

Toolbox



Connect 5
CHANGING THE CONVERSATION ON MENTAL WELLBEING

5 WAYS TO WELLBEING



BE ACTIVE

Choose things you'll enjoy



CONNECT

Build bonds with people



GIVE

Do something nice for others and yourself



KEEP LEARNING

Learn or rediscover skills



TAKE NOTICE

Look around you and be aware of surroundings and people

YOUR ROLE IN HELPING YOUR CLIENT

- ▶ Explore different options outside their norm
- ▶ Encourage them to try new things
- ▶ Support them to do things
- ▶ Signpost them to local services, groups, facilities, opportunities
- ▶ Follow up to see what they tried and how it went



Vicious Cycle

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

What's going on? Describe the situation:

My thoughts:

Altered
Thinking

My feelings:

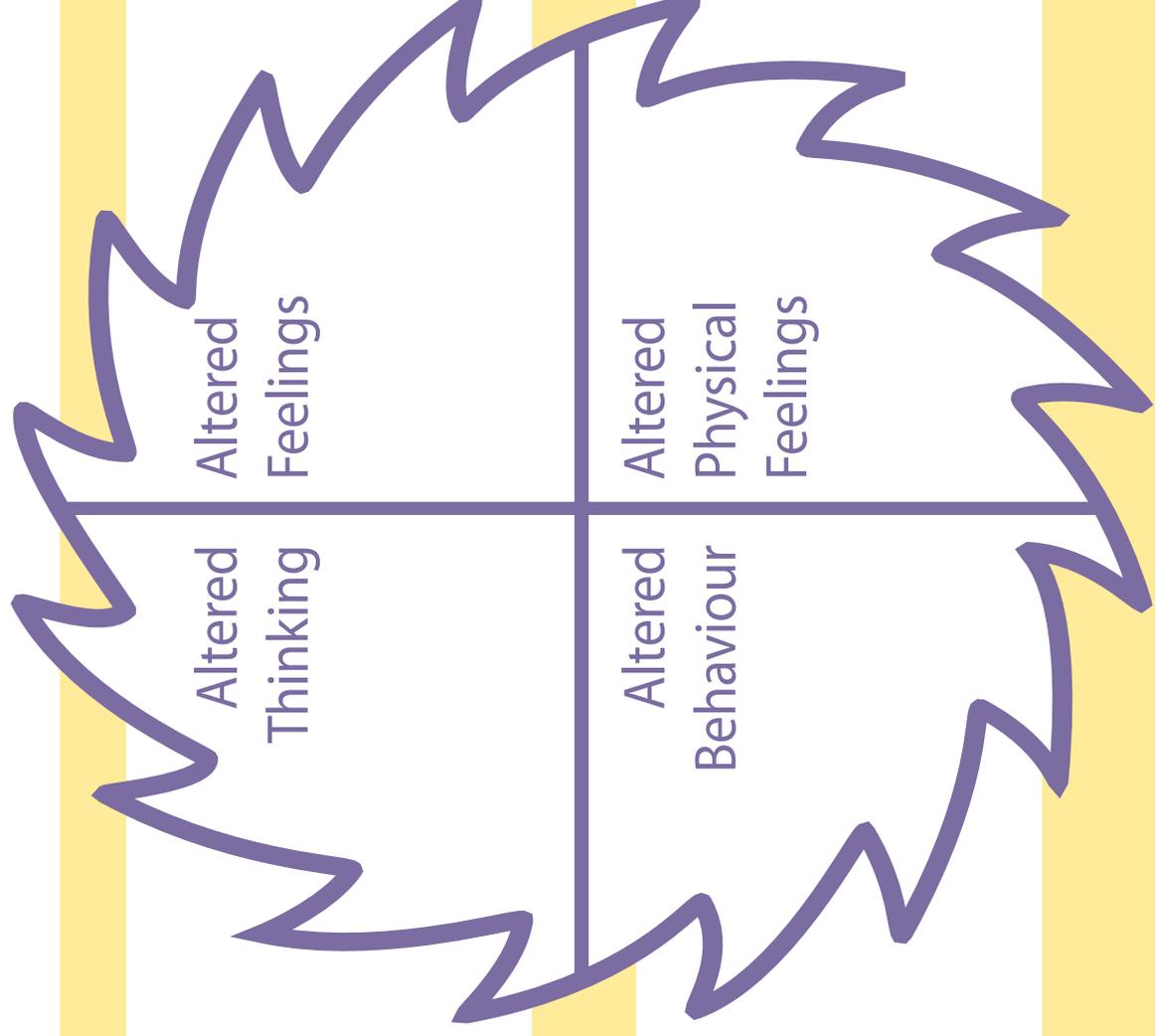
Altered
Feelings

My behaviour:

