CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Class 5

1

Ground Rules

Respect others	Reach Out
Please respect everyone's confidentiality Please do not share with the class personal stories of trauma or suicidal or violent thoughts	If you are distressed, please contact the Interlake-Eastern RHA 24 hour Crisis Line at 1-866-427-8628

CBTm 2

Technical Housekeeping

- Remain muted unless speaking
- Do not take screen shots or record any part of the meeting
- We love to see faces ☺ however it is your choice to turn your video on or off
- You can unmute, use the chat, or polls and reactions to communicate

CBTm 3

Class Outline

- Mindfulness
- Review of Previous Action Plan
- What is Stress?
- Coping with Stressful Experiences
- Wellness Plan
- Your Action Plan

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Grounding Exercise

Video on next slide!

Grounding exercises are strategies that can help bring you back to the present moment.

Other grounding strategies:

- Name as many animals as you can
- Count backwards from 100
- Name cities that start with an "S"
- Point to 15 objects in the room
- Focus your gaze on one spot in the room

But is grounding avoidance?

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https://youtu.be/pY0cw8P9U_s?si=2eOBD6vGuC2gg7ni

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Class Outline

- Mindfulness
- **Review of Previous Action Plan**
- What is Stress?
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Review of Previous Action Plan

- Mindfulness 5 min twice a day
- One thought record in the week (Testing Your Thoughts worksheet)
- Visit problem-solving website for 15 min
- Fill out problem-solving sheet
- Work on your **SMART** goals

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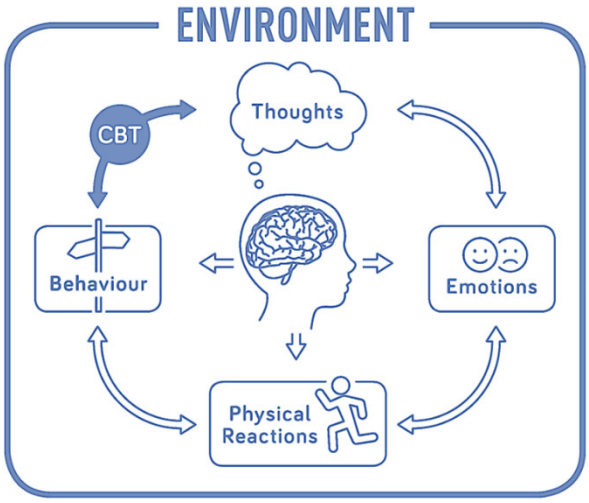
The CBT Model



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Class Outline

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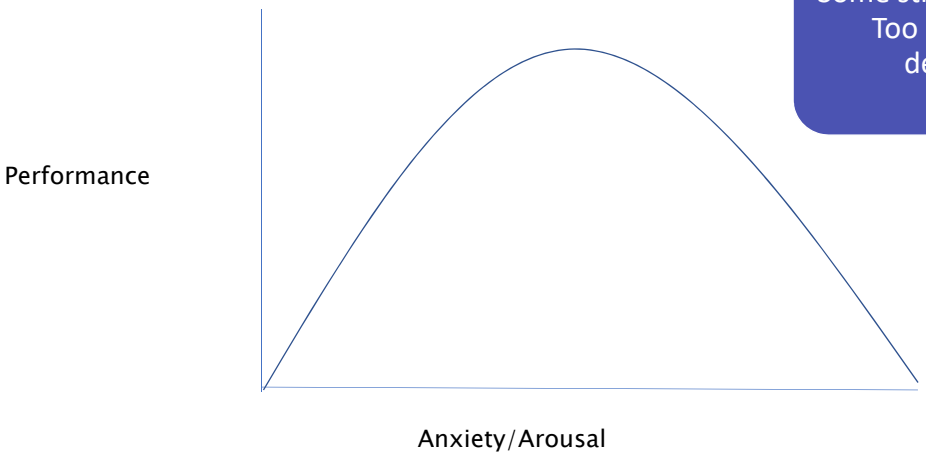
CBTm

Stress

Yerkes–Dodson curve



Some stress can be good. Too much can be debilitating.

