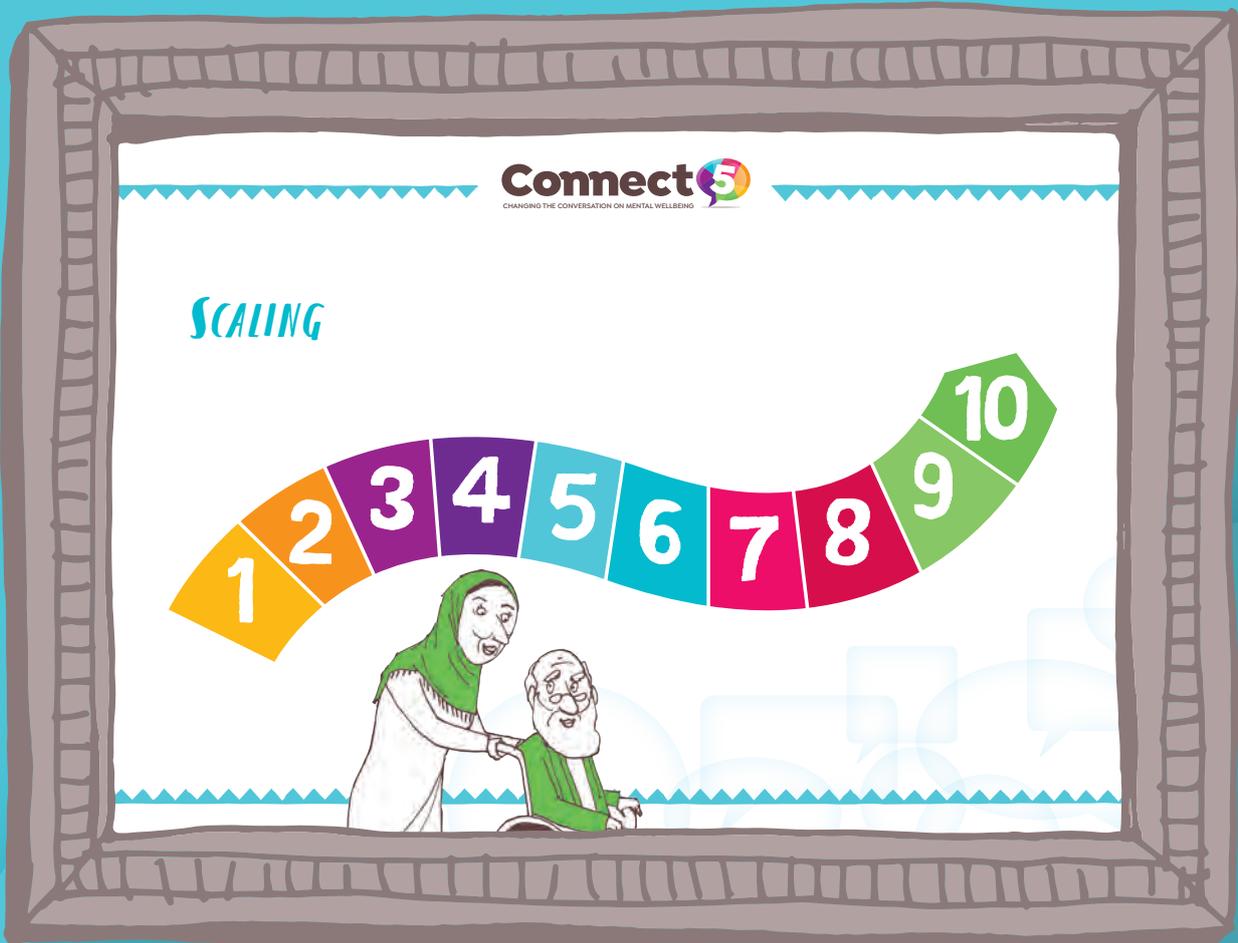
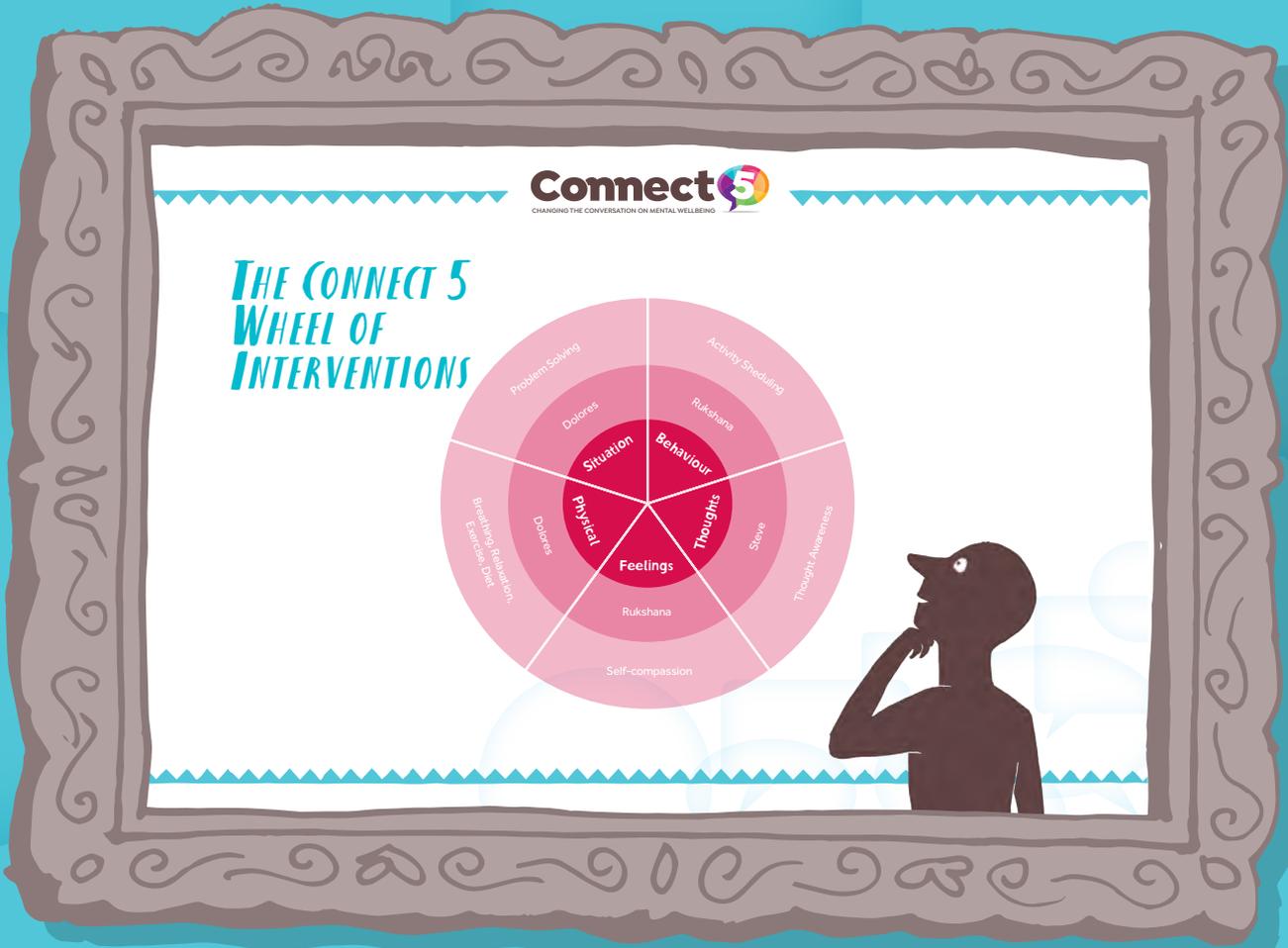
Improves multi-tasking and planning



