

CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS
THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Class 3

Class 3

1

Ground Rules

Respect others

Please respect everyone's confidentiality

Please do not share with the class personal stories of trauma or suicidal or violent thoughts

Reach Out

If you are distressed, please contact the Interlake-Eastern RHA 24 hour Crisis Line at 1-866-427-8628

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Mindfulness Meditation – 5 min

Observe without judgment

Helpful for stress reduction

Apps

- Mindshift
- Mindfulness Coach

Anywhere, anytime

- Observe breath, object, activity, sounds

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Class Outline

Mindfulness

Review of Behaviour Therapy

Review of Skills Practice

Healthy Living

Sleep

Skills Practice

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Technical Housekeeping

Remain muted unless speaking

Do not take screen shots or record
any part of the meeting

We love to see faces 😊 and it is your
choice to turn your video off

You can unmute, use the chat, or
polls and reactions to communicate

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Class Outline

Mindfulness

Review Behaviour Therapy

Review of Skills Practice

Healthy Living

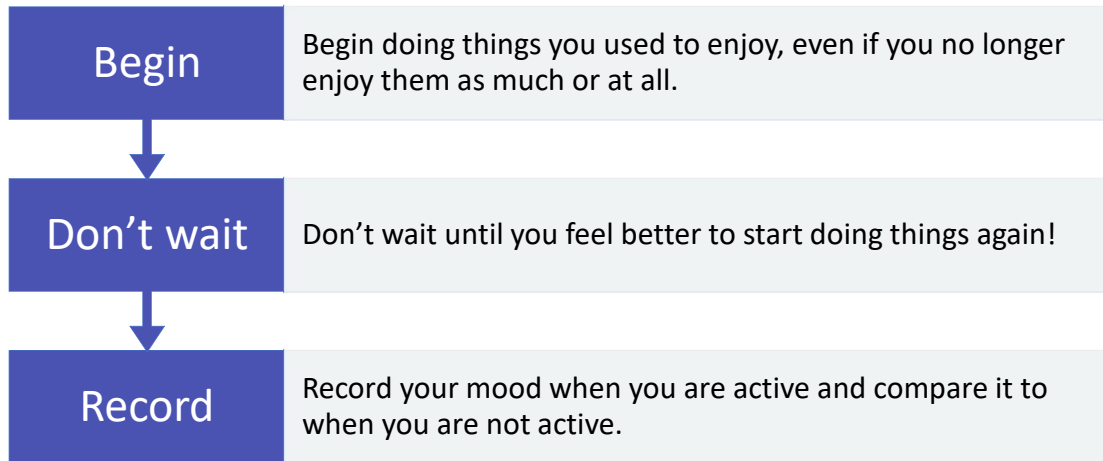
Sleep

Skills Practice

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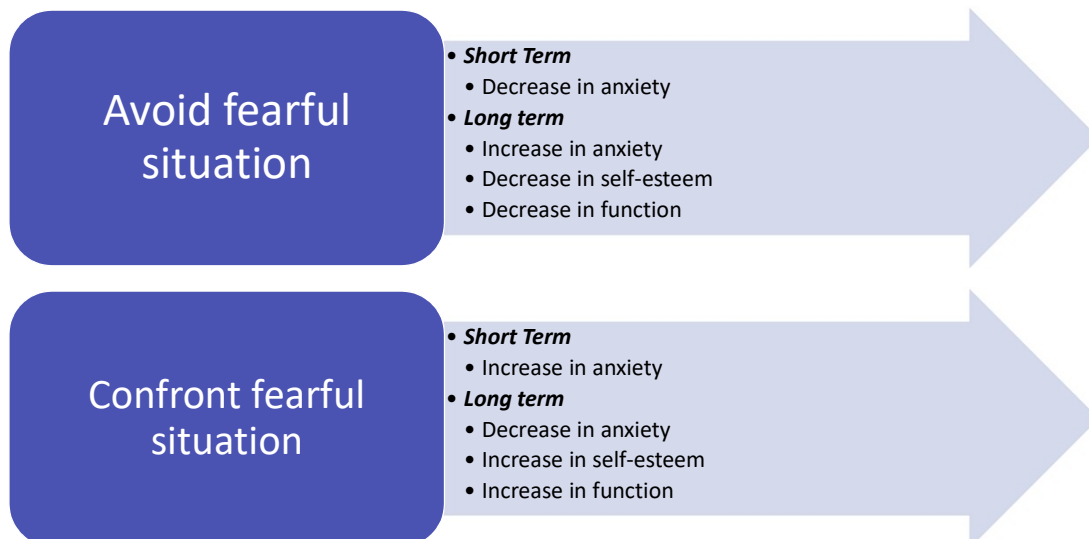
Behavioural Therapy for Depression