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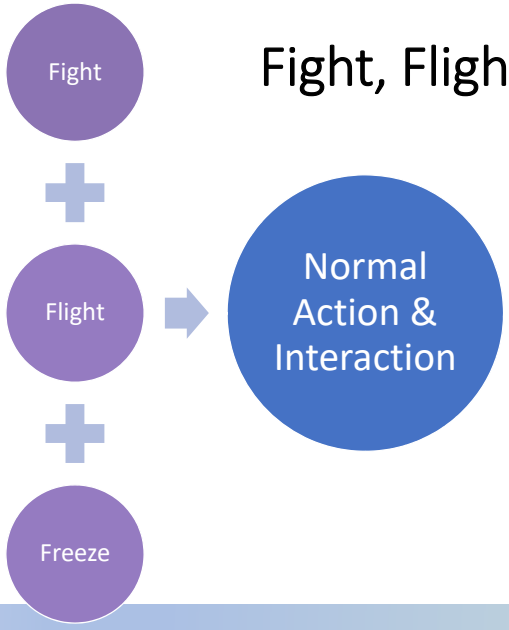
Fight, Flight, or Freeze Response



Our bodies all react similarly in response to something threatening.

The purpose of this response is to help us avoid harm.

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Fight, Flight or Freeze Response

Sometimes, we experience "false alarms".

If we experience these frequently and severely, they can get in the way of our functioning and quality of life.

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Fight, Flight or Freeze Response

- After very stressful experiences, all sorts of memories, places, people, and things can bring up reminders that set off false alarms
- Although the experience itself might have been dangerous and scary, the reminders are unpleasant but safe

Blue shirt example

Exercise: Do you have any false alarms going off?

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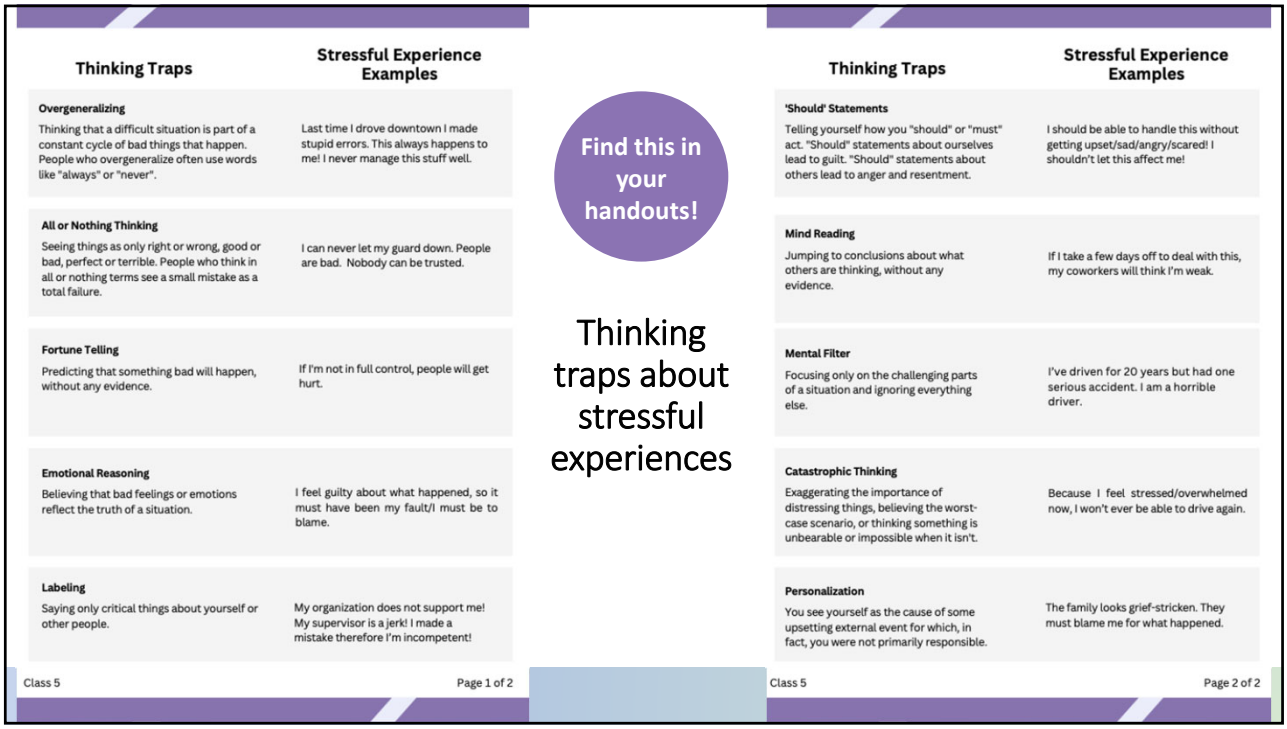
Coping with Stressful Experiences