Altered
Behaviour

My body:

Altered
Physical
Feelings



YOUR ROLE IN HELPING YOUR CLIENT

To explore each of the 5 Areas and map them with your client (so your client can see what's going on for them) **to see why they feel bad:**

- ▶ how these 5 areas all feed into each other
- ▶ how this creates a vicious cycle

to identify a starting point to make a small change

This will help your client to see how **they could feel better:**

- ▶ interventions which break the cycle at any point can turn it into a virtuous cycle
- ▶ each of the other areas becomes more positive

EXPLORING INTENSITY QUESTIONS

It would be useful for us to get a better understanding of the difficult feelings that you mentioned:

- ▶ How long have you been feeling like this?
- ▶ What seems to set off these feelings?
(where, with whom, when)
- ▶ What effect is this having on your life? How is it impacting on your personal relationships, work/occupation/study and social life?

If the person has been feeling like this for a couple of weeks, feels like this much of the time, or feeling are particularly strong with certain triggers, and it is having an impact on day-to-day life, such as getting up for work, playing with their children - step up to mental health support using key contacts for mental health services.

If the person describes (1) little interest or lack of pleasure in doing things (2) feeling down, depressed or hopeless in the last two weeks, explore thoughts of ending life using the questions opposite.

STEPPING UP FLOWCHART THE QUESTION

Sometimes when people have the thoughts and feelings you have described they can start to feel hopeless and have thoughts about ending their own life.

Is this something you have found yourself experiencing?

YES

Explore Intensity

How often have you been having the thoughts?
How intense are these thoughts for you?
How long have you been feeling this way?

LOW INTENSITY

HIGH INTENSITY

Method

Have you gone so far as to think about how you might do this?

Planning

I just need to check. Is it something you've got a plan in mind for?

Immediate Action

I'm really worried about you and don't want you to leave here today without a plan for how to get you through where you are now.

NO

Support person to make their safety plan

Signpost to local services and resources.

Support person to make their safety plan

Actively help them access local suicide services signpost to national web resources.

Emergency Action

Arrange help.
Inform the person's GP
Inform Manager Follow protocol how to get you through where you are now.

Staying Safe

from suicidal thoughts

www.stayingsafe.net/about



SCALING

Introduction

Imagine a scale from 1-10 where 0 is the worst the situation can be and 10 is the best you hope for.

Current position

Where are you at the moment?

Platform

What are you doing that puts you there (and not at zero)?

Earlier success

If you've been higher in the past, what were you doing differently?

Visualise

How would things look at a higher point?
What would you be doing differently?

Step forward

What could you do to move up just one number?



YOUR ROLE IN HELPING YOUR CLIENT

Ask questions, in a curious and encouraging way. Help your client to look at their position positively. At each step, keep asking 'what else?'

▶ **Current position and Platform:**

Focus on what your client is already doing that works. "What puts you at number...? and not at 10? What has helped?"

▶ **Earlier success:** Look at things your client has done in the past. "What were you doing differently when you were at a higher position?"

▶ **Visualise:** Help your client to imagine how things would look higher up the scale, and what they would be doing differently.

▶ **Step forward:** Help your client to think of small changes to move up the scale (and how not to slip back down).

PROBLEM SOLVING 6 STEPS

What is the problem?

- ▶ Choose one thing to tackle
- ▶ Break up big problems into small, bitesized pieces to tackle bit-by-bit

What could work?

- ▶ Come up with lots of ideas

What is good and bad?

- ▶ Assess each solution in turn

What will you try?

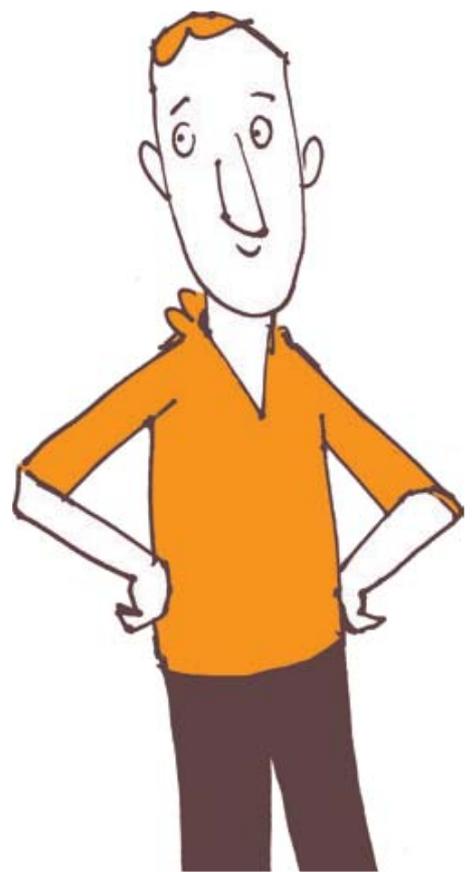
- ▶ Choose one of your solutions to try

What will you do?

