



The CBT[®]
Resource

Managing stress and worry during the COVID-19 outbreak





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About this guide

Right now we are all going through an incredibly stressful and unique situation that we have never faced before. Things may feel uncertain, unpredictable and like we have little control over them. It is understandable that this outbreak brings with it a roller coaster of mixed emotions, as well as many new challenges and concerns. We may be feeling scared, worrying a lot more than usual, feeling stressed, low or anxious. We may also find ourselves feeling more irritable than usual or even angry. We may experience a number of these different emotions in one day, even within the same hour. You may feel fine one moment and overwhelmed the next. Emotions like these are all normal and to be expected. Emotions are there to help us respond to situations in our lives. It is important to be compassionate to ourselves and those around us about how we are all feeling. The changes we have had to make to prevent the spread of the virus, as staying in isolation, social distancing, changes to our work and closing of schools and large gatherings has been necessary for our health. These changes disrupt our normal routine, structure and activities. This can all impact upon our mood. When we feel stressed, anxious or low, we can then in turn feel even more isolated, go over things more in our minds and feel even more anxious, leading to a vicious cycle. It may leave us feeling frustrated, or even a little hopeless or helpless about the situation we face. We know that it might be overwhelming and hard to know what you can do to manage how you, or those around you might be feeling at the moment. This guide is designed to help.

Stress is the body's natural response to feeling under threat or pressure. It can be motivating for short bursts of times. At other times, stress can be overwhelming and less helpful to the situation we are facing. When we are stressed, our body produces the hormone cortisol. It activates the sympathetic nervous system to help us prepare to quickly 'fight or flight' our way of short term threat or danger. When we feel stressed over a longer period of time because of an ongoing situation, it can feel overwhelming and unpleasant. It can also affect our immune systems ability to work at its best. Doing things that will reduce our stress and keep our immune systems functioning optimally is important for all of us right now. There are a number of helpful things you can do to help your body to manage stress from the inside out, along with following all the practical advice and guidelines we have been given to reduce the spread of the virus. This free guide contains a range of evidence based techniques from our clinical resource series to help you to manage stress and worry and to know where to get more help if you need it. Strategies to reduce stress will not only give your mind a break, they can also relieve the pressure on your immune system. Stress reduction activities are a helpful action we and those we love can all take to help ourselves at this time.

We have also provided links to where to you can get reputable further support for stress or managing your mood, if you feel you need more help. We have also included a couple of links to accurate information sources about the current pandemic. When looking for information about the virus there can be lots of conflicting information, so it is best to go for factual information from trusted sources like these. When anxiety escalates among groups of people, there can be lots of false information spread on social media and between people. Try to limit looking at information or the news to once, or twice per day at most, as too much information can aggravate stress even more. It can be helpful to know the facts though, even if they are difficult, as we can imagine things are much worse than they may actually be and build them up in our minds from the uncertainty of not knowing.

We hope you find this guide useful.

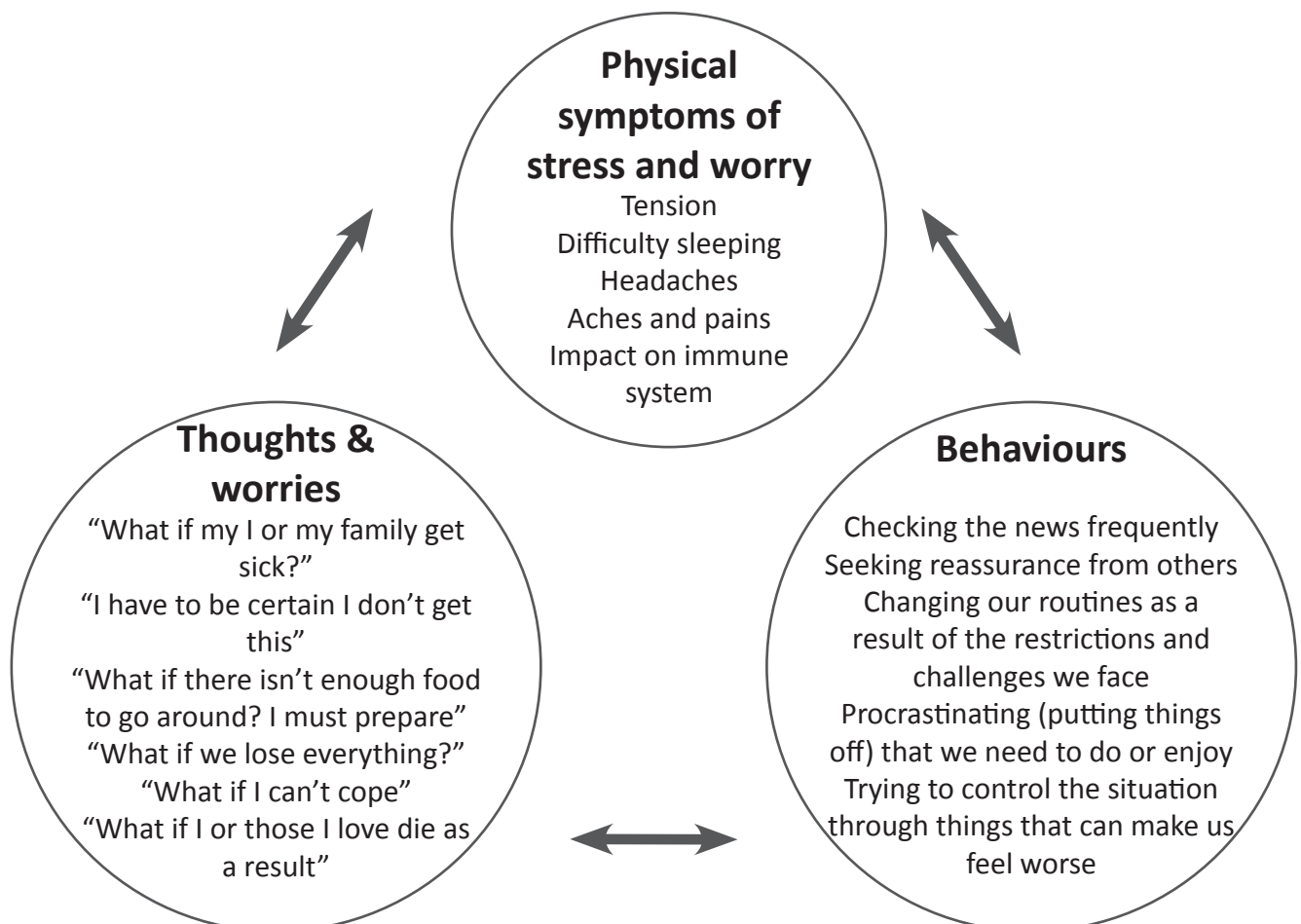
With well wishes for you and your family. Stay home and stay safe.