1. Remember the stress response
2. Common Thinking Traps
3. Common Behavioural Responses
4. Self-Compassion

CBTm



Thinking Traps	Stressful Experience Examples
Overgeneralizing Thinking that a difficult situation is part of a constant cycle of bad things that happen. People who overgeneralize often use words like "always" or "never".	Last time I drove downtown I made stupid errors. This always happens to me! I never manage this stuff well.
All or Nothing Thinking Seeing things as only right or wrong, good or bad, perfect or terrible. People who think in all or nothing terms see a small mistake as a total failure.	I can never let my guard down. People are bad. Nobody can be trusted.
Fortune Telling Predicting that something bad will happen, without any evidence.	If I'm not in full control, people will get hurt.
Emotional Reasoning Believing that bad feelings or emotions reflect the truth of a situation.	I feel guilty about what happened, so it must have been my fault/I must be to blame.
Labeling Saying only critical things about yourself or other people.	My organization does not support me! My supervisor is a jerk! I made a mistake therefore I'm incompetent!

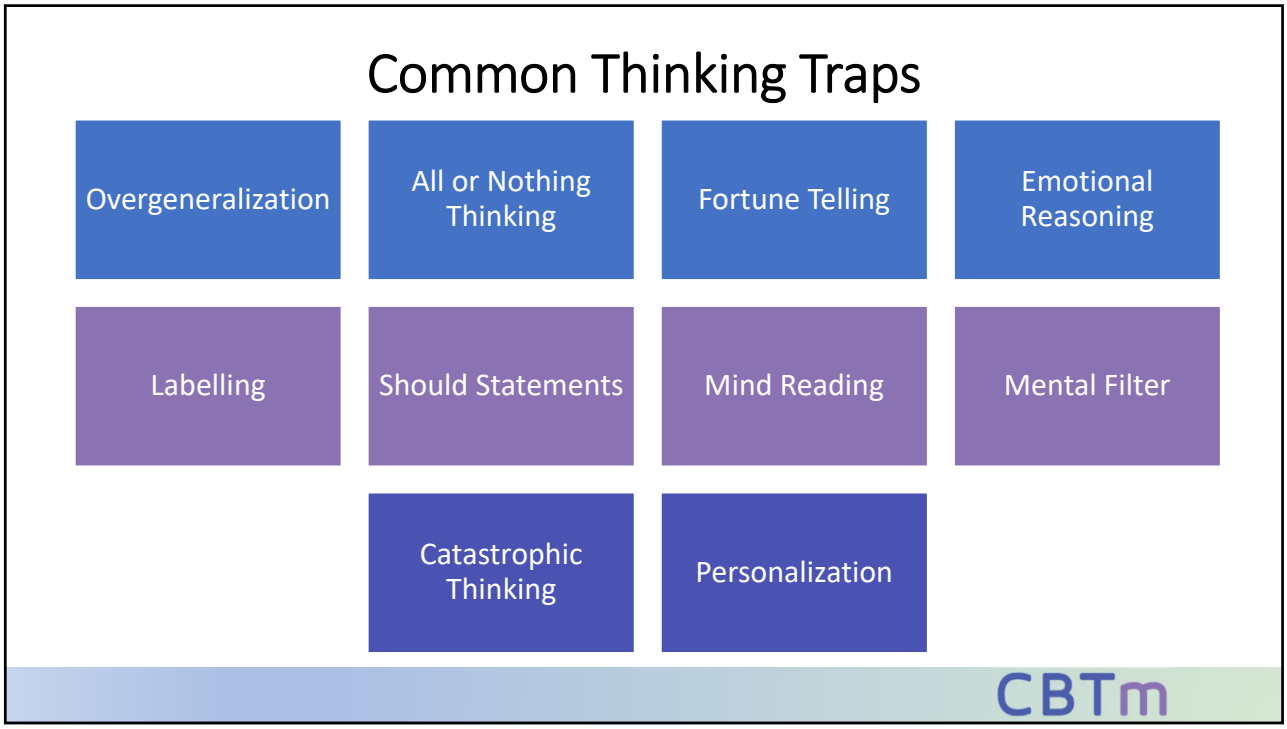
Class 5 Page 1 of 2

Find this in your handouts!