**To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear** **Buddha**

Interactive body map: physical inactivity and the risks to your health  
<https://theconversation.com/interactive-body-map-physical-inactivity-and-the-risks-to-yourhealth-68157>

Mental Health Foundation (2013) lets get physical: the impact of physical activity on wellbeing.



# BASIC STEPS FOR SCALING

Step	Sample questions
<p><b>Introduce the scale</b></p>	<p>Imagine a scale from 1-10 where 1 is the worst the situation can be and 10 is the best outcome you could hope for.</p>
<p><b>Current position</b> Find out where the client is at the moment.</p>	<p>Where would you place yourself on that scale now?</p>
<p><b>Platform</b> Focus on what is already within the client that is working.</p>	<p>What things do you do that puts you at that number? What has helped? What else? What puts you at number .... and not at 1?</p>
<p><b>Earlier success</b> Look at things from the past that the client has done.</p>	<p>What is the highest position you have been on the scale? What was different then? What did you do differently? How did you think to do that? What does that tell you about yourself? What else?</p>
<p><b>Visualise</b> Encourage the client to imagine how things would look higher up the scale.</p>	<p>How would things look at....? What would you be doing differently? How would that help you? What else?</p>
<p><b>Step forward</b> Ask the client about what small steps they could take to move up the scale.</p>	<p>Where would you like to be on the scale? What could you do to move up a number on the scale? What would that mean for you? How would you stop yourself coming back down the scale? What else?</p>

# 6 STEPS OF PROBLEM SOLVING-EXAMPLE



## What is your problem?

Delores' problem is her debt

### Step 1

**Get specific:** Focus on action, break the problem down into smaller chunks; decide which chunk to work on. Set a goal i.e. what do you want to happen , when do you want it to happen?

