




Community and Mental Health Services

Skills for Wellbeing Course

Session 3

- Introduction to Anxiety
- Worry Management Strategies
- Problem Solving





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Ground Rules

- 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 falls 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

- 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.
- We have a legal obligation to try and keep people safe at all times.
- If we are concerned for your safety or the safety of others, we may discuss your situation with a GP, social services or Police.





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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

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.





Course Contents



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- 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




Today's session



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- Recap on last week
- Introduction to Anxiety
- Types of Worries
- Dealing with Hypothetical Worries
- Dealing with Current/Practical Worries




Review of last week



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- How did you get on with the home task?
- Diary planning (review, plan and implement)?
- Any feedback?




What are Anxiety & Worry



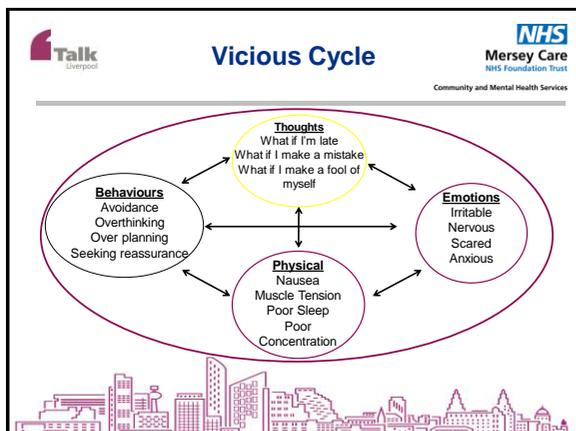
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Anxiety – an emotion that happens to all of us if we sense fear.

- *Immediate* = anxiety prompts us to take action straight away (e.g. crossing road & car speeding toward us – fight or flight).
- *Future* = anxiety prompts us to try and solve the problem before taking action (e.g. an exam/interview/deadline is approaching).

Worry = Anxiously thinking how we would cope with future fear that may or may not happen.





Talk Liverpool **Difficulties with Worry** **NHS Mersey Care NHS Foundation Trust**
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Worry can become a problem when it is:

1. Persistent – seeming to always be around and causes you significant distress, or impairs your ability to go about your day-to-day life.
2. Feeling uncontrollable.
3. Experienced as intrusive in your life.
4. Causing excessive physical symptoms (irritability, fatigue, muscular tension, sleep problems, lack of concentration).

Talk Liverpool **Recognising Worry** **NHS Mersey Care NHS Foundation Trust**
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It is important to recognise when a worrisome thought pops into our head.

Learn your tell-tale signs of worry, e.g.

- “What if” thoughts, or mental images.
- Going round in circles for more than 2 minutes.
- Not being able to find a solution to the worry.

Talk Liverpool **Types of Worry** **NHS Mersey Care NHS Foundation Trust**
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- **Hypothetical Worries**
 - Things that may be in the future, you may not have a solution no matter how hard you try to find one or they may be out of your control.
- **Practical Worries**
 - Often affecting you now and for which there is a practical solution (it might not always be obvious).




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Let's have a break 😊





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Worry Time

Worry time is giving yourself time to worry, but at a time that you choose and are more in control of during the day. It helps let go of the hypothetical worries that distract your focus away from what you are doing in the present moment onto future concerns. As a result it reduces the amount of time spent worrying throughout the day and the impact it has on our daily tasks and how we feel physically.

Worry time has four steps:

1. Plan your worry time
2. Write down worries
3. Refocus on the present moment
4. Your scheduled worry time





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1. Plan your worry time

- Choose a time and place when you can be alone for 30 minutes.
- Try, if you can, to pick the same time and place each day.
- Try not to do this straight before bed, to reduce the chances of your sleep being affected.
- Let people around you know so they can support you (e.g. childcare).
- Remove anything that could distract you (e.g. radio, email, phone).
- Choose a room that you can go into for your appointment and then leave afterwards (not bedroom).
- Set an alarm or other reminder to let you know when your 30 minutes are up.





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2. Write down worries

1. As soon as you become aware of a worry write it down throughout your day.
2. Note your worry briefly on paper (in a couple of words only). Carrying a small notebook with you may be useful.
3. Remind yourself that you will have time to think about it later.