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Behavioural Therapy for Anxiety



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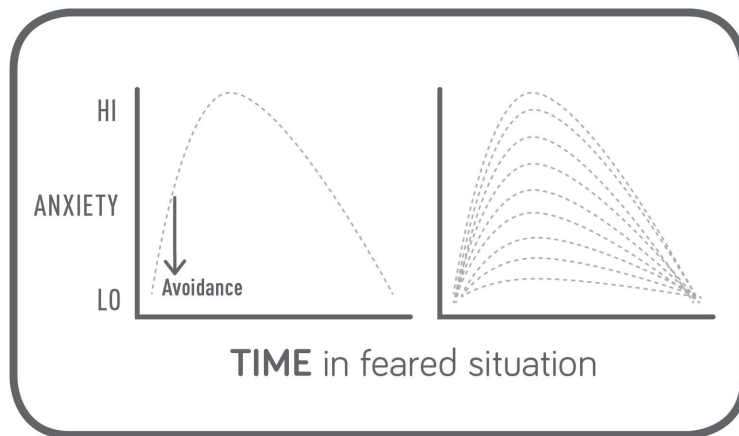
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Exposure

Delay the avoidance



If possible stay in the anxious situation for 30 min or until anxiety drops by 50%



*see handout

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Review of Skills Practice

Thought records

Mindfulness 5 min twice a day

Make one specific goal and write it down

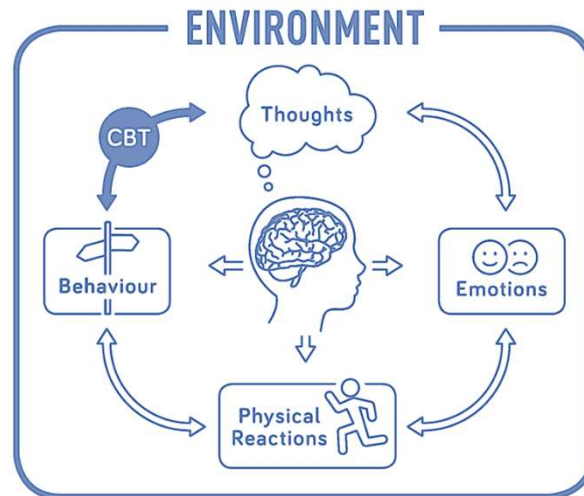
Check against SMART goals

- Specific
- Measurable
- Attainable
- Relevant
- Timely

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The CBT Model



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Class Outline

Mindfulness

Review of Behaviour Therapy

Review of Skills Practice

Healthy Living

Sleep

Skills Practice

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Healthy Living



Basic principles

- Exercise
- Nutrition
- Reduce caffeine
- Reduce alcohol/drugs
- Sleep

Regular physical check-ups

Choose one area of healthy living to work on at a time

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Exercise

Physical and mental health benefits

Mental health benefits happen faster

Exercise is the most underused antidepressant!

Rate your mood before and after exercise



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Nutrition

- When you are feeling good, try to work on intuitive eating, sleep or engage in a bit of movement. These health behaviours contribute to mental health



Listen to your body's cues and engage in intuitive eating:

Honour your hunger & your health
Make peace with food
Discover satisfaction
Feel your fullness
Cope with your emotions with kindness
Respect your body
Move - and feel the difference

- Consider meeting with a dietitian

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Nutrition - Ways to access a Registered Dietitian



Find a Dietitian <https://www.ierha.ca/programs-services/primary-health-care/dietitians/>



Dial a Dietitian 1-877-830-2892



Call your local Health Care Centre to self-refer for an appointment



Contact your primary care provider



Private practice Registered Dietitians for those with extended insurance benefits
<https://www.collegeofdietitiansmb.ca/find-a-dietitian/private-practice/>

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Nutrition - Health Education Groups



Health Promotion

<https://www.ierha.ca/programs-services/life-style/>

Offers a variety of groups facilitated in-person, online or recorded sessions to view on your own schedule



