**5 Areas Diagram**

**Situation:**

Stranger coughing close by in the supermarket

**Thoughts:**

What if they have corona virus? What if I catch it? My asthma is already so bad.

Should I be covering my face? Why can’t she respect social distancing?

My chest feels tight, is something wrong

**Body / Physical Sensations:**

Hot and flustered

Tense

Headache

Breathless

**Moods / Emotions:**

 Anxious

Worried

Stressed

Hopeless

**Behaviours:**

Driving home fast

Worrying about catching coronavirus

Body scanning for coronavirus symptoms

Seeking reassurance from partner

Watching coronavirus news

**Situation:**

**Thoughts:**

**Body / Physical Sensations:**

**Moods / Emotions:**

**Behaviours:**

**Worry Decision Tree**

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**Worry Diary**

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| **Date, Time, Situation** | **Worry** | **Is this worry about a hypothetical situation or a practical worry?** |
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**Practical Problem Solving**

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| 1. **Identify the problem** – what exactly is it that you are worrying about, what is the current problem you need to address? If there are multiple problems, focus on one problem at a time.
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| 1. **Identify potential solutions** – be as creative as you can here, there are no bad suggestions. Let yourself consider solutions that are not practical (like winning the lottery) – allowing yourself to note down all potential solutions without dismissing any yet will help you think of more creative solutions. This is especially important if you’ve been worrying about this problem a lot, as we can become focussed on one or two challenging options and how hard or ineffective, we think they would be, which stops us finding other potential solutions.
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| 1. **Weigh up the pros and cons of each option in turn** – Now you can think about the advantages and disadvantages of each option (after all, winning the lottery might solve the problem, but it’s not very likely to happen)
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| **Pro’s** | **Con’s** |
| 1. **Select a solution** – based on the pros and cons, which solution looks most promising?
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| 1. **Develop a plan** – how are you going to implement the solution you have chosen? It can be very helpful to write this plan using SMART goals – you can look back to the Introduction materials provided before the start of the course if you need a reminder of these.

What steps do I need to take?When will I do this?Who do I need to involve? |
| 1. **Put your plan into action!**
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| 1. **Review the outcome** – was your plan successful in solving the problem? Hopefully it did, but maybe it only partially addressed the problem, or maybe it didn’t help in the way you had hoped. That’s okay – go back to step 2. Can you identify any new solutions, given what you’ve learned from trying out this one? If so, add them in and weigh the pros and cons again. Repeat steps 4-7.

What went well?Should I have done anything differently?Did this work out as I expected? |

**Present Moment Focus Indoors**

There are lots of ways to practise present moment focus indoors; some ideas to get you started include:

**Put on some music and focus on what you can hear**.

* How many different instruments can you hear (even if you aren’t sure what they are)?
* Focus on each instrument in turn. The tune should be easy to hear – what about the bass line?
* Pick another instrument and try to listen to what that instrument is doing for a few moments.
* Do you notice anything you had not heard before?

**Pick one object you can see.**

* Try to describe it in as much detail as you can – as if you are trying to describe it for someone who is never seen it before.
* What shape is it?
* What colours do you see? Are there any patterns or images?
* What texture does it look like it would have?
* Pick it up or turn it over if you can – describe the bottom or the back of the object too.
* Are there any areas where there are signs of age – is it worn or cracked anywhere? Or does it look pristine and new; what signs do you notice that tell you this?

**Pick one thing you can smell**

* You could spray your favourite perfume, air freshener or other scent – or focus on other smells (if you like baking, you could focus on the smell of what you’re baking, or you could focus on the smell of your food while you eat, or of strong chewing gum while you’re chewing).
* Inhale, focusing on the smell.
* How would you describe the smell? Are there different parts to it? Is it strong or subtle? Sharp or gentle?

**Practising Present Moment Focus Outdoors**

**Focus on the sounds you can hear around you**.

* What different sounds can you hear?
* What sounds are nearby? What about further away?
* Are any of those sounds moving around you?
* Do any sounds stand out or blend together?

**Pay attention to the people, cars, buildings, trees etc around you**.

* What colours and shading can you see?
* Is anything moving in and out of shade? Notice how the shade and light affects how the colours appear.

**Practising Present Moment Focus Anywhere**

Go through each of your five senses in turn, paying attention to what you notice as you turn your attention to each sense.

Name **5 things you can see**. Notice how they look – their colours, shapes, sizes, etc.

Name **4 things you can hear**. Try to describe the sound – is it a high or low pitch? Loud or quiet? Is it a continuous sound or only brief? Does it happen once or repeat?

Name **3 things you can touch**. How do they feel? Are they rough or smooth, hard or soft?

Name **2 things you can smell**. Notice each smell. Is it strong or subtle?