Thinking traps about stressful experiences

Thinking Traps	Stressful Experience Examples
'Should' Statements Telling yourself how you "should" or "must" act. "Should" statements about ourselves lead to guilt. "Should" statements about others lead to anger and resentment.	I should be able to handle this without getting upset/sad/angry/scared! I shouldn't let this affect me!
Mind Reading Jumping to conclusions about what others are thinking, without any evidence.	If I take a few days off to deal with this, my coworkers will think I'm weak.
Mental Filter Focusing only on the challenging parts of a situation and ignoring everything else.	I've driven for 20 years but had one serious accident. I am a horrible driver.
Catastrophic Thinking Exaggerating the importance of distressing things, believing the worst-case scenario, or thinking something is unbearable or impossible when it isn't.	Because I feel stressed/overwhelmed now, I won't ever be able to drive again.
Personalization You see yourself as the cause of some upsetting external event for which, in fact, you were not primarily responsible.	The family looks grief-stricken. They must blame me for what happened.

Class 5 Page 2 of 2



Testing Your Thoughts

CATCH IT

1. What is the situation?
   Driving again after a car accident.
2. What am I thinking or imagining?
   I'm too scared to drive, I'll have another accident.
3. How much do I believe it? *(a little, medium, or a lot)*
   I believe it a lot.
4. How does that thought make me feel? *(e.g., angry, sad, nervous, etc.)*
   Scared.
5. How strong is the feeling on a scale of 0-100?
   About a 95 out of 100.

CHECK IT

6. What makes me think the thought is true?
   I had an accident before and feel anxious about the other drivers. I haven't driven in a while, my hands are shaky, and I'm worried about losing control of the car.
7. What makes me think the thought is not completely true?
   Not everybody gets into an accident. I've been driving for 20 years and only had one accident. I have a good driving record.
8. What's the worst that could happen?
   I might get into another accident and get demerits. I won't be able to drive anywhere anymore.
9. What's the best that could happen?
   I start driving and its easy. I won't have an accident.
10. What will probably happen?
    I will feel anxious while driving and it will feel difficult at first. Then as I get more practice I'll become more comfortable.

CHANGE IT

11. What will happen if I keep telling myself the same thought?
    I'll never get back in the car. Or I'll wait so long that the anxiety will be too high to start driving again.
12. What could happen if I changed my thinking?
    I'll be able to drive places again. I'll feel a sense of accomplishment for overcoming my fears.
13. What would I tell my friend ____Dan____ if this happened to them?
    It might not be comfortable at first but you were always a good driver, you can do this.
14. What's another way of thinking about this?
    I can't control other drivers but I can still drive defensively. I can start gradually by driving around the block and using CBTm techniques to manage my anxiety.
15. How do I feel now? Rerate the intensity on a scale of 0-100.
    A little better, but still a bit nervous. About a 40 out of 100 now.

Find this in your handouts!

Thought record about a stressful experience

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Thought Record – 1. Catch it

CATCH IT

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   Driving again after a car accident.
2. What am I thinking or imagining?
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CBTm

Thought Record – 2. Check it

CHECK IT

6. What makes me think the thought is true?
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Thought Record – 3. Change it

CHANGE IT

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Coping with Stressful Experiences

1	Remember the stress response
2	Common Thinking Traps
3	Common Behavioural Responses
4	Self-Compassion

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Common Behaviours

Helpful:

- Sticking to usual routine
- Healthy living strategies
- Seeking social support

Unhelpful:

Avoidance

- Behavioural
- Chemical
- Mental
- Emotional…

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Avoidance

Avoid fearful situation

Short Term
- Decrease in anxiety

Long term
- Increase in anxiety
- Decrease in self-esteem
- Decrease in function

CBTm

Avoid Avoidance!