Nutrition for Busy People

Addresses basic nutrition principles with lots of practical tips



Craving Change

Registered program to learn more about your relationship with food



Women's Health Clinic

Weight-neutral approach to a healthy relationship with food
204-947-2422 ext 537

or email:

whcdietitian@womenshealthclinic.org

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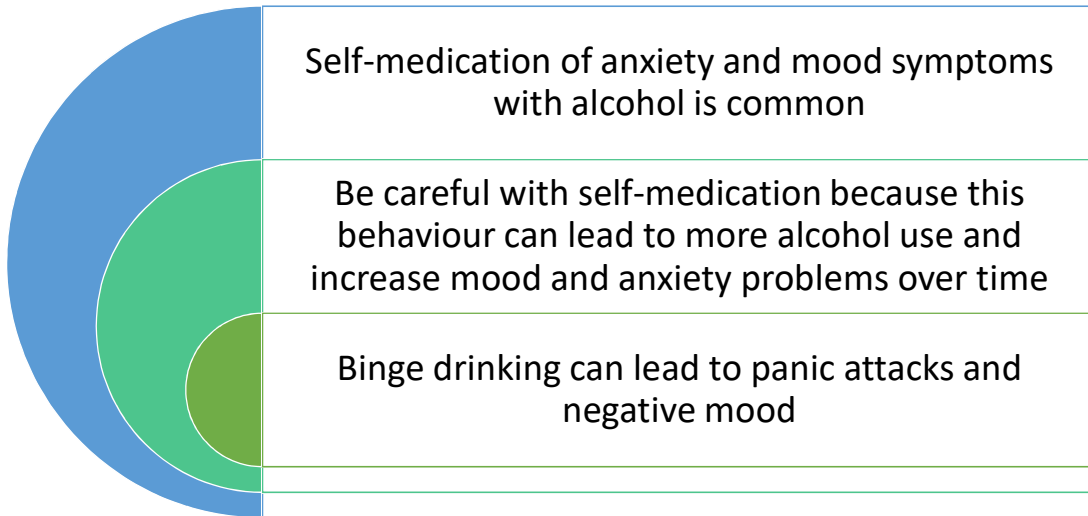
Caffeine



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Alcohol Use & Mental Health



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Canada's Guidance on Alcohol and Health

The Canadian Centre on Substance Use and Addiction advocate these limits to avoid negative health effects from alcohol, including risk of **cancer** and liver disease.

Low-risk drinking helps support healthy lifestyles. According to their 2022 report,

40%

of drinkers consume more than 6 standard drinks per week

Low: 0-2

No more than 2 standard drinks per week

Moderate: 3-6

Between 3 and 6 standard drinks per week

High: 6+

More than 6 standard drinks per week

Paradis et al., 2022. the Low-Risk Alcohol Drinking Guidelines Scientific Expert Panels. *Update Canada's Low-Risk Alcohol Drinking Guidelines: Final Report for Public Consultation*. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction.

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Sex- & Gender-Specific Risks of Alcohol Use



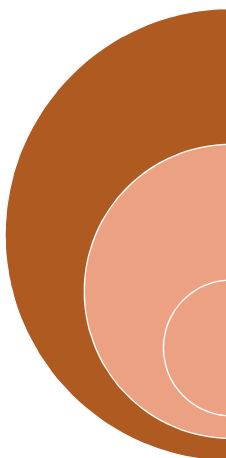
- Above low levels of alcohol use, **health risks increase more steeply for women* than for men.**
- Disproportionately **more injuries, violence and deaths** result from men's drinking
- Safest not to drink alcohol while pregnant & during pre-conception.
- When breastfeeding, it is safest not to use alcohol.



Paradis et al., 2022. the Low-Risk Alcohol Drinking Guidelines Scientific Expert Panels. *Update Canada's Low-Risk Alcohol Drinking Guidelines: Final Report for Public Consultation*. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction.

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Limit Your Alcohol Use



Limit: no more than 6 drinks / week
Remember: alcohol is a carcinogen (risk of cancer increases)
Try: counting # of drinks

Pettigrew et al., 2021. A randomized controlled trial of the effectiveness of combinations of 'why to reduce' and 'how to reduce' alcohol harm-reduction communications. *Addict Behav.* Oct;121:107004.

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Even in small quantities, alcohol is not good for your health

Let's rethink the way we drink...

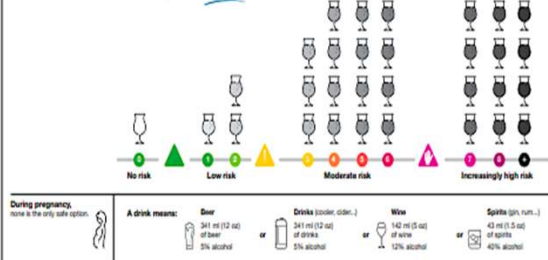
Science is evolving. So, we need to tell you something different than we have in the past. Recommendations regarding the quantities of alcohol need to change.

We now know that even small quantities of any alcohol can be harmful to your health. It doesn't matter whether it's red wine, white wine, beer or a shot of spirits. Your tolerance to alcohol doesn't make a difference, either.

Even in small quantities, drinking alcohol has consequences for everyone, whether you are male or female, younger or older. In fact, it's biological, it's physical.

That's why drinking less is better!