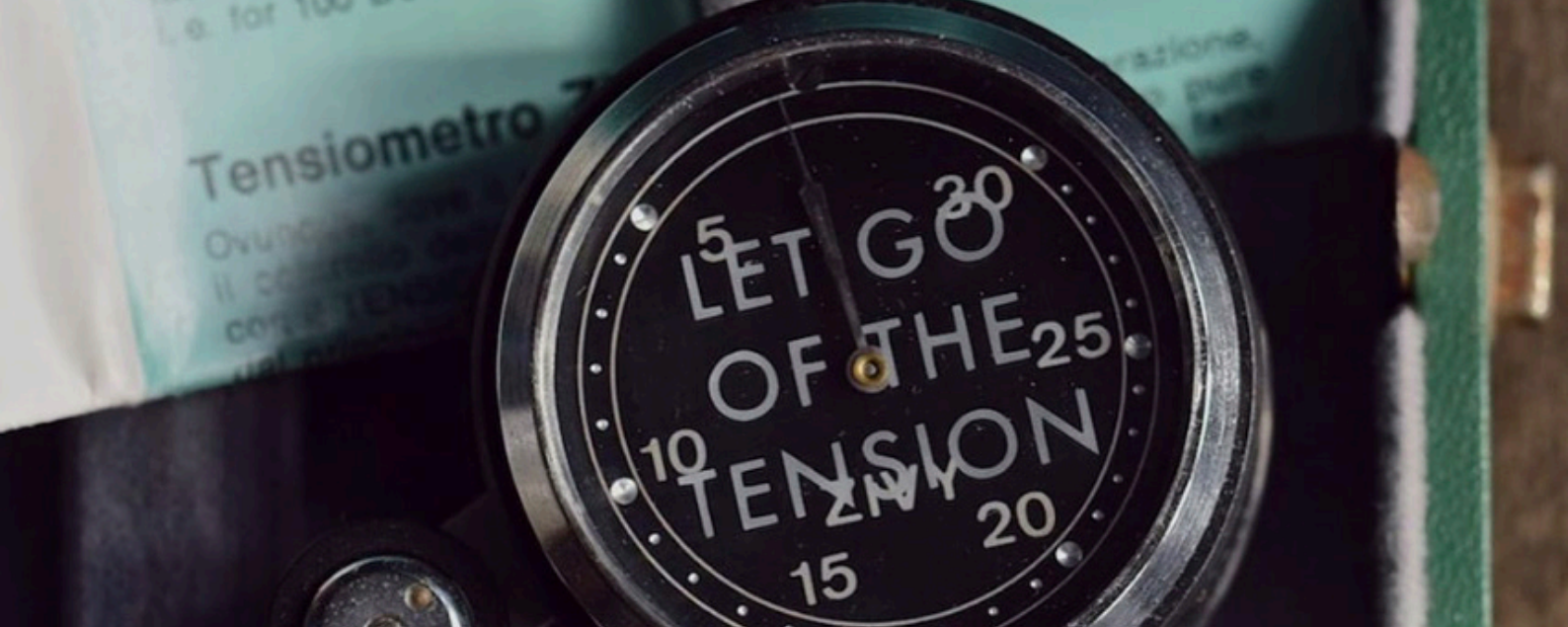
The CBT Resource Team

Stress and worry

It is normal to feel stressed, anxious or have lots of worries right now. We are bound to be thinking about the virus and what may happen. When it reaches a point where our stress and worry is impacting upon our daily life, stopping us sleeping, or feels intolerable - even with the current situation, there are practical things we can do to help to manage it. Doing so is an important way to keep us functioning at our best and switch on our rest and digest system (our parasympathetic nervous system) to keep our nervous system in balance. Most of us will have already had other stresses happening in our lives before this happened. On top, we now all have the additional stress this pandemic brings. We may be worried about our own health, or that of our children, family and friends, employment and education, our access to necessary resources and our finances. It can feel particularly stressful as we do not know exactly how, or when, things may change. We cannot say for sure when things will stabilise and if we, or those we care about, may be personally affected.

