

Skills for Well-Being Group

Session 1

Housekeeping

- Welcome & Introductions
- Technology required;
 - Good connection (WIFI)
 - Use Chrome, Safari or Firefox
- Etiquette
- Tour of platform

Aims of Session 1

- Rating Scales (CORE/HADS)
- Format for the rest of the group sessions
- Form a Group Agreement
- To learn about Well-Being
- To learn about Stress

What to Expect

- The group will run for 6 consecutive weeks
- The 6 sessions teach you skills to manage low mood, anxious feelings and boost your wellbeing.
- Each session lasts for 1 ½ hours
- Break in the middle
- Discussion based (not a group therapy format)

Sessions:

- Session 1 – Introduction to Group & Discuss Well-Being and Stress
- Session 2 – Physical Reactions
- Session 3 – Thinking
- Session 4 – Behaviour
- Session 5 – Assertiveness & Values
- Session 6 – Maintaining Wellbeing for Life (sleep, diet, exercise)

Group Agreement

What shared agreement will help make this an environment you feel safe and able to get the most from sessions?

What is Wellbeing?

- What are you hoping to get from coming to this group?



Barriers to Wellbeing?



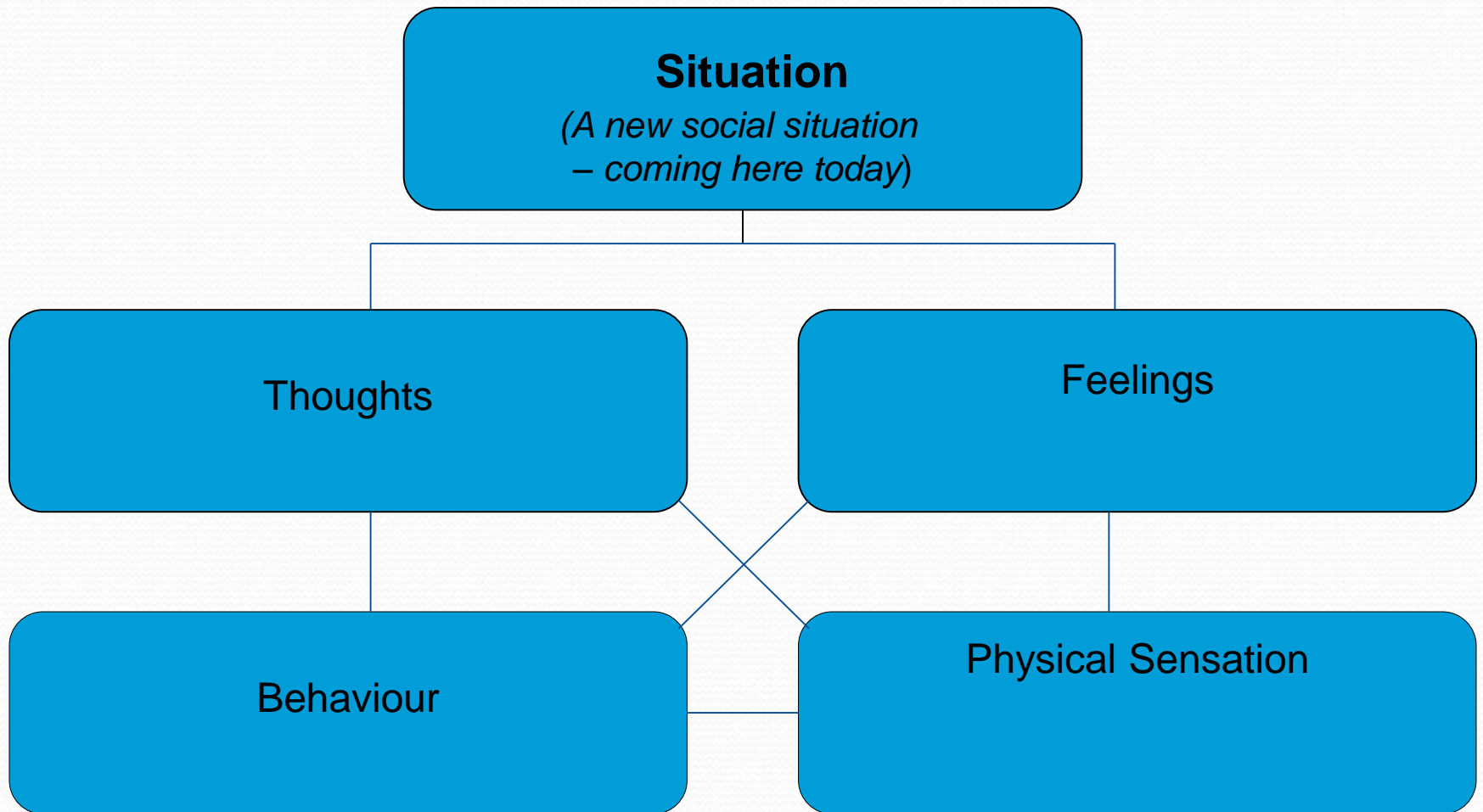
These often increase the stress of daily life