Name **1 thing you can taste**. Try to describe the taste – is it sharp, strong, bland? Does it pass quickly or linger in your mouth?

**Progressive Muscle Relaxation Exercise**

1. Find a comfortable position. At first you may prefer to practice while sitting or lying down – with practice many people find they can also relax most muscle groups while standing.
2. If you need to move during the exercise, try to move slowly and avoid sudden movements.
3. During the exercise, it’s likely your mind will wander at times. If this happens, that’s okay – when you notice your mind has wandered, just bring your awareness back to your body.
4. Take a few controlled breaths. Many people find it more relaxing to close their eyes or rest their gaze on the floor, although this is not essential.
5. Bring your awareness to your feet. Tense the muscles in your feet by bringing your toes up towards the ceiling. Hold them there, and notice the tension this creates in your feet and calves.
6. Now relax your feet. Let any tension drain away and let your feet rest, relaxed and at ease. Notice how this feels – pay particular attention to the differences between the feeling of tension and relaxation. If you notice any tension creeping back in, let it go.
7. We will repeat this process of tensing and relaxing different muscle groups. Remember, if at any time your mind wanders, that’s fine – just bring your attention back to your body. As we go through, tense each part of your body for 15 seconds before relaxing it. Repeat this 3 times for each part of your body, noticing the differences between tension and relaxation.
8. Tense your feet and calves again by raising your toes to the ceiling. Hold this position and notice the tension for 15 seconds. Then relax; notice how it feels to let the muscles in your feet and calves relax. Repeat this step.
9. Now bring your attention to your upper leg and hips. Tense your thigh and buttock muscles by pushing down into the ground with your heels. Hold this tension. Then relax. Repeat twice more.
10. Now focus on your stomach. Create tension by pulling your stomach in as tightly as you can; hold it. And relax. Repeat twice more.
11. Bring your awareness to your chest. Create tension here by taking a big, deep breath in and holding it for a few seconds; then relax. Take a few normal breaths between repetitions whilst repeating twice more.
12. Bring your attention to your hands and arms. Tense your hands and lower arms by making a tight fist; hold this tension. Then relax. Keep noticing the difference between the feeling of tension and the feeling of relaxation. Repeat twice more.
13. Now tense your back by pulling your shoulders back, as if trying to make your shoulder blades touch each other. Notice this tension. Then relax. Repeat twice more.
14. Bring your awareness to your shoulders. Bring your shoulders up towards your ears and notice the tension this creates. Then relax, letting your shoulders drop naturally back down. Notice the difference between tension and relaxation. Repeat twice more.
15. Now focus on your face. Screw your eyes tightly shut and open your jaw as wide as you comfortably can. Notice the tension this creates. Now relax, letting your jaw return to a comfortable and unclenched position. Notice how this relaxation feels. Repeat twice more.
16. Finally, bring your awareness to your forehead. Raise your eyebrows and open your eyes as wide as you can, noticing the tension this creates in your forehead and scalp. Then relax. Repeat twice more.
17. Some people like to finish with a few controlled breaths and scanning their body for any remaining tension. This is not essential but can help you notice the areas where tension has already started creeping back into your muscles – for many people this will be places like the neck, shoulders or jaw. If you do notice any tension, this is a good opportunity to practice relaxing those muscles again.

Once you feel familiar with the idea of this exercise, you may not need the full instructions. For a brief reminder, a summary is provided below.

**Progressive Muscle Relaxation Brief Instructions**

* Tense each of the below muscles for 15 seconds. Notice this tension. Then relax, paying attention to how it feels to relax the muscles.
* Repeat each muscle group or part of the body 3 times
1. Feet and calves
2. Upper leg and hips
3. Stomach
4. Chest
5. Hands and arms
6. Upper back/shoulder blades
7. Shoulders
8. Face
9. Forehead

**Balance of Activities**

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| --- | --- | --- |
| **Routine** | **Necessary** | **Pleasurable** |
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**Managing Distress and Safety Planning**

* If you need urgent help with your mental health, please call 111, call 999 or request an urgent appointment with your GP.
* The Samaritans provide a confidential listening service: Call 116 123 or email: jo@samaritans.org for a reply within 24 hours
* For the online self-help programme, please email bromh.bromleyiapt@nhs.net with ‘**CCBT Request**’ in the subject line, giving your name and the date of this workshop.
* To refer yourself to Talk Together Bromley: <https://www.talktogetherbromley.co.uk/>
* Further mental health and wellbeing resources: <https://www.nhs.uk/conditions/stress-anxiety-depression/>
* For the latest information on COVID19: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

**If you need immediate help you can:**

* **Call Oxleas Urgent Advice Line (0800 330 8590)**
* **Contact your GP or out-of-hours GP**
* **Go to your nearest A&E department**