




Community and Mental Health Services

# Skills for Wellbeing Course

## Session 1

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- Introduction to Course and CBT
- Goal Setting
- Relaxation Techniques





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# Welcome Everyone ☺

Agenda for today's session:

- Ground rules
- Confidentiality and risk
- About the Skills for Wellbeing Course
- What is CBT
- Vicious cycle
- Goal Setting
- Relaxation





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# Ground Rules

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- Please click on the zoom link ten minutes before the session starts.
- Attend all the sessions, if you can't please let us know.
- Phones on silent, to minimise disruption, take calls outside of the room if necessary. Please switch camera off if needed to minimise disruption.
- Respect confidentiality. For the privacy of yourself and others, please DO NOT record, video, screen shot or photograph anything or anyone (visual or audible) during the sessions.
- Treat each other with dignity and respect. Allow others opportunity to talk/feedback.
- The therapist will mute all participants during the session but there will be opportunities to ask questions at specific times. You do NOT have to speak out.
- Do not attend sessions under the influence of drugs and alcohol.
- Be mindful, this is not group counselling.
- If your video connection fails during the session, we advise that you attempt to re-access the session by clicking on the zoom link again and if this is not successful, we advise you telephone our team to inform us by calling **0151 228 2300**.





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# Confidentiality and Risk

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- We will keep your involvement with Talk Liverpool confidential unless we identify a risk issue.
- Your GP will be updated at key points – this might be at the end of the course, or if anything changes as sessions go forward.



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## Confidentiality and Risk

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- We have a legal obligation to try and keep people safe at all times – a Duty of Care to yourselves and the public in a wider sense.
- We may need to discuss your case with other agencies too such as our safeguarding team or Social services if we are concerned for the welfare or wellbeing of any vulnerable individuals.



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## Confidentiality and Risk

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- We also use the questionnaires to see whether there may be any risk issues for you; specifically Question 9 of the PHQ-9 – “thoughts you may be better off dead or of harming yourself in some way”.
- These thoughts are common when feeling low in mood or generally under pressure.
- If you score anything other than 0, we may call you to follow up.



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## Confidentiality and Risk

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- These help us to check everyone is safe and well.
- Again, it's nothing to worry about – we just want to make sure everyone is getting the right support.



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## Confidentiality and Risk

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- If you leave the session without having had the chance to speak to one of us, then we will try and give you a call to discuss further. Sometimes people have filled them out in error.
- If we cannot get hold of you, we may consider a safe and welfare check via the Ambulance Service.
- Again, this is to check on your safety and wellbeing and ensure no support is being missed – the more we know the more we can do to support you. 😊



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## Safety Plan

Where to go, who and how to contact if you need help:

- Contact your **GP** and ask for an emergency appointment.
- Call **111** if you are in need of urgent medical help or advice but it's not an emergency or life-threatening situation.
- For **Urgent mental health support** during the Coronavirus crisis please ring 0151 296 7200 or by Freephone on 0800 145 6570.
- If your life or someone else's life is in immediate danger, CALL **999**.
- **Samaritans** are available 24 hours a day, 7 days a week. Tel - 116 123 email - [jo@samaritans.org](mailto:jo@samaritans.org)

Again, if you are concerned about anything related to your safety you can also speak to one of the facilitators at the end of the session.



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## Course Contents

- **Week 1** – Introduction to the course and CBT, Goal Setting and Relaxation Techniques
- **Week 2** – Introduction to Depression and Strategies to Manage Low Mood
- **Week 3** – Introduction to Anxiety and Worry Management Strategies
- **Week 4** – Addressing Unhelpful Depressive Thoughts and Thought Challenging
- **Week 5** – Understanding and Dealing with Panic. Tips for Sleep.
- **Week 6** – Looking After Yourself in the Future and Next Steps



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## About the Course

- Underpinned by Cognitive Behavioural Therapy (CBT).
- Main aim is to improve mood and reduce stress, anxiety, worry and/ depression.
- Importance of in-between session work.
- 6 sessions long.
- 1½ - 2 hours per session.
- We will have a break mid way through each session.
- Your booklets are really important.
- Completing questionnaires during each session.
- Review of progress at the end of the course.



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## Attendance Policy

- If you need to cancel your course session, please give at least 48 hours notice.
- If you miss two sessions during the course, we will discharge you from the service. This includes contacting the service after your appointment time has passed.
- Please note that if you attend the session more than 20 minutes late, you may not be able to join the session. If you arrive 20 minutes late on two occasions, you may be discharged from the service.
- If, during treatment with us, you change your GP so you are no longer registered with a GP in the Liverpool area, we will be unable to offer you a service at the end of your current course of treatment. Any more treatment must be given by the talking therapy service in your new GP area.