Talk Liverpool **3. Refocus on the present moment** **NHS Mersey Care**
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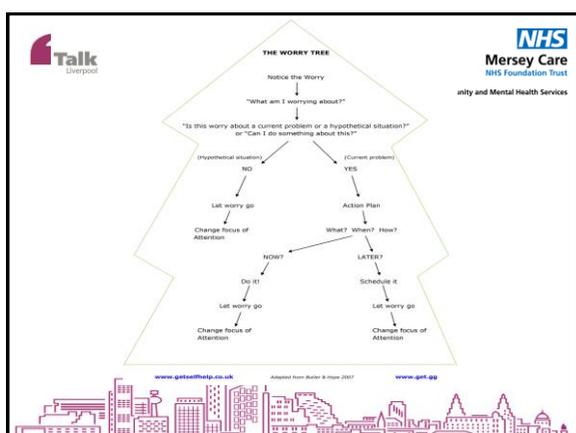
After making a note of "what if" worries, pay full attention to whatever task you were doing at the time, e.g.

- If watching TV, try to carry on watching programme.
- If in the middle of a work task, try to pay full attention to the task.
- This can be a struggle at first, so don't get disheartened; keep trying!
- If you still can't focus, switch to another task, e.g. If you're watching TV and still can't concentrate, change the programme.
- If you can't focus on that, turn off the TV and do something else.



Talk Liverpool **4. Your scheduled worry time** **NHS Mersey Care**
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- In your Worry time decide if your written worries are hypothetical (H) or current/practical problems (P). Write down two separate lists, one for hypothetical worries and another for current/practical problems. A worry tree can help with this (Page 18).
- Read through your list of hypothetical worries. Some that you noted down may no longer cause any anxiety and they can be crossed out straightaway. Others may still make you feel anxious. Use the remaining time to think about that worry till you feel ready to cross it out (reminding yourself that worrying cannot solve that problem).
- Reflect on what it feels like to worry as this can help you recognise when you are worrying on a daily basis quicker.
- At the end of 30 minutes, come back to the present moment. Use the tips from Step 3.

Talk Liverpool **Why do we need Worry Time?** **NHS Mersey Care**
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- We learn it is possible to control the hypothetical worries.
- It makes worry planned, **instead** of driven by emotion.
- It breaks the link between daily activities and worry.





Problem Solving


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- Following worry time if you have identified any current/practical worries, then problem solving can help address them.
- Problem solving is an evidence based intervention that helps you distance yourself from your worries to help you think about different practical solutions.
- Dealing with current problems can also help prevent further hypothetical worries.





7 Step guide to Problem Solving


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- **Step 1-** Identify the problem.
- **Step 2-** Identify possible solutions.
- **Step 3-** Weigh Up pros and cons of each solution.
- **Step 4-** Select a solution.
- **Step 5-** Make a plan to put your solution in place.
- **Step 6-** Put your plan into action.
- **Step 7-** Review how your plan went.





Example (Page 22)


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The car is making strange noises

- **Step 1-** Identify the problem.
- **Step 2-** Identify all the possible solutions.
- **Step 3-** Weigh Up pros and cons of each solution.
- **Step 4-** Select a solution.
- **Step 5-** Make a plan to put your solution in place.
- **Step 6-** Put your plan into action.
- **Step 7-** Review how your plan went.





Home Tasks


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- Write down your worries throughout the day.
- Implement worry time using the four steps.
- Look at implementing problem solving on any practical worries that may have been identified. (Page 20).






Home Tasks List

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- ✓ Session 1 –
 - ✓ Vicious cycle
 - ✓ Smart Goals
 - ✓ Relaxation
- ✓ Session 2 –
 - ✓ Routine, necessary, pleasurable activities
 - ✓ Hierarchy of activities
 - ✓ Diary planning
- ✓ Session 3 –
 - ✓ Identify worries
 - ✓ Implement worry time
 - ✓ Implement problem solving





Next Week

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- Unhelpful Thinking Styles
- Cognitive Restructuring





End of Session 3

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Well done everyone! See you next week

Please approach us if you have any questions