The risk of alcohol-caused consequences increases with the number of drinks you have per week



More about low-risk guidelines for alcohol use

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Drug Use

Same issues as self-medication with alcohol

Drugs (e.g., cocaine, meth) can cause panic attacks, worry and negative mood

Drugs can interact negatively with current medications you may be taking

Talk to your treating physician and/ or primary care provider for more information

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Cannabis Use

Despite legalization, regular use of cannabis can lead to adverse health outcomes, including symptoms of depression and anxiety (Canadian Centre on Substance Use and Addiction, 2020)

Lack of evidence showing long-term cannabis use can improve mood or anxiety symptoms (Lowe, et al. 2019)

Evidence shows cannabis use can intensify mood and anxiety symptoms (Black, et al. 2019; Lowe, et al. 2019)

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Canada's Lower-Risk Cannabis Use Guidelines (LRCUG)

Recommendations

- Cannabis use has health risks best avoided by abstaining
- If you smoke cannabis, avoid harmful smoking practices
- Delay taking up cannabis use until later in life
- Limit and reduce how often you use cannabis
- Identify and choose lower-risk cannabis products
- Don't use and drive, or operate other machinery
- Don't use synthetic cannabinoids
- Avoid cannabis use altogether if you are at risk for mental health problems or are pregnant
- Avoid smoking burnt cannabis—choose safer ways of using
- Avoid combining these risks

The LRCUG are an evidence-based intervention project by the Canadian Research Initiative in Substance Misuse (CRISM).



Reference: American Journal of Public Health, 2017

The LRCUG have been endorsed by the following organizations:



Lower-Risk
Guidelines
for
Cannabis
Use

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Healthy Living Goals

1

Choose one area of healthy living to work on at a time

2

Set yourself up for **SUCCESS!**

- 90% likelihood of completing the task

3

Choose something that you can easily do 3 times per week

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Tips for Healthy Living

from AnxietyBC

Our lifestyle can have a big impact on how we feel. When we don't take care of ourselves, we can experience a number of problems, including sleep difficulties, fatigue, low energy, trouble concentrating, and increased tension and stress. These problems can leave us vulnerable to anxiety and depression. Making healthy choices will help you feel better. Remember, the goal of developing a healthy lifestyle is to help us function at our best, **not** to eliminate anxiety or sadness, because that would not be realistic. Having a healthy lifestyle puts us in a better position to manage the stresses of life. Here are some ideas for building a healthy lifestyle.

- **Set a routine**
Establish a routine by setting specific times for meals, work, housework, quiet time, and bedtime. We feel more secure when there is some predictability to our day. It also helps us get things done and reminds us to take time for ourselves. Having a routine can help you to set the stage to better manage your anxiety or depression.
- **Regular exercise**
Regular exercise can have a positive impact on both your emotional and physical health. In fact, exercise is one of the **most powerful** tools for managing stress, anxiety and depression. However, it can be hard to start a regular exercise program. So, start small and work your way up. Aim for at least 20 minutes of physical exercise 3 to 4 times a week. You'll be more likely to stick with a program if you choose something you enjoy (such as skiing, hiking, gardening, or dancing). Try joining a gym, signing up for an exercise class, or finding a workout buddy. Find little ways to increase your physical activity. For example, park further away from the door, or take the stairs.
- **Eat healthy**
Having a well-balanced and healthy diet can make you feel better. Eat consistently throughout the day and don't skip meals. Your diet should include a variety of foods. Wondering how to eat healthier? Try to reduce your salt and sugar intake, eat more fruits and vegetables, and drink more water. Aim for 3 meals a day and 1 to 2 healthy snacks. For more ideas on how to improve your diet, talk to your doctor or a dietician, or refer to the Canada Food Guide.
- **Get a good night's sleep**
Sleep difficulties can contribute to anxiety problems and make it difficult to cope. Aim to get about 7 to 8 hours of sleep a night. However, this is just an estimate. People differ on how much sleep they need and this amount can change with age. If you are experiencing sleep problems, talk to your doctor or refer to the sleep handouts.
- **Establish social supports**
It is important to have people in your life that you can count on. It helps to be able to talk to a friend when you have had a bad day or are struggling with a problem. Having a good social network has been linked to greater well-being. Having at least 1 good supportive friend can make a difference.

