



Stress Management and being Mindful



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What to Expect

- To gain insight about stress, and it's affect on thoughts, behav iours and physical feelings
- To identif y unhelpful behaviour and thought patterns and how to ov ercome these
- To raise awareness of support av ailable

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Service Introduction

Who we help

Adults 18+	Mild to moderate mental health problems
Depression	Anxiety & Worry
Perfectionism and Low Self Esteem	Panic Attacks
Obsessive Compulsive Disorder (OCD)	Post-traumatic Stress Disorder

What we offer

Short Term Treatments	Cognitive Behavioural Therapy (CBT)
EMDR/NET	One off workshops
Therapy Groups	Guided Self Help based on CBT
Signposting	NICE guidance

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Quick Stress Check – Interpreting the scores

PHQ-9 (depression)

- 0-4= minimal/Healthy
- 5-9= mild
- 10-14= moderate
- 15-19= moderately severe
- 20-27= severe

GAD-7 (anxiety)

- 0-4= minimal/Healthy
- 5-9= mild
- 10-14= moderate
- 15-21= severe

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Firstly...

It is normal to feel stressed right now as COVID-19 is a threat and that is how our body and mind is interpreting it...



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What is Stress?

- Our body's way of responding to a demanding or threatening situation
- This causes a temporary surge in hormones which in turn lead to physiological, psychological and behavioural changes
- This is a self-regulating process
- Long term stress can lead to other psychological problems

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Just as everyone has blood pressure, Everyone experiences stress

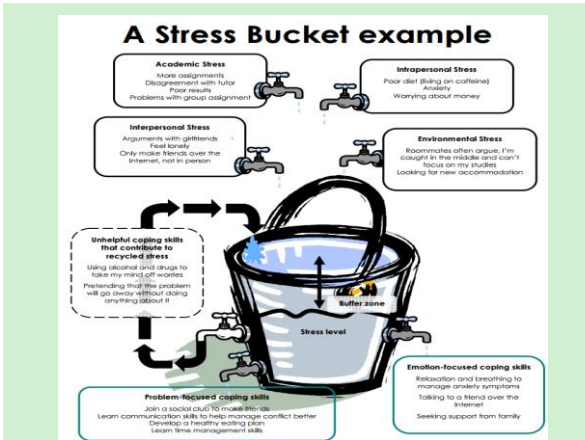
The stress line



What does stress look like?

- Unable to 'switch off'
- Too busy to do enjoyable things
- Overwhelmed
- Exhausted
- 'I can't be bothered'
- Unable to sleep properly
- Cortisol- long term physical effects
- Links to depression and anxiety

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What is CBT?



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What is Cognitive Behavioural Therapy?

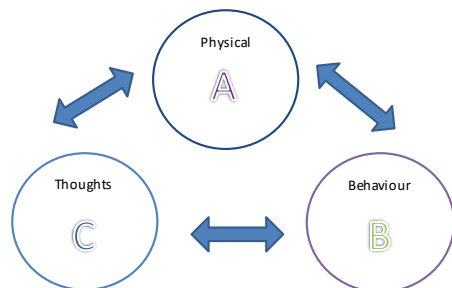
The key idea behind cognitive behavioural therapy is that:



CBT is 'present focused'. That means it works with thoughts and feelings in the here-and-now.

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ABC model



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Vicious Cycle of Anxiety



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Vicious Cycle of Low Mood



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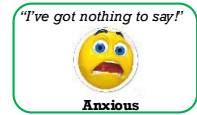
Thinking about our thinking.



A friend doesn't acknowledge me as she passes in the street.

What would you think? How would you interpret that?

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Thought Diary



- Used to understand how our thoughts impact our emotions
- We can use these to challenge unhelpful thoughts.
- When under stress, depressed or anxious unhelpful or negative automatic thoughts (NATs) can be more prevalent.
- Unhelpful thoughts are likely to have a negative effect on one's mood and behaviour.
- Helpful/balanced thoughts are likely to have a positive effect on one's mood and behaviour.



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Thought Diary



Situation	Thought Rate how much you believe this thought (0-100%)	Feeling Rate how bad it was (0-100%)	Revised Thought Rate how much you believe this thought	Feeling How bad was it (0-100%)



Challenging thoughts

- Act as if you are in a court room
- Record all the factual evidence
- First write down the evidence that supports the thought
- Then evidence against

Unhelpful thoughts:	Belief Rating (%):
Evidence that supports the unhelpful thought	Evidence against the unhelpful thought

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How can we manage worry?