- ▶ Make a step-by-step plan
- ▶ Decide what you are going to do
- ▶ Deal with things that get in the way

What happened?

- ▶ Review how it went
- ▶ Try another solution if you need to



YOUR ROLE IN HELPING YOUR CLIENT

What is the problem?

Make sure it's a SMART goal: Specific, Measurable, Achievable, Realistic, Timely.

What could work?

What is good and bad?

What will you try?

Write down all your client's ideas.

Help them to assess the good and bad points of each, and choose one to try.

What will you do?

Support your client to make a plan, working out all the things they'll need to do, in a simple structure.

Check the plan is SMART.

What happened?

Help your client to review how it's going and try other solutions if the first doesn't work.

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...

- ▶ 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

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?

ACTIVITY SCHEDULING

If you're feeling down or anxious you may feel less active than normal and may stop doing things you enjoy.

It can help to plan activities which give you pleasure, give a sense of achievement, keep you physically active, and help you to take part in social things.

Try to plan something under each of these headings each week.

You can find activity scheduling diaries online, or make up your own.



YOUR ROLE IN HELPING YOUR CLIENT

Explain to your client the four types of activity and why they're important, and how planning activities can break the vicious cycle. Some activities may fit into more than one category, such as pleasurable and social.

- ▶ **Encourage** your client to think of things they could do or need to do.
- ▶ **Help** your client to plan these into each week's diary.
- ▶ **Make sure** your client's plans are realistic, small steps, maybe just one or two things a week to start – not too much in one go.
- ▶ **Check** to see how it's going and the impact on your client.

Bad Thought Spotter

From the:
Looking at things differently/Why
does everything always go wrong?
resources.

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?

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.

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?

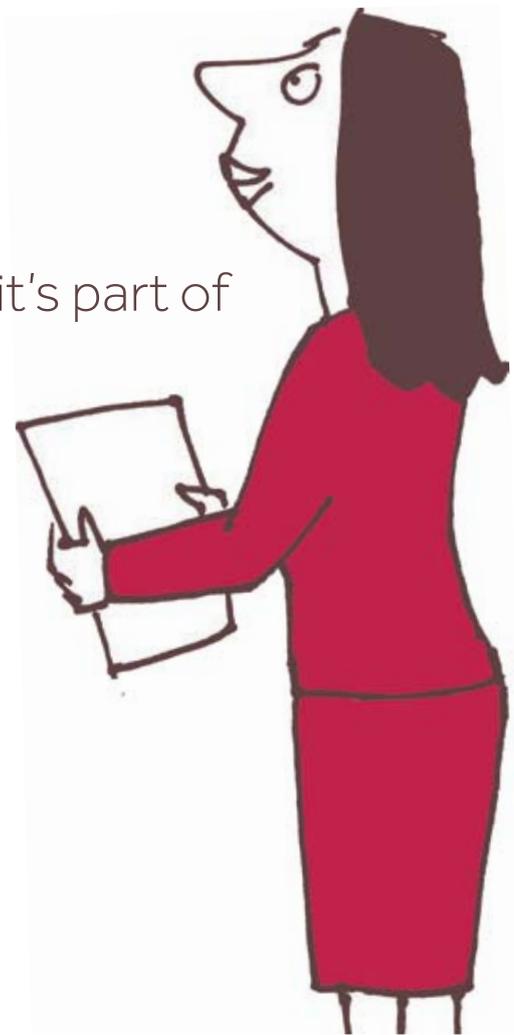
SELF COMPASSION

When people feel low or distressed

- ▶ They find it easy to be harsh and critical about themselves.
- ▶ They may give themselves a hard time.
- ▶ They struggle to reassure themselves.
- ▶ They do not soothe and care for themselves.
- ▶ They are not warm and gentle towards themselves.

It's important to show yourself some self compassion

- ▶ Notice your own suffering
- ▶ Be kind and caring to yourself
- ▶ Accept that things go wrong – it's part of



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. |

Connect

Mental Wellbeing in Everyday Practice