Avoid fearful situation

Short Term
- Decrease in anxiety

Long term
- Increase in anxiety
- Decrease in self-esteem
- Decrease in function

Face fearful situation

Short Term
- **Increase in anxiety**

Long term
- **Decrease in anxiety**
- **Increase in self-esteem**
- **Increase in function**

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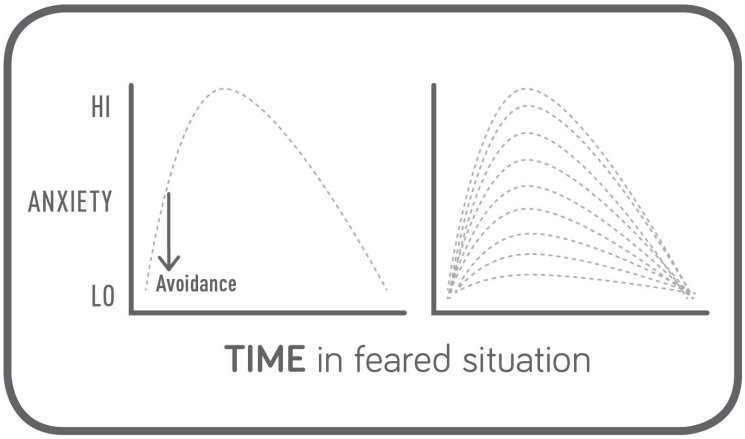
Facing your fears in a planned and repeated manner to fears.

Starting with fears that are a 3-4 out of 10 for an anxiety rating

Delay the avoidance

If possible, stay in the anxious situation until anxiety drops

Exposure



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Exposure

In a planned and gradual way, put yourself in situations that set off a false alarm, over and over again, until it doesn't bother you as much anymore.

Example: How would you teach someone to be less afraid of the water?

How could you apply the same logic to some of the situations in which you feel anxiety?

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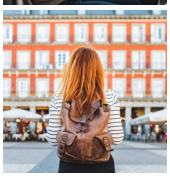
Building an Approach Ladder

Car accident on Harris Street



Blue shirt example

Other examples?

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SMART Goals

Specific	What exactly do you want to accomplish? Make your goal clear and specific.
Measurable	How will you measure progress? Where, when, and how often will you work on your goal?
Attainable	Is the goal doable? Do you have the necessary skills and resources?
Relevant	How does it fit into your overall goals? Why is it important to you?
Timely	What's your timeframe? Set a deadline and make sure it's something you can start now.

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SMART Goals

Specific	*Begin Harris St. exposures*
Measurable	*Daily practice for 20 min*
Attainable	*Gradually ↑ difficulty*
Relevant	*Important for my work*
Timely	*Starting today*

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Self-Compassion

- Self-kindness vs. Self-judgment
- Common humanity vs. Isolation
- Mindfulness vs. Over-identification

https://vimeo.com/65859796

For more information on Dr. Kristin Neff's work on self-compassion, see her website: http://self-compassion.org/

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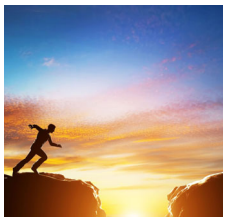
Taking Care of Yourself after a Stressful Event

Resilience

- The ability to bounce back from setbacks and adapt to change.
- It's like a muscle—the more we practice, the stronger it gets.



What are some skills we can use to build resilience?

- Practice mindfulness
- Self-compassion
- Take care of your body and mind
- Use a thought record or catch it-check it-change it
- Social support from family and friends
- Practice exposure to face our fears

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Find this in your handouts!

Mental Health Continuum Model

It offers a good way to evaluate your own or others' stress levels

What changes do you need to make if you're in the "yellow" or "orange"?

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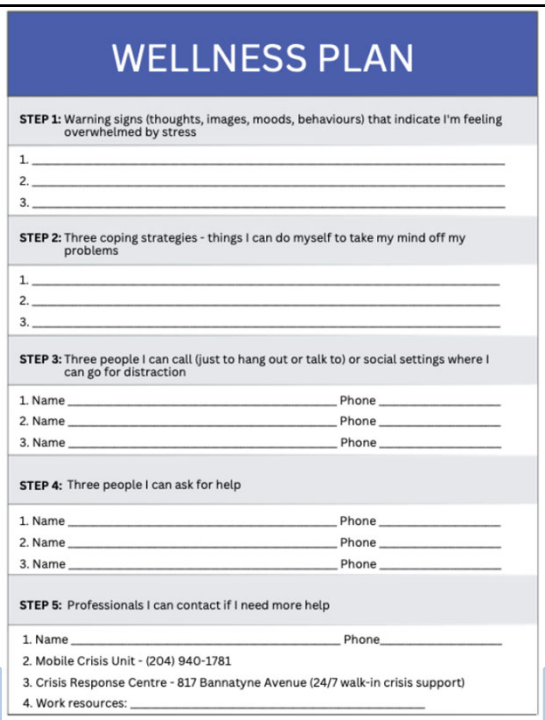