Tips for Healthy Living

from AnxietyBC

- **Learn to relax**
Using relaxation strategies can help lower your overall tension and stress levels. However, relaxation is more than just sitting on the couch watching television. What makes a difference is "deep" relaxation, which is the opposite of what your body experiences when it is under stress. Mindfulness exercises are tools to help your mind and body relax.
- **Manage your time**
Learning to manage your time more effectively can reduce stress. Use a day planner to schedule your activities. This will help you see if you're taking on too much, and help you make time for the things you need to do. Remember to schedule some time for relaxation and fun activities each day.
- **Reduce stimulants**
Excessive caffeine can lead to sleep problems and heightened anxiety. Try to reduce your caffeine intake, which includes coffee, some teas, soda, and chocolate. If you drink a lot of caffeinated beverages, it's better to gradually reduce the amount of caffeine that you have every day. Nicotine is also a strong stimulant. In addition to the health benefits, quitting smoking may also leave you less prone to anxiety.
- **Avoid alcohol and drugs**
It is never a good idea to use alcohol or drugs to help you cope with anxiety – this just leads to more problems. If you have problems with anxiety, try to avoid using drugs and alcohol as a way to cope with negative feelings. If you think that you may have a problem with drugs or alcohol, talk to your doctor.
- **Get a check-up**
Make sure you are taking care of your body. See a doctor for regular check-ups.
- **Reduce stress**
Sometimes life's demands become too much. Stress can have a negative impact on your health. Look for ways to reduce stress. Deal with problems, lean on supports, and take time for self-care. For instance, plan some time for yourself each day to read a book, go for a walk, watch a favorite TV program, or relax. You can also reduce stress by giving yourself a little extra time to get to places so that you're not rushing. Try giving yourself an extra 5 minutes – it can make a big difference!

HELPFUL HINTS:

- **Start Small:** Making small changes can have a large impact on your life. Don't try to do everything all at once. Instead, pick 1 or 2 things and try them consistently. When you're ready, try adding a new strategy. See **Guide for Goal Setting** handout.
- **Be Patient:** These strategies can take time to have a positive effect. Hang in there and stick with it!

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Class Outline

Mindfulness

Review of Behaviour Therapy

Review of Skills Practice

Healthy Living

Sleep

Skills Practice

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Sleep

Sleep problems are common in individuals who have mood and anxiety symptoms

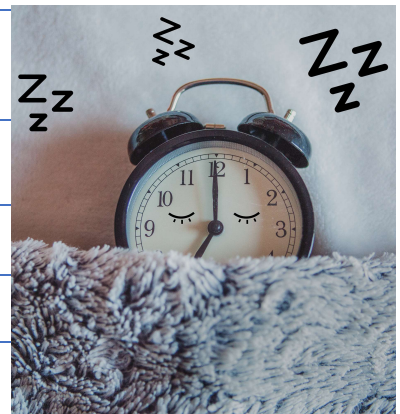
Strong cognitive and behavioural components to sleep

CBT-I: special type of CBT for insomnia

Free app: **CBT-I Coach**

The Insomnia Workbook, S. Silberman,

"Quiet Your Mind & Get to Sleep: Solutions to insomnia for those with depression, anxiety, or chronic pain" (2009) Colleen E. Carney, PhD. & Rachel Manber, PhD.



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Sleep tips



Associate bed only
with sleep & sex



Establish a regular
relaxing bedtime
routine



Use relaxation
strategies to reduce
body tension before
attempting to fall
asleep



Avoid exposure to
bright light close to
bedtime (especially
screens)

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Sleep tips



Ensure sleep
environment is
relaxing,
comfortable, dark,
quiet



Daily exercise



Avoid large meals in
the late evening



Avoid caffeine,
alcohol, and
cigarettes

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Sleep tips



Get up at the same time each morning (even if only a few hours of sleep)



Maintain the same wake time on weekdays and weekends



Only go to bed when you feel tired enough to fall asleep



Avoid naps or limit to 1 nap a day, no longer than 30 min

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Sleep tips



If unable to fall asleep within 20 min, get out of bed (and the bedroom). Do something quiet and relaxing (no screens, no food, no cigarettes)



Only return to bed when sleepy



Repeat until able to fall asleep within 20 min

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Sleep tips for shift work

Alternate sleep times and napping

- 1 longer daytime sleep and smaller (20 min) nap

Sleep environment modifications

- e.g., black out curtains, white noise machines or fan

Nutritional suggestions

- If you're hungry before going to sleep, try having a light meal with healthy fats and low sugar, like eggs, nuts, and cheese, or toast with peanut butter

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Sleep tips for nightmares

1

Talk to yourself rationally about the nightmare.

Resist catastrophic thinking.

2

Have a plan for calming your mind and your body.

Follow the plan.

Make it predictable and repetitive so you do not have to problem-solve.

3

Include your partner in the plan.

4

Use "white noise" to mask sounds that could be activating.

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If sleep is a problem for you...



Review sleep tips



Consider making one sleep goal



Does the goal meet SMART criteria?