When we worry, we have a natural tendency to jump to the worst case scenario in our mind. It is hard not to jump to conclusions when the media is full of reports about what is happening in other countries that are experiencing the virus ahead of us. When the things that we are worrying about are in the future, hard to predict and don't have a certain outcome, it can keep us caught in a cycle of stress, worry and tension. We worry to try to get a sense of control over a situation we have no control over. We may do things to try to feel better that end up making us feel worse. Looking at the news too often, losing the routine in our day, not sleeping or eating well, drinking too much, or avoiding doing things we enjoy or need to do, in adapted ways. We may even do things we would not normally do, to try feel more in control and safer, like panic buying items in case they become unavailable (which then makes them unavailable for others and passes on the anxiety to others). This can all keep us locked in a cycle of stress, worry and tension. The good news is there are helpful things we can do to manage worry, feeling uncertain and break the cycle.





Progressive muscle relaxation (PGMR):

We all carry a tension load in our bodies, this can build up like a coiled spring when we are under stress and worrying. When we worry, we feel tense. Tension can then lead to aches and pains, headaches, gastro-intestinal upset, disrupt our sleep, and lead to even more worrying and tension in a cycle of symptoms. PGMR can really help with this. You do it once or twice a day at a set time and it only takes a few minutes. You work through your body to really tense an isolated muscle group for 5 seconds, then to rapidly drop the tension and release it for 15 seconds. You really focus your attention on the muscle and how it feels both when tensed and relaxed. This helps your body to learn early warning signs of tension and to let it go earlier through a process called kinaesthetic awareness. PGMR is evidence based and recommended in clinical guidelines to reduce tension and worry and to improve sleep. It can also help us to feel less irritable and more able to deal with the things we have to deal with right now.

How to do it: You can do PGMR as daily activity either together with your family each morning or evening, or by yourself. You don't need any special equipment to do it. People who practice PGMR regularly find they feel less anxious and have fewer worries. It can take a while to reach its full effects, so keep going with it. Many people use it everyday in their lives, even when they feel better.

Sit down comfortably in a chair and remember to take off your shoes. Use a quiet place, free of any distractions where you can really focus your attention on your muscles to do your PGMR practice. Starting at your head or feet, whichever you prefer, you tense and then release one muscle group at a time. Many people find starting PGMR from the head down easier. Don't hold a muscle tense for more than 5 seconds though. Holding it for too long can feel uncomfortable or lead to cramping. Then, move onto the next muscle group when you are ready.

If you have an existing physical health condition, pain, muscle spasms or injury, we advise you check with your GP before using PGMR. You can skip a muscle group in that area if necessary.

It can be hard at first to isolate just one muscle group in your arms or legs if you are not used to working that muscle. You can tense your whole arm or leg first, then move to the individual muscles next, this can help you to isolate the muscles.

Progressive Muscle Relaxation

My forehead: lift my eyebrows as high as I can and tense.

My face: tighten up the muscles in my face, around my cheeks and nose and hold it tense.

My jaw: hold my jaw slightly open and tense it.

My neck: gently lean my head right back, stretching my neck and hold it tense

My shoulders: lift up my shoulders to my neck and tense.

My upper back: push my arms backwards at chest level, with elbows towards each other

My right arm at the top: tighten my bicep muscle and tense it as if showing someone my muscles.

My left arm at the top: repeat as above with my left bicep muscle.

My right hand and forearm: make a fist and tense my lower arm and stretch it out, keeping it tense.

My left hand and forearm: repeat the above with my left hand and forearm.

My upper back and shoulder blades: stretch up my back and shoulder blades and hold them tense.

My abdomen and lower back: pull in my tummy muscles and hold them tight and tense.

My buttocks: tighten my buttocks and tense them up.

My entire right leg: put my leg out and tense it all the way down.

My entire left leg: repeat the above on my left side.

My lower right leg and calf: tense my calf muscle in my lower leg.

My lower left leg and calf: repeat the above with my left side.

My right foot: curl up my toes and tense my foot.

My left foot: repeat the above with my left foot.

What should I do about my worry?

Is the worry a practical worry that I can take an action to solve straight away and doing that should be the priority of my focus of my attention right now rather than anything else?

Yes

This is practical worry I can do something about right now that should have my attention.

No

I can't do anything helpful about it right now or solve it. This is a hypothetical worry.

Take action on practical things you can do something about at the time. Try not to put it off until later, as this can make you feel more stressed and anxious.

For these worries, use the worry time technique. Write them down knowing you can worry about them as much as you want in your planned worry time. Then refocus your attention back onto the present.

Managing worries

We have two types of worries. Practical worries and hypothetical ones. Practical worries, are worries that we can do something about, right there and then. For example, we may worry about having enough money in our account to cover a bill going out this week. We go and transfer some money in from another account to cover it, arrange an overdraft or arrange with the company a new date. This stops the worry and deals with the problem, leading us to feel better. These worries go when you have taken the action to solve the problem.