WELLNESS PLAN

STEP 1: Warning signs (thoughts, images, moods, behaviours) that indicate I'm feeling overwhelmed by stress

1. _____
2. _____
3. _____

STEP 2: Three coping strategies - things I can do myself to take my mind off my problems

1. _____
2. _____
3. _____

STEP 3: Three people I can call (just to hang out or talk to) or social settings where I can go for distraction

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

STEP 4: Three people I can ask for help

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

STEP 5: Professionals I can contact if I need more help

1. Name _____ Phone _____
2. Mobile Crisis Unit - (204) 940-1781
3. Crisis Response Centre - 817 Bannatyne Avenue (24/7 walk-in crisis support)
4. Work resources: _____

Making a Wellness Plan

Find this in your handouts!

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The Wellness Plan

Warning signs (thoughts, images, moods, behaviours) that indicate I'm feeling overwhelmed

1)_____
2)_____
3)_____

3 coping strategies:

1)_____
2)_____
3)_____

3 people I can call (to just hang out or to talk to):

1)_____
2)_____
3)_____

CBTm

Wellness Plan

Three people I can ask for help:

1)_____
2)_____
3)_____

Professionals I can contact if I need more help:

1)_____
2)_____
3)_____

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Resources – IERHA
https://www.ierha.ca/programs-services/mental-health/

Mobile Crisis Team - 1-877-499-8770

24 Hour Crisis Line - 1-866-427-8628

Crisis Stabilization Unit - 1-888-482-5361

9-8-8: Suicide Crisis Helpline - Anywhere in Canada, call or text 9-8-8 to access 24/7/365, bilingual, trauma-informed, and culturally appropriate suicide prevention support.

Manitoba Suicide Prevention & Support Line (24/7) - 1-877-435-7170
→ https://www.reasontolive.ca

First Nations and Inuit Hope for Wellness Help Line - 1-855-242-3310
→ An online chat feature is available on their website: https://www.hopeforwellness.ca

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Class 5 Action Plan

Pay attention to any false alarms.

Practice mindfulness for 5 minutes every day.

The next time you feel stressed or overwhelmed, try one of the following:

- Use a mindfulness exercise or grounding strategy
- Do a Testing Your Thoughts worksheet
- Make a SMART goal focused on your wellbeing
- Refer to your Wellness Plan

Work on your Wellness Plan and keep it handy. When you've finished it, take a picture of it with your phone so you have a copy with you wherever you go!

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Your Action Plan Going Forward

Now that CBTm Classes are done, what's next?

Check in with the professional that referred you

You have choices:

- Acknowledge your hard work, and take a break from mental health programs
- Group or individual therapy
- Take CBTm classes again

Remember what motivated you to take CBTm classes!

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CBTm Class Evaluation

CBTm 42

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COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Class 5 Handouts

Mindfulness Exercise - *Engaging Your Senses*

Thinking Traps about Stressful Experiences

Testing Your Thoughts

Mental Health Continuum Model

Wellness Planning

www.cbtm.ca

ENGAGING YOUR SENSES

Sit in a comfortable upright position with your feet planted flat on the ground. Rest your hands on your thighs. Begin to notice your breath. It's time to engage each of your 5 senses, one at a time, for at least one minute each.

Hearing: Begin to relax by just noticing all of the sounds around you. Give yourself permission to suspend your judgment of the sounds. They are not good or bad, they just are. Are you now hearing more than you were before you started? Subtle sounds may have previously gone unnoticed. Can you hear them now?

Smell: Now shift your concentration to noticing the smells of your environment. Is somebody cooking lunch in your building? Can you detect the electronics smell of your computer or fresh air coming in through your window? Try closing your eyes so you can focus on the subtlest of scents.

Sight: If you closed your eyes a moment ago, open them to notice the colours, shapes and textures of your surroundings. If you really look, just about everything has colour variation and texture that may have gone unnoticed. How many shades of blue or red? Any colour missing?

Taste: You can do this one regardless of whether or not you have food to put in your mouth. Just notice your tongue in your mouth, your saliva, and your breath as you exhale. Most of us have tastes in our mouth at all times. Run your tongue over your teeth and cheeks - what do you notice?