The chunks Delores identifies of her debt problem are;  
 I am overspending because I impulse buy to feel better  
 I don't know what I owe to whom so I cant see what I need to do  
 I haven't got a budget plan to help me see what I can spend and what I can save  
 I'm not earning enough money  
 Delores decides that her first move is to stop making impulse buys  
 She sets a goal : I will stop impulse buys starting today with the aim of reducing my debt by £100 over next 6 weeks

### Step 2

**What could work?** Be creative, think of any solutions/options, don't reject any yet

**Tip:** help your client to come up with ideas by using an encouraging, enquiring tone –'What has worked before?' 'What might friends suggest?' If your client is struggling, then add in your own ideas at the end. 'Have you thought of?'; 'Other people have found...! Don't dismiss any ideas at this point, Step 3 helps weed out any unrealistic solutions. This is skill coaching and it is important that the client feels valued and that their contributions take priority.  
*"Always use shopping lists" • "Have a 24 hour cooling off period before I purchase anything I fancy buying" • "Take credit cards out of purse and leave in a drawer at home" • "Cut up the credit cards" • "Only use cash when shopping" • "Don't go shopping unless there is something specific I need" • "Don't go shopping alone, take my sensible friend with me"*

### Step 3

**What is good and bad about (for and against) each solution?**

Take each possible solution / option at a time and work out the points for and against each one.

Possible Solution / Option	Good / For	Bad / Against
Always use shopping lists Have a 24 hour cooling off period Cut up the credit cards Only use cash when shopping Don't go shopping unless there is something specific I need Don't shop alone, take a sensible friend	I'll only buy what I need I won't buy things I can't afford and don't really need I won't be able to buy on credit making the debt worse I won't be able to overspend and can see exactly how much I have left to spend I can't spend for the sake of it That could be fun and sociable	I'll have to be very organised I might miss out on a genuine bargain that could save me money later on That makes me feel scared, treating myself helps me to feel better I'm worried about carrying cash around what if I'm robbed, or I lose it? What would I do with my time, shopping helps me to relax My friend might not want to shop with me all the time.

## Step 4

**What will you try?** Choose one solution / option to try

Only use cash when shopping

(it's not likely I'll get robbed or lose it, and I only need to take what I think I'll need. It will help me budget better)

## Step 5

**What will you do?** Plan the steps you need to make - make a plan even if it doesn't seem to need much of one ...

- ▶ Is it realistic?
- ▶ Are you aiming at just one thing? (sort out one thing at a time)
- ▶ Is it slow? (no need to rush, set a reasonable timescale)
- ▶ Is it easy? (make steps small and easy and you'll be more likely to do them)
- ▶ Could anything / anyone stop or block the plan?
- ▶ Work out another mini plan to get round any obstacles

Go to the cash point and get out only enough money for tomorrow's bus fares and lunch

Go home and put cashpoint card in a drawer

If you see something else you need while you're out today, don't buy it today but you could plan to buy it tomorrow

Repeat the same each evening.

## Step 6

**What happened? Did it work – and how do you know?** Evaluate how things went:

- ▶ How did the plan go?
- ▶ What could be done differently?
- ▶ What other solutions could be tried?
- ▶ What have you learnt?

I completed the plan all week. It helped only carrying the cash I needed. I'm finding it hard, but already saving money.

This is helping but I feel I need to find another way of rewarding and treating myself to replace the overspending

I feel motivated to try some other solutions. I think using shopping lists would also help.

I can apply this to any problem I have to see if it helps



# 6 STEPS OF PROBLEM SOLVING

What is your problem? What's bothering/concerning you?

## Step 1

**Get specific:** Focus on action, break the problem down into smaller chunks; decide which chunk to work on. Set a goal i.e. what do you want to happen, when do you want it to happen?

--

## Step 2

**What could work?** Be creative, think of any solutions/options, don't reject any yet

--

## Step 3

**What is good and bad about (for and against) each solution?**

Take each possible solution / option at a time and work out the points for and against each one.

Possible Solution / Option	Good / For	Bad / Against

## Step 4

**What will you try?** Choose one solution / option to try

## Step 5

**What will you do?** Plan the steps you need to make - make a plan even if it doesn't seem to need much of one ...

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- ▶ Is it easy? (make steps small and easy and you'll be more likely to do them)
- ▶ Could anything / anyone stop or block the plan?
  - Work out another mini plan to get round any obstacles

## Step 5

**What happened? Did it work – and how do you know?** Evaluate how things went:

- ▶ How did the plan go?
- ▶ What could be done differently?
- ▶ What other solutions could be tried?
- ▶ What have you learnt?