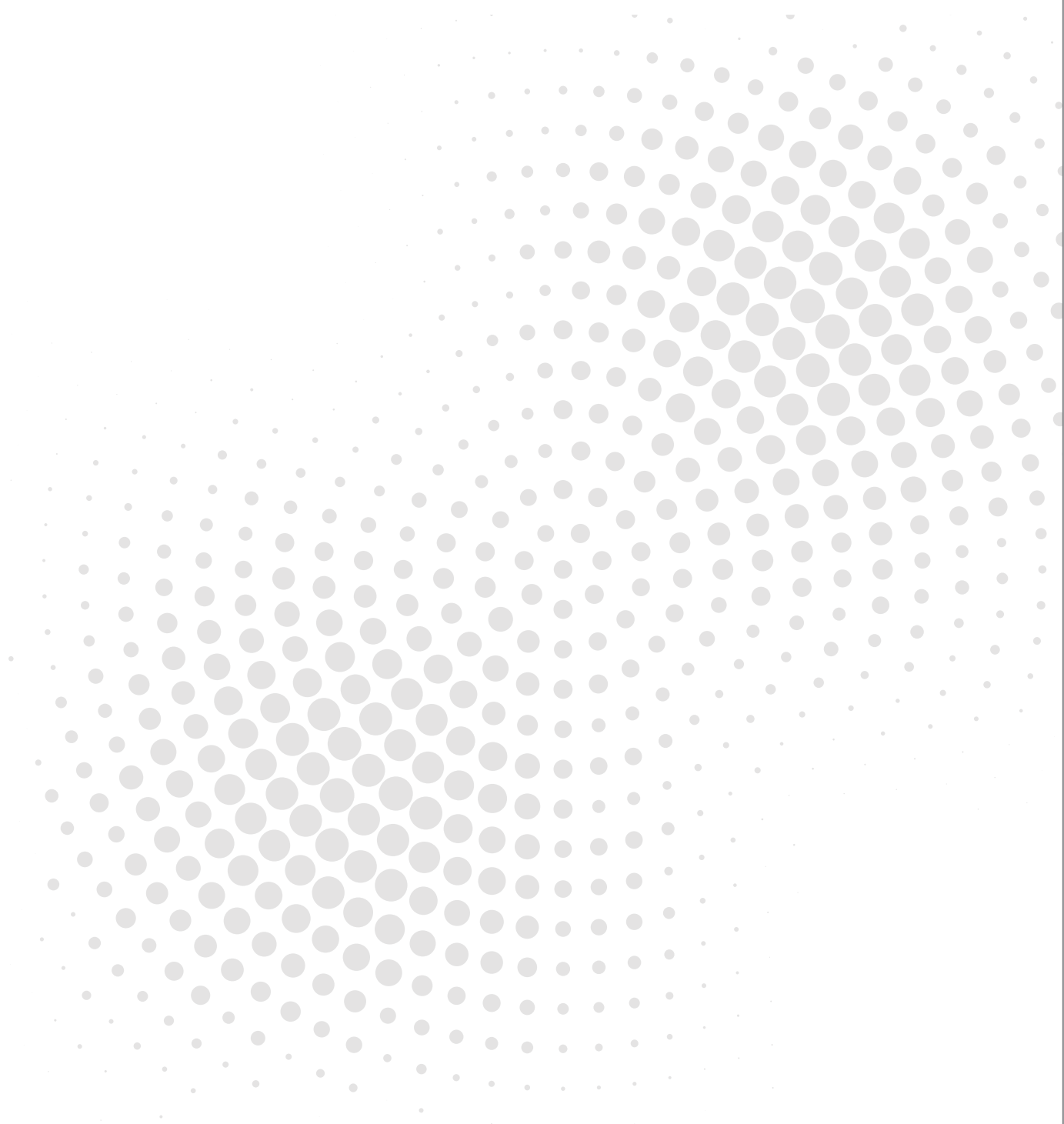
Hypothetical worries tend to be about situations in the future that are currently uncertain, unpredictable or out of our control; things that we cannot do anything to change at that moment. For example 'What if I get the virus'. We tend to have a lot more hypothetical worries when facing an uncertain situation like we are now. Hypothetical worries, they still tend to be about practical situations in our lives, like our work, finances, education, employment or our health. Unlike practical worries, there isn't a helpful action we can take at that time, or there isn't a way for knowing for certain if we will, or won't get a certain outcome in the future. Our mind tries to treat hypothetical worries in the same way as practical ones. It is just our minds way of trying to deal with and gain control over a situation that is unpredictable, uncertain or out of control, but it does not lead to use feeling better. These worries can quickly escalate in our minds to the worst case scenario, making us feel even more anxious, tense and stressed. For example, we don't know for how long the virus risk may be present for, it is uncertain how long we will have to isolate or could be at risk. We can't control who else may come into contact with the virus, we can only reduce our own and our families risk by taking the advised precautions. We can't with all certainty say if we will, or will not, get it. Our mind still wants to try and solve the hypothetical worry, so we go over and over it in our minds, keeping us in the cycle of stress, tension and worry. It can also lead us to take actions that are less helpful or make us feel worse in the longer term to try and resolve it. Hypothetical worries are hard to dismiss and keep bouncing back into our mind, as we cannot solve the problem at that time, it is not within our control. Hypothetical worries take our attention and focus away from the present moment. They make us focused internally on our worries and how we are feeling, rather than what else is going on around us.

