

Stress Management

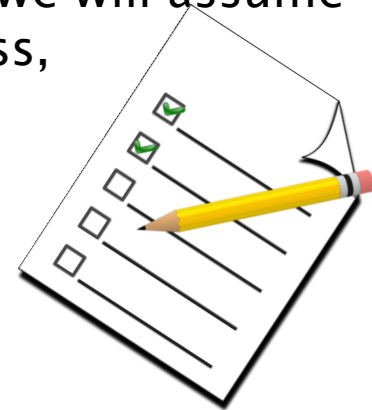
CNWL Talking Therapies Brent




Wellbeing for life

Before we start...

- ▶ We require all workshop attendees to fill in the questionnaires. The questionnaires help us to understand the way you are currently feeling, and this data ensures that we are able to continue providing workshops to community groups like this one.
- ▶ Please note that if you choose not to fill these in, we will assume that you are not experiencing any feelings of stress, worry or low mood and will put down your scores as 0.
- ▶ Data will be held securely on an electronic data base and not shared with 3rd parties without consent.
- ▶ Should further help be sought from our team, we do share information about the referral with your GP



Who are we?

- ▶ CNWL Talking Therapies Service Brent is an NHS service to support people with difficulties such as anxiety, depression and stress.
 - ▶ We are based in Kingsbury and Willesden.
 - ▶ We have a variety of therapies and a variety of different ways we offer therapy.
- 

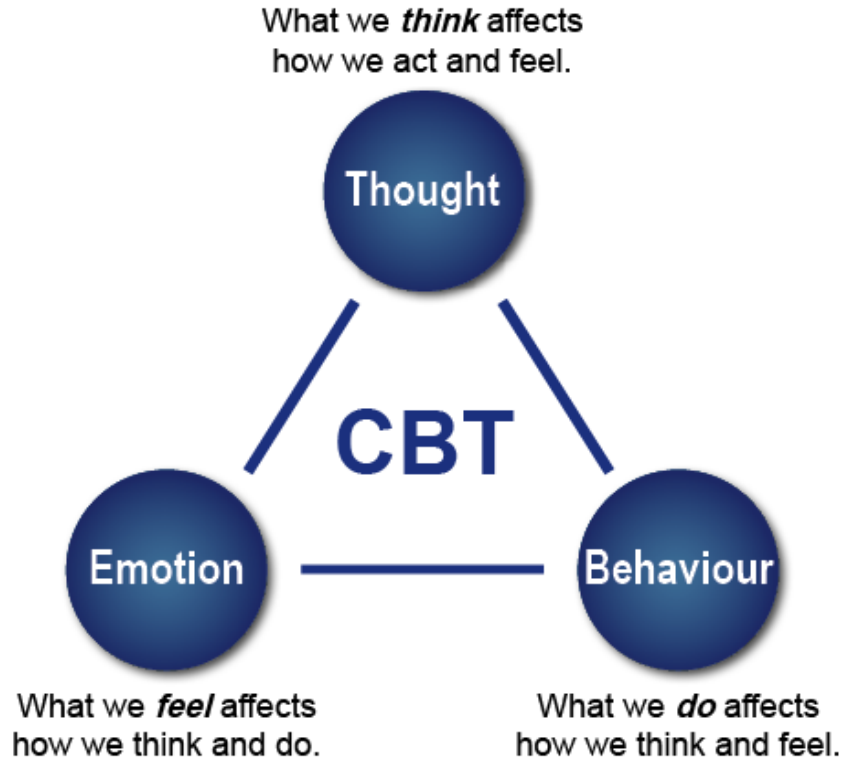
Agenda

- Introduce Cognitive Behavioral Therapy (CBT)
- Learn about anxiety and depression
- Goal setting

Any questions?