Consider doing a sleep diary this week (handout)
<http://sleepfoundation.org/sleep-diary/SleepDiaryv6.pdf>

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Improving sleep

Daily Sleep Diary

Complete the diary each morning ("Day 1" will be your first morning). Don't worry too much about giving exact answers, an estimate will do.

Your Name _____ The date of Day 1 _____

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the Weekday (Mon, Tues, Wed, etc.)							
1 At what time did you go to bed last night?							
2 After settling down, how long did it take you to fall asleep?							
3 After falling asleep, about how many times did you wake up in the night?							
4 After falling asleep, for how long were you awake during the night in total?							
5 At what time did you finally wake up?							
6 At what time did you get up?							
7 How long did you spend in bed last night (from first getting in, to finally getting up)?							
8 How would you rate the quality of your sleep last night?							
1 2 3 4 5							
V. Poor V. Good							

10 Rules for Improved Sleep Hygiene

If you have problems sleeping, then it is important that you practise good Sleep Hygiene. This means doing things which are known to improve sleep, and avoiding those things which are known to disturb sleep. Here are 10 things you should know about getting better sleep; each of these points is based on scientific research, and could help you to get the most out of your sleep.

Remember, this advice applies only if you have a sleep problem:

- 1 Products containing caffeine (tea, coffee, cocoa, chocolate, soft drinks, etc.) should be discontinued at least 4 hours before bedtime. Caffeine is a stimulant and can keep you awake.
- 2 Avoid nicotine (including nicotine patches or chewing gum, etc.) an hour before bedtime and when waking at night. Nicotine is also a stimulant.
- 3 Avoid alcohol around bedtime because although it can promote sleep at first, it can disrupt sleep later in the night.
- 4 Avoid eating a large meal immediately before bedtime, although a light snack may be beneficial.
- 5 Try to do regular (even mild) physical exercise if you are able, but avoid doing this in the 2 hours before bedtime.
- 6 Keep the bedroom calm and tidy. Select a mattress, sheets, and pillows that are comfortable.
- 7 Avoid making your bedroom too hot or too cold.
- 8 Keep the bedroom quiet and darkened during the night, but try to spend some time in daylight (or bright artificial light) during the day.
- 9 Keep your bedroom mainly for sleeping; try to avoid watching television, listening to the radio, or eating in your bedroom.
- 10 Try to keep regular times for going to bed and getting up.

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Skills Practice

Mindfulness 5 min twice a day

2 goals for this week

Include at least one Healthy Living goal

- Exercise
- Nutrition
- Reduce caffeine
- Reduce alcohol/drugs
- Sleep

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Resources

CBT-I Coach (app), *The Insomnia Workbook*, S. Silberman, “*Quiet Your Mind & Get to Sleep: Solutions to insomnia for those with depression, anxiety, or chronic pain*” (2009) Colleen E. Carney, PhD. & Rachel Manber, PhD.

IERHA Health Promotion

- <https://www.ierha.ca/programs-services/life-style/>
- Dial a Dietitian: 1-877-830-2892
- Nutrition for Busy People - <https://wrha.mb.ca/groups/nutrition-for-busy-people/>

Private practice Registered Dietitians

- For those with extended insurance benefits
<https://www.collegeofdietitiansmb.ca/find-a-dietitian/private-practice/>

Craving Change

- <https://www.cravingchange.ca/>

Women's Health Clinic

- Call 204-947-2422 ext. 537
- Email: whcdietitian@womenshealthclinic.org

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Resources

Anxiety Canada [www.anxietycanada.com]

Manitoba Health - <http://www.gov.mb.ca/health/mh/crisis.html>

Here to Help [www.heretohelp.bc.ca]

Mindshift app

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CBTm Class Evaluation



Class 3

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COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS
THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Class 3 Handouts

Mindfulness Exercise - *Leaves on a Stream*

Daily Sleep Diary

10 Rules for Improved Sleep Hygiene

Tips for Healthy Living From AnxietyBC

Alcohol and Cannabis Guidelines for Use

www.cbtm.ca



LEAVES ON A STREAM

OR CLOUDS IN THE SKY

Imagine you are sitting or standing in the middle of a stream.
The water is flowing away in front of you.

Notice if there is any sound from the running water.
Notice if there is any grass or any trees on the banks of the stream.

Now see leaves floating down the stream away from you. They can be any shape, colour, or size. As thoughts come into your mind, be aware of what the thought is, and then gently place it on a leaf.

Now watch it float away down the stream. Do this with each thought as you notice it.

As you acknowledge each of your thoughts, you do not need to hang onto them. There is no need to become attached to the thought. Just acknowledge it and then place it on a leaf.

By watching it float away, it loses its hold on you and its intensity.