Worry time

A technique that can help with managing hypothetical worry is to have a worry time period once a day. In your worry time, you allow yourself to worry as much as you want to. It needs to be a time you can really focus on your your worries and have clear of any other tasks or distractions. You can decide how much time you think you will need and always adjust it up or down after a few days. Usually people set aside between 30 minutes to 1 hour at first. Outside of your planned worry time, you write down any worries than come into your mind. Then, refocus your attention onto the present using a practical task or activity. The same worry may come back lots of times, that is okay and to be expected. Just write it down again and refocus. The APPLE technique can also help you to refocus away from a worry once you have written it down. Then, at your planned worry time, take out your list and allow yourself to worry as much as you want about the things written down. At the end of your worry time, throw away your list and start a fresh one each day. If worries stop you sleeping, keeping a pen and your list at the side of the bed can be helpful. Write them down and then refocus on the task of sleeping. Postponing your worry allows you to take control of worry, rather than your worry controlling you. People find over time, they have fewer worries and feel more in control of their worrying. They can enjoy their day, focused on the present moment and be able to concentrate better.

My worries today

Write down any worries that come into your mind during the day (or at night) until your next planned worry time. Remember to re-focus your attention onto the present moment once you have written a worry down. The same worries may come back into your mind. That's OK, just re-write them on your list and re-focus your attention again. At your planned worry time, you can sit and worry about the things you have written here as much as you want or need to. At the end of your worry time, throw this list away and start with a fresh worksheet.





Use APPLE for managing stress and uncertainty

Another helpful technique you can use for managing stress and anxiety when it feels intolerable in the moment is to use APPLE. This helps us when we want certainty in a situation that we cannot gain certainty in right now, control or fully predict. It helps us to refocus our attention and get outside of our own internal world of anxious thoughts and feelings.

Acknowledge and notice that what is in your mind right now is uncertain and unpredictable, but that you are taking all the recommended advice and actions to stay safe

Pause for a few moments and don't react to the thought or feeling in any way, just let it be.

Pull back from the thoughts or feelings you are having. Tell yourself that these are just a result of your mind trying to gain control and find certainty in a situation that we cannot control right now. Thoughts are not facts. Be compassionate to yourself for how you feel. Let your mind and body do its thing. You can pull back from it.

Let it go, just like Elsa in 'Frozen'. The thought or feeling is not harmful, although it may feel unpleasant right now. You can pause, allow the thoughts and feelings to just be and then choose to let them go by refocusing your attention onto a task in the present.

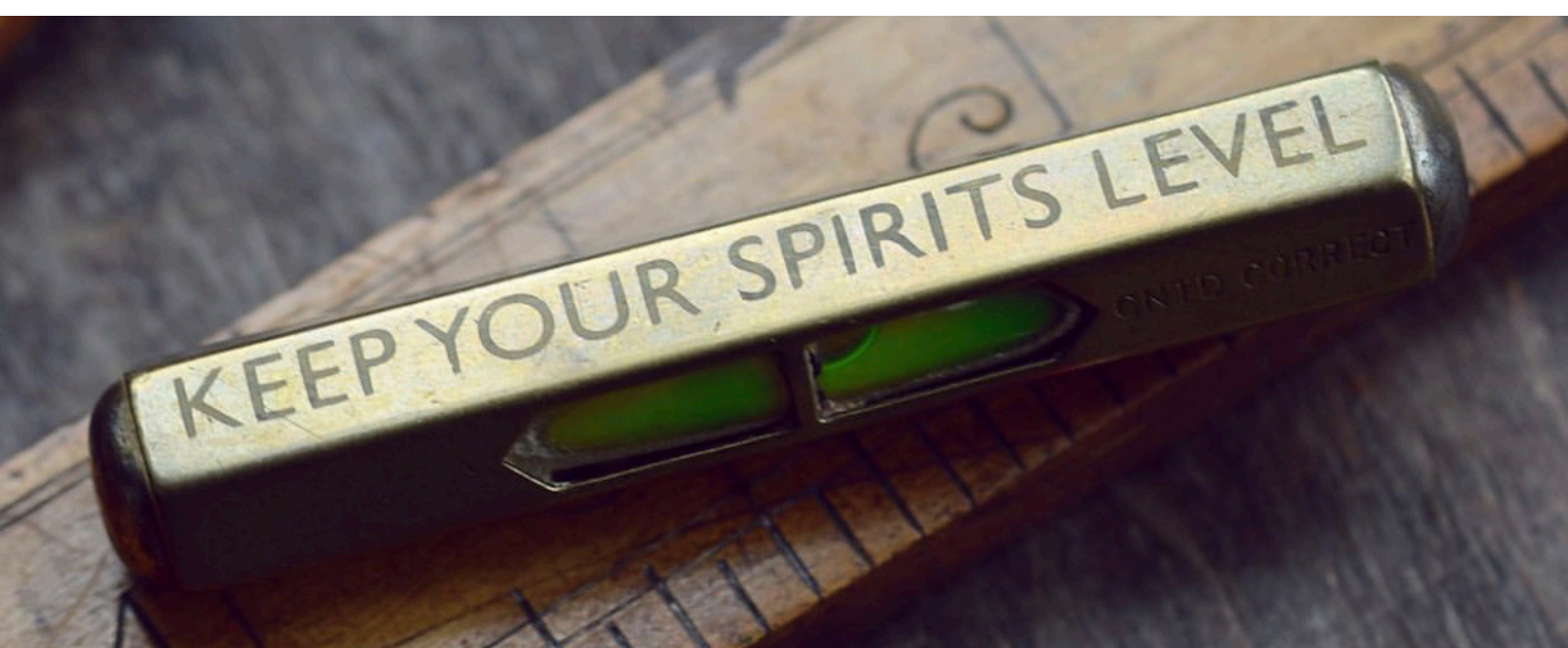
Explore what is going on around you right now. Refocus your attention out of your own internal world and what is happening inside your own body, to what is happening outside of you. Notice things with your senses. What can you hear? What can you see? What can you touch and feel that is physically present around you? What can you smell. What task can you do to take your full attention back into the present moment? The same worries or feelings may come back, that is ok. Just notice when you are going inside yourself to your worries and feelings of anxiety and repeat the APPLE process as many times as you need.