Touch: Where did you place your hands when you first started this exercise? Notice the sensation of where your hands meet something solid like the fabric of your clothes or the surface of your desk. Notice the pressure between your feet and the floor. Try feeling the textures that you noticed by sight a moment ago. To fully ground yourself in the room and bring the exercise to a close, feel several objects on your desk and perhaps even stand up from your chair to bring energy and sensation to all parts of your body.

Thinking Traps	Stressful Experience Examples
Overgeneralizing Thinking that a difficult situation is part of a constant cycle of bad things that happen. People who overgeneralize often use words like "always" or "never".	Last time I drove downtown I made stupid errors. This always happens to me! I never manage this stuff well.
All or Nothing Thinking Seeing things as only right or wrong, good or bad, perfect or terrible. People who think in all or nothing terms see a small mistake as a total failure.	I can never let my guard down. People are bad. Nobody can be trusted.
Fortune Telling Predicting that something bad will happen, without any evidence.	If I'm not in full control, people will get hurt.
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Labeling Saying only critical things about yourself or other people.	My organization does not support me! My supervisor is a jerk! I made a mistake therefore I'm incompetent!

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Catastrophic Thinking Exaggerating the importance of distressing things, believing the worst-case scenario, or thinking something is unbearable or impossible when it isn't.	Because I feel stressed/overwhelmed now, I won't ever be able to drive again.
Personalization You see yourself as the cause of some upsetting external event for which, in fact, you were not primarily responsible.	The family looks grief-stricken. They must blame me for what happened.

Testing Your Thoughts

CATCH IT

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   Driving again after a car accident.

2. What am I thinking or imagining?

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3. How much do I believe it? *(a little, medium, or a lot)*

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4. How does that thought make me feel? *(e.g., angry, sad, nervous, etc.)*

   Scared.

5. How strong is the feeling on a scale of 0-100?

   About a 95 out of 100.

CHECK IT

6. What makes me think the thought is true?

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    A little better, but still a bit nervous. About a 40 out of 100 now.

Testing Your Thoughts

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Mental Health Continuum Model

Healthy	Reacting	Injured	Ill
• Normal mood fluctuations • Calm & takes things in stride	• Irritable/Impatient • Nervous • Sadness/ Overwhelmed	• Anger • Anxiety • Pervasively sad/ Hopeless	• Angry outbursts/ aggression • Excessive anxiety/ panic attacks • Depressed/ Suicidal thoughts/Numb
• Good sense of humour • Performing well • In control mentally	• Displaced sarcasm • Procrastination • Forgetfulness	• Negative attitude • Poor performance/ Workaholic • Poor concentration • Poor decision-making	• Cannot concentrate • Can't perform duties, control behaviour or make decisions
• Normal sleep patterns • Few sleep difficulties	• Trouble sleeping • Intrusive thoughts • Nightmares	• Restless disturbed sleep • Recurrent images/ nightmares	• Can't fall asleep or stay asleep • Sleeping too much or too little
• Physically well • Good energy level	• Muscle tension • Headaches • Low energy	• Increased aches and pains • Increased fatigue	• Physical illnesses • Constant fatigue
• Physically and socially active	• Decreased activity/ socializing	• Avoidance • Withdrawal	• Not going out or answering phone
• No/ limited alcohol or drug use/ gambling	• Regular but controlled alcohol or drug use/ gambling	• Increased alcohol or drug use/ gambling - hard to control	• Frequent alcohol or drug use/ gambling - inability to control with severe consequences
• Use support systems • Rely on skills	• Recognise limits/ take breaks/ identify problems early/ seek support	• Tune into signs of distress, make self-care a priority • Seek support	• Seek professional help • Follow recommendations

Source: Canadian Armed Forces

WELLNESS PLAN

STEP 1: Warning signs (thoughts, images, moods, behaviours) that indicate I'm feeling overwhelmed by stress

1. _____
2. _____
3. _____

STEP 2: Three coping strategies - things I can do myself to take my mind off my problems

1. _____
2. _____
3. _____

STEP 3: Three people I can call (just to hang out or talk to) or social settings where I can go for distraction

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

STEP 4: Three people I can ask for help

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

STEP 5: Professionals I can contact if I need more help

1. Name _____ Phone_____
2. Mobile Crisis Unit - (204) 940-1781
3. Crisis Response Centre - 817 Bannatyne Avenue (24/7 walk-in crisis support)
4. Work resources: _____