Do the same thing for each sensation or feeling that arises. Notice and label each experience as a thought, feeling, sensation, or judgement, and then place it on a leaf, watching it float down the stream.

When you are ready, begin to bring your awareness back to the feeling of your body on the chair, the sounds in the room, and slowly open your eyes.

Daily Sleep Diary

Complete the diary each morning ("Day 1" will be your first morning). Don't worry too much about giving exact answers, an estimate will do.

Your Name _____

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	Enter the Weekday (Mon., Tues., Wed., etc.)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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6	At what time did you get up?							
7	How long did you spend in bed last night (from first getting in, to finally getting up)							
8	How would you rate the quality of your sleep last night? <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div> <div> V. Poor <div></div> <div></div> <div></div> <div></div> V. Good </div>							

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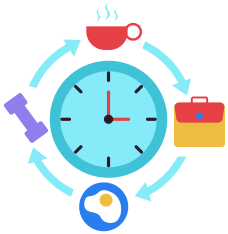
10

Try to keep regular times for going to bed and getting up.

Our lifestyle can have a big impact on how we feel. When we don't take care of ourselves, we can experience a number of problems, including sleep difficulties, fatigue, low energy, trouble concentrating, and increased tension and stress. These problems can leave us vulnerable to anxiety and depression. Making healthy choices will help you feel better. Remember, the goal of developing a healthy lifestyle is to help us function at our best, **not** to eliminate anxiety or sadness, because that would not be realistic.

Having a healthy lifestyle puts us in a better position to manage the stresses of life. Here are some ideas for building a healthy lifestyle.

- **Set a routine.**



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- **Regular exercise.**



Regular exercise can have a positive impact on both your emotional and physical health. In fact, exercise is one of the **most powerful** tools for managing stress, anxiety, and depression. However, it can be hard to start a regular exercise program. So, start small and work your way up. Aim for at least 20 minutes of physical exercise 3 to 4 times a week.

You'll be more likely to stick with a program if you choose something you enjoy (such as skiing, hiking, gardening, or dancing). Try joining a gym, signing up for an exercise class, or finding a workout buddy.

Find little ways to increase your physical activity. For example, park further away from the door, or take the stairs.

- **Eat healthy.**



Having a well-balanced and healthy diet can make you feel better. Eat consistently throughout the day and don't skip meals. Your diet should include a variety of foods.

Wondering how to eat healthier? Try to reduce your salt and sugar intake, eat more fruits and vegetables, and drink more water. Aim for 3 meals a day and 1 to 2 healthy snacks. For more ideas on how to improve your diet, talk to your doctor or a dietitian, or refer to the Canada Food Guide.

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Nicotine is also a strong stimulant. In addition to the health benefits, quitting smoking may also leave you less prone to anxiety.



- **Avoid alcohol and drugs**

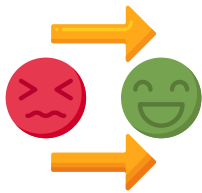
It is never a good idea to use alcohol or drugs to help you cope with anxiety - this just leads to more problems. If you have problems with anxiety, try to avoid using drugs and alcohol as a way to cope with negative feelings.

If you think that you may have a problem with drugs or alcohol, talk to your doctor.



- **Get a check-up**

Make sure you are taking care of your body. See a doctor for regular check-ups.



- **Reduce stress**

Sometimes life's demands become too much. Stress can have a negative impact on your health. Look for ways to reduce stress. Deal with problems, lean on supports, and take time for self-care. For instance, plan some time for yourself each day to read a book, go for a walk, watch a favourite TV program, or relax.

You can also reduce stress by giving yourself a little extra time to get to places so that you're not rushing. Try giving yourself an extra 5 minutes - it can make a big difference!

HELPFUL HINTS:

- **Start Small:** Making small changes can have a large impact on your life. Don't try to do everything all at once. Instead, pick 1 or 2 things and try them consistently. When you're ready, try adding a new strategy.
- **Set Goals.** Identify some things you want to work on and set some realistic goals. For more information, see **Guide for Goal Setting**.
- **Be Patient:** These strategies can take time to have a positive effect. Hang in there and stick with it!

Cannabis & Your Health

10 WAYS to Reduce Risks When Using

Cannabis use is now legal for adults, but it does have health risks. If you use non-medically, you can make informed choices for safer use.

Delay using cannabis as late as possible in life, ideally not before adulthood.



Avoid using if you're pregnant, or if you or family members have a history of psychosis or substance use problems.

Choose low-potency products — those with low THC and/or high CBD content.



Use cannabis in ways that don't involve smoking — choose less risky methods of using like vaping or ingesting.

Stay away from synthetic cannabis products, such as K2 or Spice.

If you do smoke, avoid deep inhalation or breath-holding.