Keeping a daily routine

We are creatures of habit. Our body clock and overall wellbeing rely on our daily routines as markers for our day and to sleep well. Our body clock has three main ways it does this, through our sleep pattern, our eating patterns and our activities. So it likes these to be regular and structured. The things we do, like eat around the same time each day, when we get up, go to bed and our usual activities help our body to function properly and synchronise us to the 24 hour sleep/wake pattern in our day. Our normal routines can become quickly disrupted when we have a lot to deal with and are facing a stressful situation like this. This outbreak has changed so many aspects of our lives in such a short space of time. This can impact on our mood, our overall wellbeing and our sleep. It can leave us feeling exhausted and reduce our immune systems ability to keep us fighting fit.

Keeping to a routine, as much as possible, is important. In fact, it is probably one of the best things you can do to keep yourself functioning at your best and your spirits level alongside socially isolating and following the advice we are being given on handwashing and other practical steps we can take to prevent spreading or contracting the virus. Try to keep a regular routine for your or your family meal times and for the times you go to bed and wake up each day. In the daytime try to keep active within the constraints of isolation and social distancing. How we sleep at night can be affected by what we do earlier in the day and the daylight that we access and our access to light in the evenings. Daylight allows our body to produce melatonin, the sleep inducing hormone. So try to get outside in the mornings when the light is at its best at some point between 11-3. If you cannot get outside at the moment, looking out of an open window for fresh air is helpful. Even if you don't feel much like eating, try to stick to the same times and eat for your immune systems benefit. A healthy diet can really help.

Ideally a couple of hours before bed, try to keep to a nightly wind down routine that helps you to relax and prepare for sleep each evening. The routine before bed helps your body know it is time for sleep. Keep the lighting dimmed, shut the curtains or blinds and really try not to use devices or screens for at least an hour before bed time. These devices give off blue light which make us alert and make it harder for us to drop off to sleep. Relaxation or mindfulness meditation can be a useful way to wind down. A bath before bed can also help, along with warm drinks without caffeine. Warm feet have also been shown to help you to drop off to sleep more quickly. Ideally, don't read or watch media information about stressful current events in your wind down routine, as this may activate your arousal response again.



Keeping active and in a routine

This situation can make it hard to do the usual activities and things we need to do or enjoy in the same way. Writing down any routine, necessary and pleasurable things we are not doing, or able to do in the same way can help to think through ways to adapt them. Plan out your week and what activities and routines you and your family will do each week. You can print out and use this planner if it helps you to think through what you will do.

Think about creative ways you could still do some of the pleasurable and social things you would normally do, adapted to the current situation we face. For example, if you usually go to the gym, then think about ways you could increase your activity in your home or garden or an open outdoor space. Take small steps to add up to bigger changes in how you do things. Just don't congregate with other people in indoor or outdoor spaces. Keep up your hobbies and interests, like listening to your favourite music, watching your favourite films or box sets and playing games. Keeping in contact with relatives and friends is important to keep our sense of connection with people. Using things like Skype, Facebook, Zoom and WhatsApp are great ways to do this by video. People are finding some really creative ways of spending time with groups of friends via video chat. People are playing games together, sitting and chatting while having a cup of coffee or an evening drink, as if they are still face to face.

Many organisations and companies are also enabling you to access their content such as exercise classes and yoga online such as the Own Your Goals website: www.ownyourgoalsdavina.com, knitting tutorials and videos such as Lauren Aston Designs: www.laurenastondesigns.com, educational resources for children such as TED: <https://www.ted.com> and many, many other brilliant things people have made available online to help during this time.

If you feel overwhelmed by things you need to deal with or how you are feeling, it can be tempting to put things you need to do off. If we begin to reduce or stop doing routine and necessary things, it may give us some short term relief from the pressure of doing them, but in the longer term it can quickly begin to negatively affect our mood. Write them down, break them into smaller tasks and tackle them one by one if this applies to you. Take small steps to keeping active that build up to bigger changes. Signs of feeling low are feeling more down or sad than usual, not enjoying things as much as we would normally do, feeling tired or exhausted and changes to our appetite and concentration levels for more days than not. We may also notice more negative thoughts. If you feel down, reach out to services that can help, using the links in this guide.