# ACTIVITY SCHEDULING THE FABULOUS FOUR

**When you're depressed you tend to be less active than normal and you might stop doing things that lift your spirits. This can be a vicious circle and make you feel even worse.**

It can help hugely to do things which you get pleasure from, or things which give you a sense of achievement.

Depressive symptoms can also be helped by doing some exercise, which can help boost your self-esteem, or by doing something sociable. These are what we call the 'Fabulous Four'.

**Step 1 - Think about activities you could do which fit into the following 'Fabulous Four' Groups:**

- ▶ Pleasurable activities
- ▶ Activities which give you a sense of achievement
- ▶ Activities which make you physically active
- ▶ Social activities

It's important to do a balance of activities from each group. So, for example, each day try scheduling in an activity from different group to the day before.

Of course, each activity might fit into more than one group - a coffee and cake with friends can be both pleasurable and sociable.

**Step 2 - Schedule your activities:**

Print or copy the diary below, and then fill in what you plan to do for the next week. Mark on the diary whether you managed to do the activity or not and how you felt about it, or why you didn't manage to do it.

**Step 3 - Practice makes perfect:**

It might take practice to find the combination that works for you. Just remember to try to keep a good balance of activities from across the Fabulous Four, and keep it realistic - don't overstretch yourself.

## EXAMPLE DIARY

	Pleasurable activity	Activity with a sense of achievement	Physical activity	Social activity
Monday		Sort out utility bills		Meet friends for a coffee
Tuesday	Walking the dog		Hoover the lounge and hall	
Wednesday	Walking the dog		Dig up the veg patch	Go to residents' meeting
Thursday	Coffee and cake with friends			Meet friends for a coffee
Friday		Fix security light	Walking the dog (not pleasurable because it rained)	
Saturday			Walking the dog (rained again)	Meet friends for a coffee
Sunday	Coffee and cake with friends			Go to church and coffee

	Pleasurable activity	Activity with a sense of achievement	Physical activity	Social activity
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

# Unhelpful Thinking Styles

Spotting thoughts that have a bad impact on  
how you feel and what you do.

Are you your own worst critic?

Do you always seem to  
be beating yourself up  
about something?

Do you focus on the bad stuff?

As if you were looking  
at the world through  
darkened glasses?

Do you have a gloomy view  
of the future?

Expecting everything  
to turn out badly?

Are you jumping to the worst  
conclusions?

Thinking it's the  
end of the world.

Do you assume that others  
see you badly?

When you haven't  
checked whether it's true,  
it's called 'Mind Reading'

Do you take responsibility  
for everything?

Including things that  
aren't your fault?

Are you always saying things  
like 'should' and 'got to'?

Setting impossible  
standards for  
yourself?

# The Amazing Unhelpful Thought Busting Programme

Try the Amazing Unhelpful Thought Busting Programme (AUTBP) - for unhelpful thoughts that have a bad impact on how you feel emotionally or physically or what you do.

## 1 Label it

- Oh, you're just one of those unhelpful thoughts.

## 2 Leave it

- Unhelpful thoughts often demand attention. Let them be.

## 3 Stand up to it

- Unhelpful thoughts are like bullies. You can beat them.

# The Amazing Unhelpful Thought Busting Programme

## 4 Be kind to yourself: Give yourself a break

- What warm words of encouragement would someone say? Say them to yourself.

## 5 Look at it differently

- Give yourself the advice you'd give a friend.
- Ask yourself if it will matter in six weeks or months?
- What would other people you respect say?
- Does it really matter so much?
- Are you looking at the whole picture?

# SELF-COMPASSION AND WELLBEING

Having compassion for others is part of human nature, but self-compassion seems to be harder for people to do. Self-compassion has a proven positive effect on wellbeing. It leads to greater happiness, optimism and social connectedness. It can combat anxiety, depression, self-criticism and unhealthy perfectionism. It protects against social comparison, social anxiety, anger and close-mindedness. This makes it easier for people to relate to others. This then gives people more capacity to forgive, have compassion and feel acceptance.

Research has shown that there are changes in the brain when people think about a distressing event. When they focus on something that stresses them, it can make them feel worse. However, there is more than one way to think about one's own suffering. One way leads to more misery.

The other way leads to less suffering. The idea is to change how people relate to their thoughts, rather than the thoughts themselves.

