




Community and Mental Health Services

# Skills for Wellbeing Course

## Session 5

---

- Understanding and Dealing with Panic
- Tips for Sleep





Community and Mental Health Services

# 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 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**.





Community and Mental Health Services

# 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.





Community and Mental Health Services

# 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.



**Talk** Liverpool

**Course Contents**

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- 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



**Talk** Liverpool

**Today's session**

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Recap on last week
- What is Panic?
- What is Graded Exposure?
- Tips for Sleep



**Talk** Liverpool

**Review of last week**

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Did anyone identify any of their own unhelpful thinking styles?
- How did you get on with thought challenging?
- Any feedback?



**Talk** Liverpool

**What is Panic?**

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Panic disorder occurs when people have recurrent and unexpected panic attacks.
- They become concerned about having further occurrences, the consequences of these and what the panic attacks mean.
- There is significant behavioural change - usually avoidance or attempts to prevent occurrences happening.



**Talk Liverpool** **Fight, Flight or Freeze** **NHS Mersey Care**  
 NHS Foundation Trust  
 Community and Mental Health Services

- 3 stages of human body anxiety response
- Activated when feel sense of threat
- Affected by proximity to threat

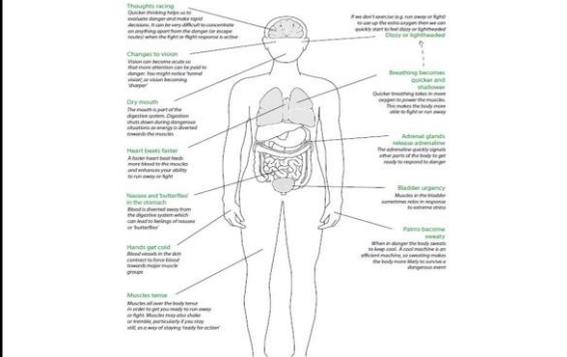


**Talk Liverpool** **Mind and Body** **NHS Mersey Care**  
 NHS Foundation Trust  
 Community and Mental Health Services

- Threat perceived in the brain
- Brain tells body to produce Adrenaline and Cortisol
- Bodily changes occur to allow us to deal with the perceived threat



**Fight or Flight Symptoms**



**Thoughts racing**  
 Quick thinking helps us to make decisions that make sense. However, if you feel you are in a dangerous situation, your thoughts may race. This is a normal response to a threat.

**Changes to vision**  
 Your vision may become blurry or you may see things that are not there. This is because your pupils are dilating to let in more light.

**Dry mouth**  
 The mouth part of the digestive system produces saliva. During a fight or flight response, the production of saliva is stopped, leading to a dry mouth.

**Heart beats faster**  
 A faster heart rate means more blood is pumped around the body, which helps to get oxygen to the muscles and enhances your ability to react more quickly.

**Bladder urgency**  
 The bladder contracts when you are in a fight or flight response, which can lead to a sudden need to urinate.

**Hands get cold**  
 Blood vessels in the skin constrict to save blood for the organs that are most important for survival.

**Muscles tense**  
 Muscles will tense the body in order to get you ready to run away or fight. Muscles usually shake in the first moments of the response, as a way of staying ready for action.

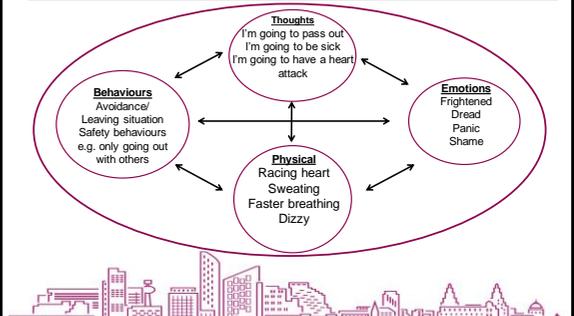
**Breathing becomes quicker and shallower**  
 Quicker breathing in smaller sips helps to increase the amount of oxygen that the body needs to fight or run away.

**Adrenal glands release adrenaline**  
 The adrenaline quickly spreads all over the body to get you ready to respond to danger.

**Bladder urgency**  
 Results in the bladder sometimes when in response to a response.

**Pains become increased**  
 When in danger the body sends as long as it can. If you're in pain, it's a warning that the body needs to survive in a dangerous event.