10

Routine time for going to bed this week:

w/c / /

Necessary tasks that need to be completed this week or there is a consequence:

[illegible]

Keeping a routine

Pleasurable: List any pleasurable things that you are no longer able to do in the same way as a result of the current situation or how you are feeling. It may be that these things give you little, if any pleasure at the moment, but keeping doing them even in an adapted way is important. This includes things like hobbies and interests, activities or exercise, spending quality time with your children, speaking to friends and family and social activities for example.

Routine things: Routine tasks are the every day things around the home that have to be done, this includes things like housework, emptying the bin or dishwasher, doing the laundry, paying bills, mowing the lawn or helping children with their studies while the schools are closed for example.

Necessary things: Necessary things are things that need doing by a certain date by a certain date or they have an important consequence like paying your credit card bill, taking important medication, or responding to an overdue bill final reminder for example. You may not always have any necessary things to deal with each week.



Keeping to usual daily routines, as much as possible is one of the best ways of keeping our mood and sleep regulated. Keeping to the same times for eating meals, going to bed and waking up.

Activities that require concentration are good to do in the mornings and physical activity in the afternoons. Try to access natural daylight each day between the hours of 11-3 pm, even if isolating at home, in your garden or through a window. This is when the light is best to help our bodies to be able to produce the sleep inducing hormone melatonin for sleep later.

Keeping positive

It is easy to focus on the negatives of the situation right now. Sometimes it may seem that all we hear and see on social media and in the news is about the virus. It can be easy to miss the positives, as our mind naturally looks out for information that fits with how we are currently feeling, so we notice it more. It can be easy to get into the habit of spreading how we feel onto other people too. There are still positive and happy things happening in the world, even during the pandemic. Such as the way many people are coming together and being kind to one another. Focusing on finding them can really help.


One great way of keeping you and your family thinking about balanced information is by looking at 'The Happy News' newspaper by Emily Coxhead. It is a full of positive news stories and wonderful people. It can really lift your spirits and put things back into balance. You can also access it online here: www.thehappynewspaper.com/shop If you have children, it is great to sit down together and read something positive, to help them from Take small steps to keeping active that build up to bigger changes.

One very positive thing this outbreak has done is bring so many people and communities together in heartwarming ways. People are looking for ways to be kind, help and support those in their local and wider communities through this difficult time. The human spirit and our resilience to adapt to change is a wonderful thing. Note down examples of human kindness that you come across or ways that you can be kind and help others through this too. You have probably already done quite a lot of things. Give yourself credit for it. It is an amazing thing to do.

Another great thing you can do with your family is to start a positivity jar. Writing down positive experiences and happy things that you experience as a family while you are socially isolating. Things you enjoy doing. Aim to fill it up over the next few weeks, then you can get them out at times when you, or others are feeling deflated and need a bit of a boost and look through them. When all this is over, it is also a reminder of the time you spent together, the nice things that came from a difficult situation and things you enjoyed as a family.

Emotions are contagious. If you try to be as positive and enthusiastic about things you can still do, rather than focusing on the negative, it rubs off on the people around you. Let's spread positivity. Similarly, if you find anyone you follow or are friends with are continually posting negative things or sharing information that makes you feel anxious, you may want to limit their posts or profile for a few days using the settings on the site. Balance looking at trusted news and media sources about the outbreak once or twice a day, with looking at positive, happier information afterwards.





mindfulness

Mindfulness

Mindfulness practice is a great way to reduce stress and feel happier. Mindfulness is a way of being fully present with full attention in our moment to moment experiences as they happen, without judgment. It means not being overly reactive or overwhelmed by things that are happening around us in that moment. When the mind wanders off onto internal thoughts or feelings, mindfulness gently brings your attention back into the moment.

The Oxford Mindfulness Centre (OMC) within the Department of Psychiatry at the University of Oxford are doing free to access weekly mindfulness sessions and podcasts during the outbreak that are open to the general public during the outbreak. You can find out how to access them here: <https://oxfordmindfulness.org/online-sessions-podcasts>

There are also some good free mindfulness apps, such as Headspace. It is available on the app stores and more information is available here: <https://www.headspace.com>

There are different types of mindful exercises that you can try:

Mindful colouring or drawing

A mindful body scan

Mindful eating

Mindful meditation or yoga

Mindful walking or running

Mind, the mental health charity, have useful information about mindfulness, ideas for using mindfulness exercises and a video of someone who uses mindfulness practice, speaking about their experiences and guiding you through how to do a mindful eating exercise on their website here: <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>



Our relationships with other people are more important than ever right now. Keep in contact with people you care about and who care about you. Make a list of people you have in your network for support, including in your wider community, shops that are providing support and delivery services for example. Reach out for more help if you need.

Be kind to yourself, there is no right or wrong way to be feeling.

People who I can call on and useful local services

Use this space to make a note of people you can call on if you need support and local services that are providing services like food delivery, support and advice in your area:



Getting more help and information

IAPT psychological therapy services are available free, if you need more help

IAPT stands for Improving Access to Psychological Therapies (IAPT). These NHS funded national services offer free access to evidence based therapies for low mood, anxiety and depression across England. They offer treatment over the telephone, via online platforms and video links in many services. If you or someone you care about needs support for low mood, sleep problems, depression or anxiety, you can self refer to your local IAPT service or be referred by your GP. There may be a short wait to be seen, but they are working as hard as they can to see everyone who needs help right now.