- 1. The self-critical and harsh approach:** "I'm never going to sort out my diabetes. What's wrong with me? It's all my fault." The areas of brain that are activated deal with defence/threat/self-inhibition/punishment. This is the reactive mode.
- 2. The self-nurturing approach:** "I can see how upset you are. It's tough dealing with health problems and being a carer. You've got a lot of things going on." The areas of the brain that are activated deal with compassion and understanding what is happening in the body. They help us to feel connected to ourselves and others. This is the responsive mode.

There are many ways that people can use and practise self-compassion. They all help to train the brain so that it is easier to go into the responsive mode.

Some people are wary of being more self-compassionate. Common fears include losing the ability to be self-critical so flaws will start to show; becoming a worse person whose

standards will drop; and becoming overwhelmed with sadness. Many people use anxiety, guilt and shame as the primary motivators in their lives. It takes

time and practice to shift their primary motivator to being more nurturing. There is a strong correlation between compassion for self and compassion for others.

## Research shows that:

- ▶ Students who are highest in self-compassion are least likely to put off doing things.
- ▶ Individuals with high self-compassion are able to forgive themselves for messing up and are more likely to keep on trying.
- ▶ Taking a self-compassionate point of view increases personal responsibility for failure.
- ▶ Self-acceptance predicts willingness to receive and act on feedback.
- ▶ Self-compassion training helps smokers quit and more than tripled the three-month success rate of obese dieters.
- ▶ Self-compassion is associated with the joy of learning for its own sake.

## Ways to help clients with feelings and self-compassion: how to encourage clients to be more self-compassionate

Introduce compassion as a way for individuals to help support themselves through a difficult situation/issue. This is even more important when someone is distressed and has identified feelings as their starting point in the Five Areas model. The aim is to encourage the client to develop a more compassionate way of seeing their issue.

# SELF COMPASSION TOOL

1. Think of a time when a friend felt really bad about his/her self or was struggling  
**How did you respond?**

What did you do?	What did you say?	What tone did you use?

2. Think of a time you felt really bad or where struggling

What did you do?	What did you say?	What tone did you use?

3. Is there a difference?

4. If so, what are the factors or fears that lead you to treat yourself differently?

5. How might things change if you respond to yourself as you do to a friend

6. Next time you are struggling with something try to treat yourself like a good friend and see what happens

# STRESS AND THE BODY

What Happens	Why
Heart Racing. Heart Palpitations	Pumping blood to get oxygen and glucose to the arm and leg muscles and the brain
Breathing fast and shallow. Shortness of breath. Chest pain / tight chest	Body needs more oxygen so the chest muscles are being used a lot
Headaches	Brain is working overtime. More blood to brain so it is ready for action
Tense neck & shoulder muscles. Tense leg muscles. Shaky legs and arms	The body is getting ready for action and more blood is going to muscles
Butterflies in stomach. Feel sick	Less blood to stomach and intestines
Numbness / tingling toes and fingers	Less blood to fingers and toes
Vomiting. Need to go to the toilet	Body wants to be lighter for escape
Dry mouth. Throat tightening	Body does not want to digest food when running away or fighting
Sweating. Hot and flushed	The body is getting ready to cool you down. Extra activity will make you hot
Tired	Nervous system uses up energy even when the body is at rest
Blurred vision. Pupils dilate	Pupils get bigger to see surrounding better. Eyes take time to focus close up
Tearful	Reaction to worry and the physical symptoms of stress
Can't concentrate. Forgetful. Feel like you are not really there. Can't sleep. Ringing in ears. Strange tastes / smells	Nervous system is overloaded. The brain is trying to process too much information at once.



# FOOD AND MOOD

## Understanding the relationship between food and mood

**Research shows that how and what you eat and drink can have a big impact on how you feel on a day to day basis.**

How you are feeling, can affect what you put into your body. For example, if you are worried, upset or feeling down you may lose your appetite or have a lack of interest in food. Alternatively you may start to choose foods that are high in sugar or fat and consume larger amounts of food than you need (this is known as comfort eating). Some people might start drinking more alcohol or have more drinks high in caffeine and sugar. We all go through emotional difficulties from time to time. The important thing is to try and make good decisions when it comes to food and drink, as it can have a huge affect on your mental health.

A healthy diet can boost your mood, give you energy and make you feel good about yourself. Any changes to your diet can be done gradually and even making small changes to start with can add up to big benefits over time.