There are two main types of worry:

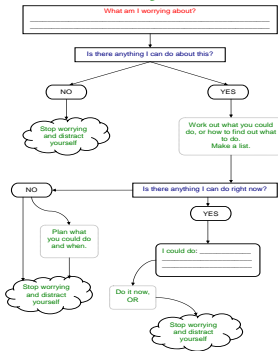
- **Practical**
(a problem that has solutions)

- **Hypothetical**
(out of our control, future based, 'what if')

Is there anything I can do about this right now?



Worry Tree



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Worry Diary

Date and time	Situation (Where you are, what you are doing and what is going on around you)	Your Worry (eg what if...)	How anxious do you feel on a 0-10 scale (0=not at all anxious, 10=the most anxious you have ever been)	Classify To it a hypothetical (H) or practical (P)

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Worry Time

1. Plan your Worry Time
2. Worry Diary
3. Refocus on the Present Moment
4. Worry Time- Reflect on your worries!
5. Refocusing Activity



Refocus on the Present

- Using all of your senses
- Focusing on what you are doing rather than your thoughts
- Being able to bring your attention back to the present moment

- ❖ Progressive Muscle Relaxation
- ❖ Counting backwards in sevens from 1000
- ❖ Making a cup of tea
- ❖ 5,4,3,2,1
- ❖ Relaxation
- ❖ Physical Exercise
- ❖ Breathing techniques (Mindfulness, YouTube, Yoga etc.)

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Behavioural Steps to wellbeing

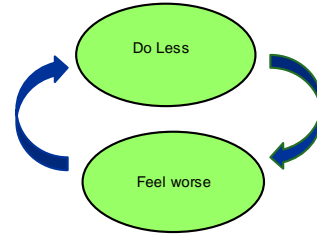


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Activity and Mood



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Balanced Lifestyle



Routine
Pleasurable
Necessary

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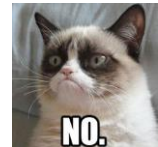
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Helping yourself



1. **Take proper breaks at work.** E.g. taking at least half an hour for lunch.
2. **Try to ensure that a line is drawn between work and leisure.** If bringing work home, keep it to a certain area of your home.
3. **Ensure you leave enough time for things you enjoy.** Including exercise, leisure activities and friendships.
4. **High Standards and Saying No.** Ensure you do not try to be super-human. Be realistic and do not take on everything.



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Helping yourself



Review your lifestyle

- Schedule in your activities across the week making sure you have a balance in the different types of things you are doing
- What things are you are doing which could be handed over to someone else?
- How can you prioritise things so that you are not trying to do everything at once?
- Does that thing **have** to be done right now ?

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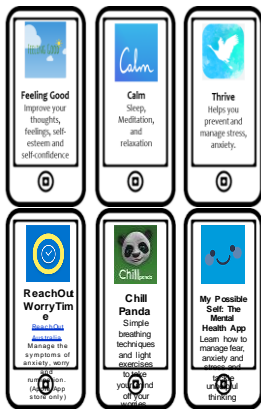
Questions?



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Helpful apps

- On the Bedfordshire Wellbeing Website we have links to self help leaflets and NHS approved apps.
- As well as other support services.
- <https://bedfordshirewellbeing.nhs.uk/useful-resources/>
- <https://www.nhs.uk/apps-library/filter/?categories=Mental%20health>
- <https://www.selfhelpguides.nhs.uk/hccq/>

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Safety Numbers

Should you feel that you need urgent support:

- Samaritans (116 123) are available 24/7 should you feel you need someone to speak to
- BLMK Crisis Café - 01525 722 225 from 5pm to 11pm, 7 days a week
- If you feel you are in crisis, you can make an urgent appointment with your GP or you can call NHS Direct on 111 opt (24 hours) to speak to a mental health professional or 0800 0234 650 if you live in Milton Keynes
- In an emergency or out of hours if you feel you are at risk of harming yourself you can attend your local hospital A&E

Bedfordshire NHS mental health and wellbeing service provided by ELPF



Mind BLMK supports people across Bedfordshire, Luton, and Milton Keynes, with their mental health and wellbeing. They are an independent local charity and affiliated to national Mind through branding and accreditation of their services.

They support over 4,000 people each year and their current services include community-based peer support groups, counselling, crisis support, activity and wellbeing groups, workshops and training, specific support for those experiencing hoarding and personality disorder, suicide bereavement support, and 1:1 mentoring.

For more information about their services locally, please visit – www.mind-blmk.org.uk

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This is the end of today's session

Thank you all for attending.

We hope that the information in this webinar has been helpful!

You can find more webinars at <https://mktalkingtherapies.nhs.uk/blmk-events>

Stay safe and look after yourselves.

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