Local IAPT services are listed on the NHS website and you can search with your postcode here:

[https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20(IAPT)/LocationSearch/10008)

Other useful resources

A free online CBT course you can access as an individual straight away is the Living Life to the Full website. It is used widely in the NHS and is available to all. It can be accessed here: <https://littf.com/>

The Oxford Mindfulness Centre within the Department of Psychiatry at the University of Oxford is providing weekly mindfulness sessions and podcasts free to the general public for those who feel they would benefit from them during the pandemic. You can find more information here:

<https://oxfordmindfulness.org/online-sessions-podcasts>

Silverline: Silverline is a free, 24 hour, confidential helpline for older people that covers a range of topics and someone to speak to at any time of the night or day:

0800 70 80 90

<https://www.thesilverline.org.uk/>

Every Mind Matters: Every Mind Matters is a free NHS advice service with a range of resources for your body and mind

https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=Cj0KCQjw09HzBRDrARIsAG60GP_RosUF9KQjmf90MeCqpCeqZbVQqL82-ebrKMrgd3StspbSKuwqD4gaArfVEALw_wcB

They have also produced some excellent tips for managing anxiety about the COVID-19 virus here and have listed useful helplines too:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

CALM, the campaign against living miserably have lots of advice and information on mental health. You can contact them 5pm to midnight 365 days a year, via their web chat or by phone on 0800 585858 or via their website <https://www.thecalmzone.net/>

Young Minds is an excellent mental health website for information for children and parents: <https://youngminds.org.uk/>

MIND the mental health charity have a wide range of information about mental health on their website: <https://www.mind.org.uk>

The World Health Organisation facts and advice on COVID-19 are available here: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>

They have provided a video on COVID-19 and how to protect yourself here: <https://youtu.be/1APWq1df6Mw>

The NHS information about COVID-19 is available here: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



If you need urgent help for your mood, are having thoughts of suicide, are harming yourself or have thought about self-harm, it's important to tell someone. Don't struggle by yourself. Contact your GP if you can. If you cannot wait to see a doctor or feel unable to cope or keep yourself safe, you can contact the organisations below to get support right away

The Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult. Call free on 116 123

Shout offers confidential 24/7 crisis text support for times when you need immediate assistance. Text "SHOUT" to 85258

We wanted to also take this opportunity to say a massive

THANK YOU

to ALL our incredible colleagues right across the NHS,
healthcare, clinical science and research services that are
working around the clock to keep us all safe and well.

You really are everybody's heroes





The CBT Resource[®]

About Us

The CBT Resource was founded to provide high quality training and resources for CBT and IAPT services to use, as well as mental health and resilience training, resources and content for digital health platforms and organisations and companies wanting to support the wellbeing of their employees. Our blog was recently voted in the top 20 international CBT blogs available for clinicians. We provide a series of CBT and wellbeing booklets for people with stress, anxiety and low mood as well as clinician's guides to support their use. Our Founder Marie Chellingsworth is passionate about improving access to psychological therapies. She has over twenty years experience in mental health as a clinician, academic, supervisor, researcher and invited Subject Matter Expert for a number of organisations. During this time she has published a wide range of CBT books, digital therapy programmes, national training materials and resources for people to both use CBT techniques and to support the work of practitioners in the NHS IAPT programme. She has worked with UK national bodies to maintain standards for CBT based approaches and was Consultant to the Australian Improving Access to Psychological Therapies programme. Prior to developing The CBT Resource, she was the Executive Director of Evidence Based Psychological Therapies at UEA and a Director of training courses at the Universities of Nottingham and Exeter. Outside of work, she is an avid street art collector, loves listening to music and walking her Irish setters.

www.thecbtresource.co.uk

A note of thanks to Andy Poplar from [Vinegar & Brown Paper][®]

The photographs of etched glass throughout this programme are the work of Andy Poplar from [vinegar & brown paper][®] ideas etched in glass. Special thanks and credit goes to him for enabling us to use these images in our workbook and resources series. An award winning advertising creative, he set out to mend his head with [Vinegar & Brown paper] after his own experience with anxiety and stress. At the heart of Andy's work are his reflections upon his own experiences that led to his career change into etching glass. As [vinegar & brown paper], Andy has spent the last 8 years taking vintage or iconic items of glassware and bringing them to life with the tools of typography, wit, word-play and a slightly askew way of looking at the world. You can now find pieces of [vinegar & brown paper] on bookshelves everywhere, from York to New York (and a much happier man too). You can find more of Andy's work on his website and his Facebook and Instagram pages on the links below.

www.vinegarandbrownpaper.co.uk

[Instagram.com/mendyourhead](https://www.instagram.com/mendyourhead)

[Facebook.com/mendyourhead](https://www.facebook.com/mendyourhead)



Rain

Change

Stormy

DON'T
LET THE
PRESSURE
RULE
YOUR
LIFE.



RIISING, HAND MOVES TO RIGHT, READ BLACK FORECAST
FALLING, HAND MOVES TO LEFT, READ RED FORECAST

MADE IN ENGLAND