## IMPROVING MENTAL WELLBEING

**There are seven key areas that can help to improve your mood and mental wellbeing through what you eat, drink and put into your body:**

- ▶ Getting enough healthy fats into your diet
- ▶ Vitamins and minerals
- ▶ Eating enough of the right kind of carbohydrates
- ▶ Getting plenty of protein in your diet
- ▶ Making time for breakfast every day
- ▶ Limiting alcohol consumption
- ▶ Drinking enough fluid

## THE BENEFITS OF OMEGA 3

Omega 3 fatty acids are linked with better concentration, less low mood and improved brain function. Your brain needs Omega 3 fatty acids to help it to work well (60% of your brain is fat). Omega 3 fats are known as 'essential fats' as your body can't make them. We have to get them from food.

## VITAMINS AND MINERALS

Your body needs vitamins and minerals to keep the brain healthy. Some of the vitamins you need are B1, B12, C and folic acid. The minerals you need include potassium, zinc, magnesium, calcium, selenium and iron. Eating a variety of fruit and vegetables will give you a good balance of many of these nutrients. They are also a good source of fibre and contain substances like antioxidants. These are all important for your health. Some nutrients are used by the body to make the 'feel good' chemical serotonin. Did you know that Vitamin B1 (thiamine) is vital for your memory, concentration, mood and energy levels. Vitamin D is another mood boosting nutrient. Most of the Vitamin D we need comes from sunshine, not food. Your skin makes it when you are out in the sun and that's why it's called the sunshine vitamin. Not having enough is linked with Seasonal Affective Disorder (SAD) and depression.



## CARBOHYDRATES

You can reduce the highs and lows of mood and energy levels throughout the day by choosing foods that are digested slowly. Starchy foods are also known as complex or 'slow release' carbohydrates. When these are digested glucose is released. This is fuel for your body and brain, giving you vital energy. Because the body breaks down the starch slowly, the glucose is released over a longer period of time keeping your mood steady. It can also make you feel fuller for longer. Mental activities use up glucose, so eating starch at every meal is a great way to keep brain energy levels up all day.

Try to avoid sugary foods because they are quickly absorbed into your blood and only give you a short burst of energy. Your mood may also be affected, for example, you may feel irritable.

## POSITIVE PROTEIN

Protein is needed for the growth and repair of your body including your brain. Some proteins contain tryptophan. The body needs tryptophan in order to make serotonin, the 'feel good' brain hormone. Serotonin is needed for nerve cells to communicate with each other. Low levels of serotonin have been linked with low mood, lack of will power, and increased appetite. Serotonin helps with:

- ▶ Self-esteem
- ▶ Feeling calm
- ▶ Feeling optimistic
- ▶ Controlling appetite
- ▶ Reducing anxiety and depression
- ▶ Getting a good night's sleep

It is important to include a portion (3 to 4oz or 100g) of protein every day. This is to make sure your brain gets a regular supply of tryptophan.

## DRINKING ENOUGH FLUIDS

Not having enough water and other fluids can make it hard to concentrate. It can cause headaches, tiredness, nausea and constipation. Limiting the amount of tea, coffee and colas that are drunk is important. Too much caffeine can make you feel anxious, depressed and disturb your sleep.

## ALCOHOL

Alcohol affects your mood. A lot of people like drinking alcohol because of the way it makes them feel. Some people feel less shy or more confident. For others, alcohol helps them feel 'numb' so that they can block out stressful thoughts and emotions. But most of these things are only short-term effects and it is common to feel worse after drinking. How you are feeling before you start drinking can affect your mood. For example, if you are already feeling down then alcohol can make your low mood worse. This is partly because alcohol reduces levels of serotonin in your body, the 'feel good' chemical.

## BRAIN HEALTH

Vitamins are vital for your memory, concentration, mood and energy levels. Too much alcohol can reduce the levels of vitamins and minerals that are needed to keep your brain healthy because they are used up when breaking down the alcohol in your body after you drink.

### How does alcohol affect your sleep?

Drinking alcohol might make you feel sleepy at first but it can affect the length and quality of your sleep and you are likely to feel tired and irritable the next day.

This is because:

- ▶ It can affect the amount of deep sleep you get. You may wake up a lot during the night, preventing you from waking up feeling refreshed
- ▶ Alcohol can make you snore or snore more loudly
- ▶ Alcohol is a diuretic meaning you lose more fluid than you take in, so you become dehydrated. You may wake up thirsty in the night. You may also wake up to use the toilet.

### Find out more

#### Tips for healthy eating

[www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx](http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx)

[www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/#.WJinuelvjUFoodandMood](http://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/#.WJinuelvjUFoodandMood).