**Talk Liverpool** **Vicious cycle of Panic** **NHS Mersey Care**  
 NHS Foundation Trust  
 Community and Mental Health Services



**Thoughts**  
 I'm going to pass out  
 I'm going to be sick  
 I'm going to have a heart attack

**Emotions**  
 Frightened  
 Dread  
 Panic  
 Shame

**Physical**  
 Racing heart  
 Sweating  
 Faster breathing  
 Dizzy

**Behaviours**  
 Avoidance  
 Leaving situation  
 Safety behaviours  
 e.g. only going out with others



**Talk Liverpool** **Why does Panic continue?** **NHS Mersey Care NHS Foundation Trust**  
Community and Mental Health Services

### 1. Avoidance

#### The Vicious Circle of Avoidance and Anxiety

When we feel anxious we may avoid the things, places or symptoms that make us feel that way. When you do this your anxiety comes down quite quickly. In the short term this provides some relief from the unpleasant symptoms experienced and may encourage you to avoid the fearful event again in the future.

However as you continue to avoid the fearful event a pattern of avoidance is created and you will feel just as anxious the next time you are faced with the fearful event. This will lead to a vicious circle of avoidance and anxiety.

**Talk Liverpool** **Avoidance** **NHS Mersey Care NHS Foundation Trust**  
Community and Mental Health Services

**Talk Liverpool** **2. Safety Behaviours** **NHS Mersey Care NHS Foundation Trust**  
Community and Mental Health Services

- Safety behaviours relate to other actions, rituals or reliance on objects in order to reduce or mask the intensity of the panic.
- Can include a wide range of behaviours which, at times, can be difficult to identify because they become part of our everyday routine. E.g. being accompanied when in a situation we find difficult, carrying water, carrying anti anxiety medication, making sure your phone is always charged and with you (just in case), avoiding caffeine and exercise to prevent physical symptoms that could be misinterpreted as panic and anxiety.
- Unfortunately, while safety behaviours can lead to a feeling of relief in the short term (and are thus reinforced), they have the effects of reducing beliefs of not being able to cope and you become more reliant on them in the long run.

**Talk Liverpool** **How do we overcome Panic?** **NHS Mersey Care NHS Foundation Trust**  
Community and Mental Health Services

- Exposure can be summed up as facing your fears.
- Involves putting yourself in an anxiety provoking situation, not avoiding or using safety behaviours.
- Involves experiencing the discomfort, and feeling the fear and doing it anyway.
- This helps us learn that anxiety, although uncomfortable, cannot harm or damage us.

**Talk** Liverpool

**Exposure & Habituation**

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Think of your first stay at school, first day at work or even during the first session of the course.
- How did you feel on day 1?
- How did you feel 2 weeks after you started?
- What was different?

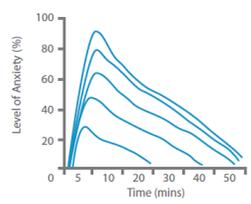


**Talk** Liverpool

**Habituation**

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

**Breaking the Vicious Circle through Habituation**



Exposure and habituation works by breaking into this vicious cycle. This is done by gradually exposing yourself to the fearful event without avoiding or escaping from it. You start with easier situations to face first and each time you do your exposure treatment you remain with the anxiety feelings long enough for them to come down naturally without avoiding or escaping from them. This is called 'habituation'.

As your anxiety symptoms naturally reduce you will learn that the fearful event is not what is causing you anxiety. This will help to break the vicious cycle of avoidance and anxiety.



**Talk** Liverpool

**Mersey Care**  
NHS Foundation Trust  
Community and Mental Health Services

**Lets have a break 😊**



**Talk** Liverpool

**Principles of Exposure**

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- **Graded** – Start with things that make you less anxious than others and gradually work your way onto more difficult things.
- **Prolonged** – you should stay in the situation until you feel anxiety start to subside, preferably by as much as 50%.
- **Repeated** – you need to have repeatedly expose yourself to feared situations and feelings of anxiety.
- **Without distraction** – allowing yourself to learn that anxiety naturally subsides over time. Not engaging in any physical and/or mental activities which you attribute to keeping you safe – removing or phasing out safety behaviours.



**Talk** Liverpool

**First steps to start Exposure:**

**NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Identify situations or tasks that you are currently avoiding or where you use safety behaviours.
  - If there is only one situation or task that you avoid, we can break that into stages.
- Next grade it in terms of how anxious it makes you feel (0= not at all anxious, 100= extremely anxious)



**Talk** Liverpool

**Exposure Hierarchy**

**NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- We need to grade it from the most difficult to the easiest situation or task.