CBT Model



We will help you change your thoughts and behaviours to feel better



How to Write SMART GOALS

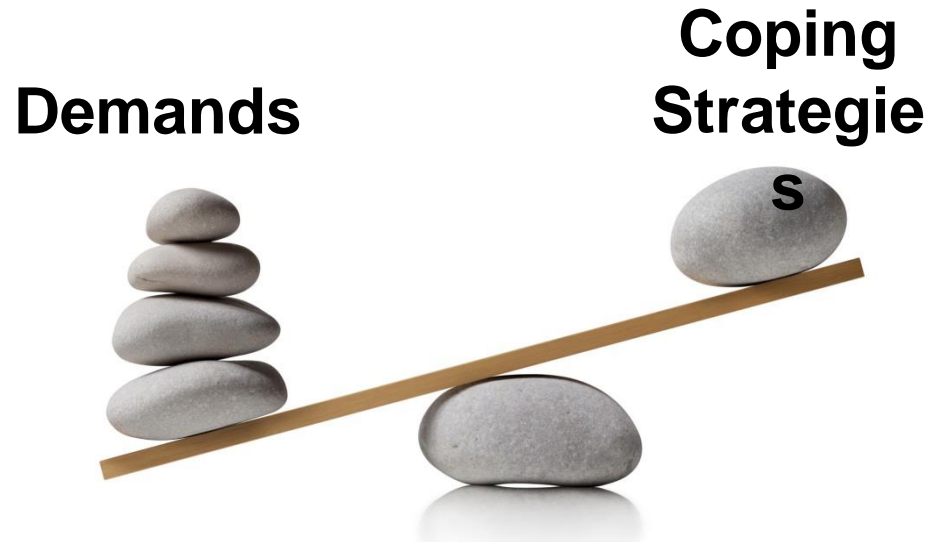
SPECIFIC
MEASURABLE
ACHIEVABLE
REALISTIC & RESOURCED
TIME LIMITED



- What would you be thinking/doing/feeling differently?
- What are the first steps towards making these changes happen?
- One things you may try...?



What Is Stress?



Stress is what we experience when we feel that the demands or pressure on us at any given time, are greater than we feel able to cope with