Occasional use, such as one day per week or less, is better than regular use.

Don't operate a vehicle or machinery while impaired by cannabis. Wait at least 6 hours after using. Remember that combining alcohol and cannabis makes you more impaired.



Your actions add up. The more risks you take, the more likely you are to harm your health.

Not using cannabis at all is still the best way to protect your health (unless you use with a medical recommendation).

When using cannabis, be considerate of the health and safety concerns of those around you. Don't hesitate to seek support from a health professional if you need help controlling your cannabis use, if you have withdrawal symptoms or if your use is affecting your life.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

camh



CANADIAN RESEARCH INITIATIVE
IN SUBSTANCE MISUSE

Canada's Guidance on Alcohol and Health

Guidance to support people in Canada to make informed decisions about alcohol and consider reducing their alcohol use

A standard drink means:



Beer

341 ml (12 oz) of beer
5% alcohol

or



Cooler, cider, ready-to-drink

341 ml (12 oz) of drinks
5% alcohol

or



Wine

142 ml (5 oz) of wine
12% alcohol

or



Spirits

(whisky, vodka, gin, etc.)
43 ml (1.5 oz) of spirits
40% alcohol

To reduce the risk of harm from alcohol, it is recommended that people living in Canada consider reducing their alcohol use.

Alcohol Consumption Per Week

0 drinks per week

Not drinking has benefits, such as better health and better sleep.

No risk

0



1 to 2 standard drinks per week

You will likely avoid alcohol-related consequences for yourself and others.

Low risk

1



2



3 to 6 standard drinks per week

Your risk of developing several different types of cancer, including breast and colon cancer, increases.

Moderate risk

3



4



5



6



7 or more standard drinks per week

Your risk of heart disease or stroke increases.

Increasingly high risk

7



8



+



++



Alcohol Consumption Per Day

If you are going to drink, don't exceed 2 drinks on any day.

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.



Pregnant, Trying to Get Pregnant or Breastfeeding

During pregnancy or when trying to get pregnant, there is no known safe amount of alcohol use.

When breastfeeding, not drinking alcohol is the safest.



Sex and Gender

Health risks increase more quickly at 7 or more standard drinks per week for females.

Overall, far more injuries, violence and deaths result from men's drinking.



Class 3

[illegible]

EVALUATION of the Virtual CBTm Session

Thank you for completing this evaluation form to help improve future sessions.

1. **How did you attend the class?**

☐ Phone ☐ Video

2. **How useful was the session for you? (circle one number)**

Not very useful Extremely useful
1 2 3 4 5

3. **How much would you agree with the following:**

	1 – Strongly disagree	2	3	4	5 – Strongly agree
I was able to easily access the class using video/telephone options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I found the video/telephone format an acceptable way to receive this service.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would prefer to attend classes by video/phone over attending in person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. **What is one skill you learned today that you could apply this week?**

• _____

5. **What did you like about the session?**

• _____

6. **What could we improve about the session?**

• _____

7. **Would you recommend this session to others?**

☐ YES ☐ NO

8. **Did you practice any skills from last class?**

☐ YES ☐ NO

Name _____

Date _____

Patient Health Questionnaire (PHQ-9)Over the **last 2 weeks**, how often have you been bothered by any of the following problems?

	Not at all (0)	Several days (1)	More than half the days (2)	Nearly every day (3)
a. Little interest or pleasure in doing things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Feeling down, depressed, or hopeless.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Trouble falling/staying asleep, sleeping too much.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Feeling tired or having little energy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Poor appetite or overeating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Feeling bad about yourself, or that you are a failure, or have let yourself or your family down.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Trouble concentrating on things, such as reading the newspaper or watching TV.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around more than usual.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Thoughts that you would be better off dead or of hurting yourself in some way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you checked off any problem on this questionnaire so far, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

☐ **Not difficult at all** ☐ **Somewhat difficult** ☐ **Very difficult** ☐ **Extremely difficult**

Generalized Anxiety Disorder 7 –Item (GAD-7)Over the **last 2 weeks**, how often have you been bothered by the following problems?

Over the last 2 weeks , how often have you been bothered by the following problems?	Not at all sure (0)	Several days (1)	Over half the days (2)	Nearly every day (3)
1. Feeling nervous, anxious, or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Not being able to stop or control worrying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Worrying too much about different things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Trouble relaxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Being so restless that it's hard to sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Becoming easily annoyed or irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Feeling afraid as if something awful might happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you checked off any problem on this questionnaire so far, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

☐ **Not difficult at all** ☐ **Somewhat difficult** ☐ **Very difficult** ☐ **Extremely difficult**

PLEASE COMPLETE AND HAND IN