Understanding Personal Barriers

Personal barriers, that we will refer to as stressors, can fall into four categories :

1. Our Thoughts
2. Our Behaviours
3. Our Physical Reactions
4. Our Emotions

Five Factor Model



Break



The Impact of Stress

- The more stress we have the more likely our sense of wellbeing will suffer. This can present as either low mood and anxious feelings. However, often we can experience both.
- Therefore in these sessions we will focus upon learning skills to help reduce stress and improve wellbeing
- To do so we first need to understand how stress impacts each of the 4 domains...

The Effects of Stress on our Feelings

Anxious

- Nervous
- Worried
- Frightened
- Tense
- Dread
- Agitated
- Unsettled
- Stressed
- Trepidation

Low Mood

- Tearful
- Sad
- Detached
- Numb
- Hopeless
- Worthless
- Helpless

The Effect of Stress on How we Think

Anxious (Future Focus)

- Worry – predicting the worst case scenario (What if...)
- Mind racing

- Difficulty concentrating
- Memory impairment
- Hypercritical

Low Mood (Past Focus)

- Rumination (If only...)
- Thinking negatively about ourselves, the world or others
- Suicidal ideation

- Difficulty concentrating
- Memory impairment
- Hypercritical

Notice the overlaps?

The Effect of Stress on our Body

Anxious

- Heart pounds, races or skips a beat
- Chest feels tight or painful; sensations of choking
- Tingling or numbness
- Stomach churning
- Feeling jumpy or restless
- Tense muscles
- Panic symptoms/attacks
- Agitation, arousal
- Sleep disturbance
- Fluctuating appetite

Low Mood

- Lethargy
- Decreased libido
- Increased sensitivity to pain
- Low energy
- Sleep disturbance
- Fluctuating appetite

How Stress Effects our Behaviour

Anxious

- Avoidance/Safety Behaviours
- Short-tempered
- Overly active
- *Worry

- Drink more alcohol
- Eat more or less
- Self-harm

Low Mood

- Inactivity
- Isolation
- *Rumination

- Drink more alcohol
- Eat more or less
- Self-harm

Stress - Skills



Awareness of Experience

1. Before we begin to apply skills it helps to be aware of how stress effects our experience.
2. Much of our experience is so automatic that it occurs outside of our awareness.
3. To start to improve our wellbeing, we must first become aware of our current experience (*are there any unhelpful habits or patterns that you wish to address?*)

Behavioural Awareness



Increasing Awareness – Activity Diary

- Self-monitoring tool – observe our daily patterns of behaviour (thinking).
- Helps us to become aware of behaviour-mood links.
- Behavioural change is not easy.
- Increasing our awareness of the function and effect of our current behaviour upon our mood can help us recognise when certain behaviours are unhelpful and helpful.

Activity Diary

Write briefly in each box: **What you did** (brief description), one word that describes your **Mood**, and rate the intensity of your mood on a scale of 0 – 100%, your sense of Achievement for the activity on a scale of 0-10 (A0 – 10) your sense of Closeness to others (C0 – 10), and sense of Enjoyment (E 0-10). An activity may be sitting down, or lying in bed, not only washing dishes, walking etc.

(Write in each box) Example : Watching TV with son, Sad 60%, A0, C7, E4

Day →							
Time ↓							
6 – 8 am							
8 - 10 am							
10am – 12noon							
12 - 2pm							
2 - 4pm							
4 - 6pm							
6 - 8pm							
8 - 10pm							
10pm – 12mn							

After completing the diary, you might notice patterns in your mood variations, and how particular activities affect your mood. You will then be able to plan a more healthy range of activities which give you a sense of Achievement, Enjoyment and Closeness (using another blank form).

Activity Diary – Look Out For:

- Variations (or lack of variations) in mood
- Difficult (or easier) times of day
- Difficult (or enjoyable) situations or activities
- Feeling close(or not close) to others
- Patterns of Stress

An invitation for next week:

- Complete Activity Diary
- Choose an event this week and fill out the 5 Factor Model to help enhance your understanding of your reactions .
- *Aim of doing this: to draw your own attention to times when you experience stress related feelings and to tune in to the extent of your reactions*