• Attendance Policy: Page 3 - Workbook.



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## What is CBT?

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- Cognitive Behavioural Therapy (CBT).
- National guidelines say that people with Low Mood, Anxiety or Panic should be offered a guided self-help programme, such as this one.
- We can't change the things which have contributed to the way we feel but we can change how we react to these experiences and we can learn how to manage our symptoms.
- CBT focuses on our current symptoms rather than triggers and looks at what might be maintaining those symptoms.



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## What is CBT?

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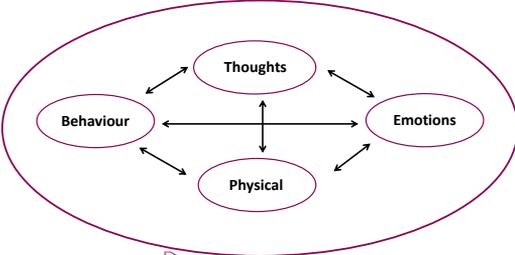
- CBT helps people to understand the links between Thoughts, Behaviours, Emotions and Physical Changes and how this impacts mood and anxiety.
- CBT aims to give you the tools to enable you to challenge these links and enable you to better manage your low mood and anxiety.



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## Vicious Cycle

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graph TD
    Thoughts <--> Emotions
    Emotions <--> Physical
    Physical <--> Behaviour
    Behaviour <--> Thoughts
    Thoughts <--> Physical
    Emotions <--> Behaviour
  
```



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## Home Task (Page 6)

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- Identify your own vicious cycle.
- Think about your own thoughts, emotions, physical symptoms and behaviours – and how think link together.
- See your booklet for examples of depression, anxiety and panic cycles (Page 7).






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Let's have a break 😊




## Goal Setting



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- Before we can continue and focus on the tools that can help you manage how you currently feel, we need to think about goals.
- If you do not have any goals, how will you know what techniques will be most useful to you?
- Goals need to be realistic and manageable but also specific.




## SMART Goals



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- **S**pecific
- **M**easurable
- **A**chievable
- **R**elevant
- **T**ime-limited




## SMART Goal example



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**My goal:**  
*To go for a 15 minute walk twice this week.*

This goal is **specific**, depending on fitness levels it should be **achievable and relevant**. The goal has a **time limit** and is **measurable** as you can check in at the end of the week to see if it's complete.



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## Home Task (Page 8)

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- Think of 3 goals you would like to achieve over the duration of this course and beyond.
- Make your goals personal or meaningful to you.
- The more meaningful they are the more likely you are to follow them through!
- Break the goal down into small steps if needed.



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## Relaxation

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- You may have noticed that you felt anxious or tense prior to attending today's session.
- When we have to face a difficult task or unknown situation, we may sometimes notice certain physical symptoms come around. Most commonly these symptoms are in relation to our breathing or tension in muscles.



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## Benefits of Relaxation

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- Promotes restful sleep.
- Helps to reduce physical symptoms of anxiety.
- Reduces tension in our body.
- Helps to calm the body and the mind.
- Helps to alleviate stress.
- Helps to refocus our attention.



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## Relaxation Techniques

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- Relaxation techniques can focus on many areas. We will discuss techniques in relation to breathing and muscles.

Breathing relaxation techniques:

- 4-7-8 technique
- Deep breathing
- Belly breathing

Muscle relaxation techniques:

- Progressive muscle relaxation






## Things to be mindful of ...

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- Stress can make our muscles tense.
- Un-tensing our muscles signals to the body to relax and to calm down.
- Progressive muscle relaxation means tensing and relaxing muscle groups in turn to promote relaxation

**Please note – it is important to be mindful of health conditions you may be experiencing prior to engaging in these techniques. If you have any questions, always speak to your GP in the first instance.**





## Relaxation

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- You can watch a video focused on deep breathing.
- LINK: <https://www.youtube.com/watch?v=aNXKjGFUIMs>  
(Page 9 contains the link)





## Home Task

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- Identify your own vicious cycle (Page 6).
- Identify Goals (Page 8).
- Practice Relaxation (Page 9).





## Next Week

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- Recap of out of session work
- Introduction to Depression
- Techniques to manage low mood





## End of Session 1



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Well done everyone! See you next week

Please approach us if you have any  
questions