# PHYSICAL ACTIVITY

**There is evidence to suggest that physical activity can give you a positive outlook on life and improve your mental wellbeing.**

**It helps to build self-esteem, as well as improve concentration and sleep. It can also help prevent the symptoms of anxiety and depression.**

## WHAT SCIENTIFIC STUDIES TELL US

### Weight

Increasing the amount of physical activity you do can help reduce your weight, making you physically healthier, and more comfortable with how you feel about yourself. (Some people lose inches instead of weight because muscle weighs more than fat).

### Depression

A regular programme of physical activity can help people manage mild/moderate depression

### Stress and anxiety

Even short bursts of activity can have a positive effect on reducing levels of anxiety and stress. For people who continue over several months the effects are more positive. Physical activity can improve how we react to stress and help us recover more quickly from stressful experiences.

### Sleep

Being regularly active, particularly in the daytime, can improve sleep quality. People who are regularly active fall asleep faster, and sleep longer and more deeply than inactive people

### Self-perception

Physical activity can make people feel better about themselves, through changes in their body image, fitness levels and strength. Higher levels of physical activity are associated with more positive wellbeing, mood and overall life satisfaction.

### Reduces the risk of most types of dementia

Being active regularly throughout your life can help to keep the brain healthy and reduce the risk of dementia in older age. It can also slow the rate of dementia in people who are in the early stages.

## HOW PHYSICAL ACTIVITY BENEFITS YOUR MENTAL HEALTH

1. There are certain chemicals in our brain that can make us feel happy. Physical activity can increase the production of these chemicals (called endorphins and enkephalins).
2. Physical activity can improve the way we look and feel about ourselves. This boosts our self-esteem.
3. Exercise involves learning new skills and achieving goals, this may improve your self-worth.
4. Taking part in physical activity can involve meeting new people. This could mean making new friends and feeling less isolated.
5. Physical activity can divert your attention from your mood and negative thoughts and gives you something else to focus on taking you out of your low mood.
6. A programme of physical activity can help give structure to your day. It gives you a sense of purpose and goals to work towards.
7. Some physical activity can get you out of the house. This can mean you get fresh air and new scenery.
8. Taking part in regular physical activity can improve the quantity and quality of your sleep because you exert more energy when active and become more relaxed afterwards.

### Download:

#### Mental health foundation let's get physical booklet

[www.mentalhealth.org.uk/sites/default/files/let's-get-physical-booklet.pdf](http://www.mentalhealth.org.uk/sites/default/files/let's-get-physical-booklet.pdf)

## FREE TO ACCESS WELLBEING RESOURCES

Download the new economics five ways to wellbeing cards

[https://issuu.com/neweconomicsfoundation/docs/five\\_ways\\_to\\_well-being](https://issuu.com/neweconomicsfoundation/docs/five_ways_to_well-being)

 <p><b>NHS</b> choices www.nhs.uk</p>	<p><b>Five steps to mental wellbeing</b> Evidence suggests there are five steps we can all take to improve our mental wellbeing.</p> <p>If you give them a try, you may feel happier, more positive and able to get the most from life.</p> <p><a href="https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/">https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/</a></p>
 <p><b>Wheel of Well-being</b></p>	<p>Body. Mind. Spirit. People. Place. Planet. Welcome to the Wheel of Well-being. If you're interested in health and happiness - from a personal or a professional perspective - we hope you'll find the WoW website a good place to start, and you'll come back and visit often.</p> <p><a href="http://www.wheelofwellbeing.org/">www.wheelofwellbeing.org/</a></p>
 <p><b>Greater Good in Action</b> SCIENCE-BASED PRACTICES FOR A MEANINGFUL LIFE</p>	<p>Build happiness, resilience, connection and more with research backed tools.</p> <p><a href="http://ggia.berkeley.edu/">http://ggia.berkeley.edu/</a></p>
 <p><b>mindkit</b></p>	<p>Some top tactics for implementing the five ways to wellbeing in your life, right now.</p> <p><a href="https://www.mindkit.org.uk/5-ways-to-wellbeing/">https://www.mindkit.org.uk/5-ways-to-wellbeing/</a></p>
 <p><b>ACTION FOR HAPPINESS</b></p>	<p>Action for Happiness helps people take action for a happier and more caring world.</p> <p><a href="http://www.actionforhappiness.org/">www.actionforhappiness.org/</a></p>