What Stress Consists Of

Stressor

The life change or extra demand, which causes problems



Perception

How you view 'the stressor', and see it as relating to you



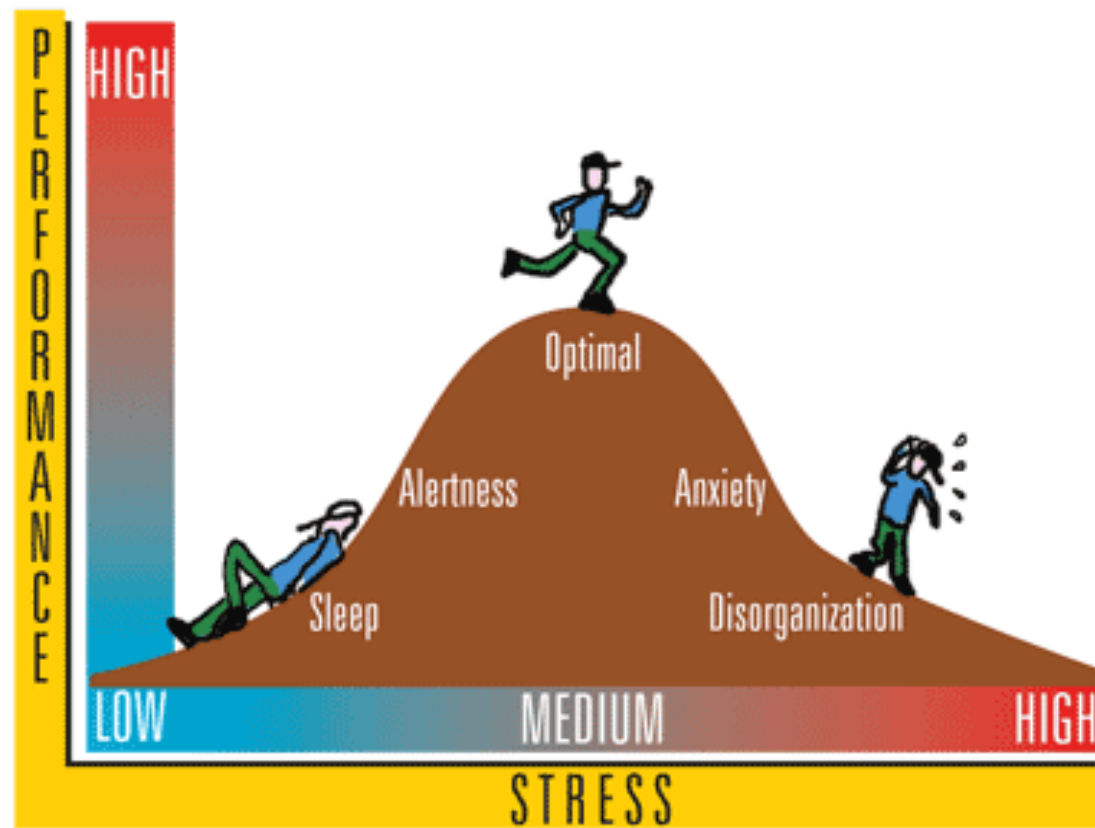
Response

The way your body, behaviour and thinking pattern changes

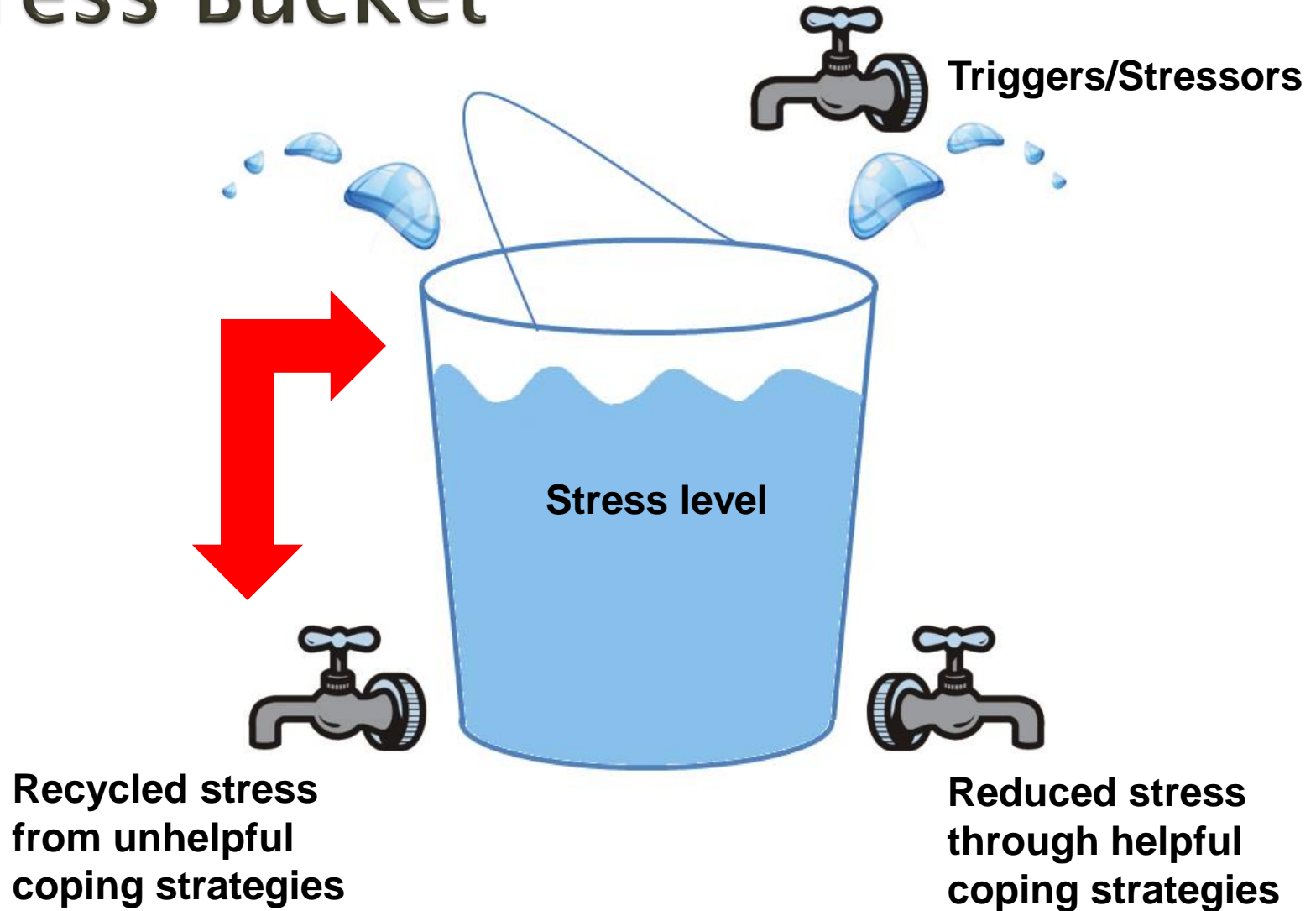


Is Stress Ever Good?

Stress Performance Connection



Stress Bucket



Stress – Coping Strategies


Unhelpful Coping Strategies

- **Not making time for yourself**
- **Putting things off or procrastinating**
- **Avoiding things**
- **Using alcohol as a way of ‘escaping’**
- **Eating unhealthy food**

Helpful Coping Strategies

- **Making time for yourself**
- **Doing activities that you enjoy**
- **Making a schedule and sticking to this plan, no matter how you feel**
- **Exercise**
- **Eating healthy food**

How to access the service

- Today: Fill in an “opt-in” questionnaire and we will contact you
 - Self-referral by telephone: 02082063924
 - Through our website:
<http://www.cnwltalkingtherapies.org/>
 - GP referral
- 

Immediate support...if needed

Brent Talking Therapies Service is not a crisis service. In crisis:

- GP - During office hours (usually 9am to 5pm, Monday to Friday - may vary according to GP practice)
- Out of hours Urgent Advice Line **08000 234 650** (Open 24 hours, 7 days a week, incl. Bank holidays)
- Samaritans **116 123** (Open 24 hours, 7 days a week, incl. Bank holidays)
- Brent Samaritans **0208 961 6181** or visit them at Leopold Road, London, NW10 9LN - Visits preferably by appointment
- Saneline 0845 767 8000 (6pm -11pm)
- NHS Direct 0845 4647 (24 hours)





Any questions?

Why have you invited us here?

What if someone feels desperate?

Is there a waiting list?

What does your service offer?

Everyone else seems to cope. Why can't I?

How do I access your service?

What is CBT?

How can I help myself to stay mentally healthy?