Below Write Each Step in Your Hierarchy	Anxiety Rating (0-100%)
<b>Most difficult...</b> To travel on the bus to a job interview in town when busy To travel on the bus at a quiet time alone	100% 40%
<b>Medium difficulty...</b> To travel on the bus at a quiet time with Bill To walk to the park alone when quiet	40% 40%
<b>Easiest...</b> To walk to the next street alone at a quiet time of day To walk to the end of the street with Bill	40% 10%



**Talk** Liverpool

**Exposure**

**NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- You can begin exposure by selecting a task from the bottom part of the list (that you think is less anxiety provoking).
- Use the exposure diary to plan these tasks.
- Decide on the date and time when you are going to do your exposure exercise.
- Estimate how long the exercise will take – but only note duration at the end of the exercise.
- Rate the level of your anxiety (from 0 - 100%) before (as you rated it in your hierarchy), at the start and at the end of the exercise - this will help you to know when to stop the exposure exercise - when this level has dropped by half compared to what it was at the start of the task.
- Don't move on to the next step of your ladder until your anxiety level has reduced to about 20-30% (mild) – or what you consider to be a manageable level.



**Talk** Liverpool

**Home Task**

**NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Identify safety behaviours
- Identify exposure hierarchy
- Plan exposure diary



**Talk** Liverpool

## Sleep

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

Getting a good night's sleep is vital for us because:

- It helps young ones grow
- It repairs our tired bodies
- It sorts out our thoughts and memories
- It boosts our wellbeing and fights infection



**Talk** Liverpool

## The Stages of Sleep

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Stage 1: is your transition from awake to asleep, the point where you're not quite awake but not fully asleep either.
- Stage 2: is called 'True Sleep' you are now asleep but it's not yet deep sleep so you can be quite easily woken.
- Stages 3+4: are 'Deep Sleep' it can take about half an hour to get to your deepest point of sleep.
- Stage 5: is a special stage called REM sleep which stands for Rapid Eye Movement. This is because the eyes begin to move underneath our eyelids. This is also the stage where we have most of our dreams and some say that our eyes move at this stage as we are following the images in our minds.

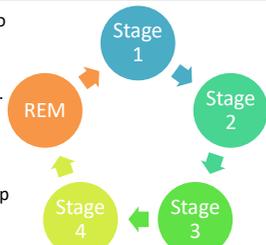


**Talk** Liverpool

## Sleep Cycle

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Once REM sleep is over, we go back to stage 1.
- We may go through this cycle about 4 or 5 times each night.
- Deep sleep helps our bodies recover and REM sleep helps our mind recover.
- So lack of REM and Deep sleep can badly affect us during the day.



```

graph TD
    Stage1((Stage 1)) --> Stage2((Stage 2))
    Stage2 --> Stage3((Stage 3))
    Stage3 --> Stage4((Stage 4))
    Stage4 --> REM((REM))
    REM --> Stage1
  
```



**Talk** Liverpool

## Impact of Poor Sleep

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Not 'on the ball'
- Irritable
- Poor memory
- Slower reactions
- Lethargic
- Less vigilant
- Poor concentration
- More likely to make mistakes



**Talk** Liverpool **NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

## 5 Bad Habits of Sleep

1. Caffeine
2. Nicotine
3. Alcohol
4. Diet
5. Exercise




**Talk** Liverpool **NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

## Bedroom Factors

- Noise
- Comfort
- Light
- Temperature




**Talk** Liverpool **NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

## 5 Good Sleeping Habits

1. Having a bedtime routine and relax before bed
2. Reduce napping
3. Try to use your bedroom for mainly sleep
4. Only go to bed when you're tired
5. 20 minute rule



**Talk** Liverpool **NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

## Sleep Diary

What can be useful in establishing good sleep routine is a Sleep Diary (Page 33).

A sleep diary can help you to:

- Identify unhelpful behaviours/habits that keep you awake
- Keep track of when you go to bed and wake up
- Establish a healthy sleep pattern



**Talk** Liverpool

## Homework tasks

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

---

- Identify factors impacting sleep
- Plan a sleep diary



**Talk** Liverpool

## Home Tasks List

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

---

- ✓ 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
- ✓ Session 4 –
  - ✓ Identify thinking styles
  - ✓ Implement 3 steps of Cognitive Restructuring
- ✓ Session 5 –
  - ✓ Identify safety behaviours
  - ✓ Plan exposure diary
  - ✓ Plan a sleep diary



**Talk** Liverpool

## Next Week

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

---

- Looking after yourself in the future
- Next Steps



**Talk** Liverpool

## End of Session 5

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

---

Well done everyone! See you next week

Please approach us if you have any questions