## FREE TO ACCESS SELF-HELP RESOURCES

 <p><b>every mind matters</b></p> <p><b>ONE YOU</b></p>	<p><b>Every Mind Matters</b> How are you taking care of your mental health? Get expert advice, practical tips and a personalised action plan with Every Mind Matters. <a href="http://www.nhs.uk/oneyou/every-mind-matters/">www.nhs.uk/oneyou/every-mind-matters/</a></p> <p><b>Watch the advert</b> <a href="http://www.youtube.com/watch?v=h6aC02Hyi1I">www.youtube.com/watch?v=h6aC02Hyi1I</a></p>	
 <p><b>Living Life</b></p>	<p><b>Living Life to the Full : helping you help yourself</b> Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. <a href="http://www.littf.com/">www.littf.com/</a></p>	
 <p><b>Mental Health Foundation</b></p>	<p><b>A range of self-help guides from the mental health foundation</b> <a href="http://www.mentalhealth.org.uk/publications">www.mentalhealth.org.uk/publications</a></p>	
 <p><b>NHS Northumberland, Tyne and Wear NHS Foundation Trust</b></p>	<p><b>Self Help Leaflets - Northumberland, Tyne and Wear NHS Foundation</b> Self help guides produced by Northumberland, Tyne and Wear NHS foundation Trust titles cover a range of mental health issues. <a href="http://www.web.ntw.nhs.uk/selfhelp/">www.web.ntw.nhs.uk/selfhelp/</a></p>	
 <p><b>READING WELL</b></p>	<p><b>Reading Well</b> Reading Well helps you to understand and manage your health and wellbeing using self-help reading. The books are all endorsed by health experts, as well as by people living with the conditions covered and their relatives and carers. Available in all libraries. <a href="http://www.reading-well.org.uk/">www.reading-well.org.uk/</a></p>	
 <p><b>Moodzone</b></p>	<p><b>NHS Choices Moodzone</b> Whatever you need to know about coping with stress, anxiety or depression, or just the normal emotional ups and downs of life. It offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better. <a href="http://www.nhs.uk/conditions/stress-anxiety-depression/">www.nhs.uk/conditions/stress-anxiety-depression/</a></p> <p><b>Check your mood with our mood self-assessment quiz</b> <a href="http://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/">www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/</a></p>	
 <p><b>Future Learn</b></p>	<p><b>Mindfulness for Wellbeing and Peak Performance</b> Free 4 week course. Learn mindfulness techniques to reduce stress and improve your wellbeing and work/study performance in this online course. <a href="http://www.futurelearn.com/courses/mindfulness-wellbeing-performance">www.futurelearn.com/courses/mindfulness-wellbeing-performance</a></p>	

## FREE TO ACCESS SUICIDE PREVENTION SUPPORT

Free e-learning & suicide prevention web resources



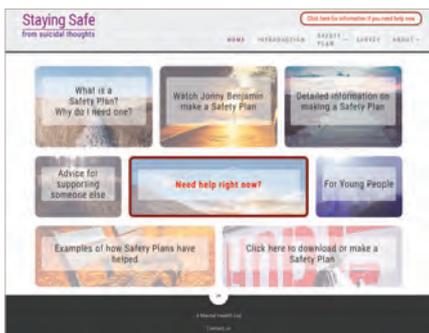
Free e-learning



[www.zerosuicidealliance.com](http://www.zerosuicidealliance.com)

## Staying Safe from suicidal thoughts

Safety Plan guidance tools with easy to print / online templates and guidance video tutorials purposefully designed to help people through the process of writing their own Safety Plan to build hope, identify actions and strategies to resist suicidal thoughts and develop positive ways to cope with stress and emotional distress.



[www.stayingsafe.net/about](http://www.stayingsafe.net/about)



We need to talk about suicide: helping everyone to feel more confident to talk about suicide" is an e-learning programme that has been developed for the wider public health workforce including voluntary sector, emergency services, prison staff and prison listeners and all staff in health and social care. The learner will be able to complete the entire programme at once, which takes approximately between 60 and 90 minutes, or complete at their own pace in smaller sections.



<https://www.e-lfh.org.uk/programmes/suicide-prevention/>

## SHINING A LIGHT ON SUICIDE

Online resources including self help booklets, dvd's, helplines, advice and support.



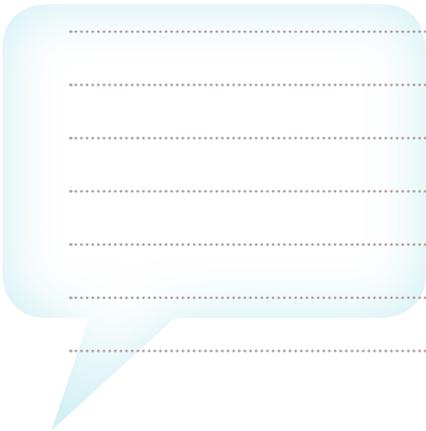
[www.shininglightonsuicide.org.uk](http://www.shininglightonsuicide.org.uk)

# NOTES

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# NOTES

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# Thankyou



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