**Dealing with unhelpful behavior, Sleep Hygiene**

*Prior to starting, ensure that you have viewed the homefun assignments so you can confidently review them with the client.*

***Hi \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

Welcome back to the session today. We are currently on session 9 of 12 sessions. After today, we have three sessions left. I want to remind you that should you want to continue working on some of the material we have covered or explore any issues on a deeper level, it would be best to do so with your counselor, as this coaching program only covers 12 sessions.

Today we will talk about unhelpful behaviour, and sleep hygiene. Before we begin with our warm up exercise, I would like to check in with you. How are you feeling in this moment, what sensations, thoughts, and emotions come up for you right now? Can you rate your mood from 1-10?

***Let’s start off with our warm-up based on positive psychology….***

* *(If needed: The reason why we do this is to help us focus, highlight, and identify some of the positive things that you do and are doing to manage your social-emotional well-being.)*
  + *How has another person shown that they care about you within the past week?*
  + *What has happened this week that has been exciting?*
  + *Describe something fun that you did today.*
  + *What was something nice you said to someone this week?*
  + *Describe something that made you laugh this week.*
  + *Describe something you were thankful for this week.*
  + *What was a challenge you overcame this week?*
  + *What was something that made you feel happy this week?*

**Ok so let’s spend some time discussing the worksheets from last week:**

* Challenging Negative Thoughts
* Strength Discussion Questions

**Ok so let’s spend some time discussing the videos from last week**

**VIDEO: Dealing with Unhelpful Behavior - 8 MINS**

<https://www.bouncebackvideo.ca/videos>

* Sometimes we do things that might make us feel better in the moment (short-term) but it is not helpful for us in the long term.
* We need to recognize the behaviors that do not help us (eg: alcohol, staying in bed, or depending on others too heavily, spending too much, shopping, risky behaviors), and we need to replace these behaviors with more helpful ones.)
* Like unhelpful thinking, unhelpful behavior is something WE DO that makes us feel worse in the long run.
* It is important to note that our discussion today is not meant to be a judgemental one. You get to decide what your unhelpful behaviours are, and these are different for each person. As an example, some people find drinking a glass of wine relaxing at the end of the day. However, this behaviour might turn unhelpful if one glass turns into more or if drinking makes you feel ill or depressed, or increases cravings to consume less nutritious food. But the act of drinking alcohol itself isn’t necessarily unhelpful unless you determine that it is for you. Remember, that you are the expert in your own life. This can be applied to all unhelpful behaviours.

**The trick is to spot it and change it:**

* 1) Pick one problem behavior
* 2) use the seven problem solving steps

**How do we change it:**

* Break the problem down into pieces.
* Brainstorm ways to find solutions to this problem.
* Write down advantages/disadvantages of the brainstorm options
* Choose one…Plan how you will do it
* Do it!
* Evaluate the results

**Practice with the client dealing with an unhelpful behaviour:**

* Get the client to identify what they believe their unhelpful behavior is.
* support the client in breaking down the behavior into the steps listed above.

**VIDEO: Sleeping Better- 5 MINS**

<https://www.bouncebackvideo.ca/videos>

***What were some of the important ideas you got from the video? What stood out to you?***

* Sleep may be impacted by anxiety or depression
* Constant thinking when you are trying to sleep
* Bed is for sleep and sex
* If your worrying, write down your worries and leave them on the paper, and let it go
* Plan a routine
* Don’t: drink before bed, do physical/mental exercises before bed, don’t use your phone or TV in bed, and don’t lay in bed during the day.

***Q) Tell me about your sleeping habits… what kind of bedtime routine do you have?***

* (inquire about the participant’s sleeping habits)
* (Do they have a routine? If not, discuss what a healthy sleeping routine would look like)

***Q) Thinking about the video, what could a healthy bedtime routine look like?***

* (punctuate and highlight participant’s ideas)

***Q) How could you make this into a plan to experiment and see if you can improve your sleep?***

* Activity for the week could be the client is to begin a bedtime/sleep routine
* Discuss it with the client the following week.
  + How did the participant feel?
  + Did they feel their sleep improved when they had a regular routine?

**Exercise:**

We are near the end of the session, so it’s time to facilitate another short exercise with you, one that you can ideally continue to incorporate into your day-to-day activities. Like previous exercise, these activities are based on positive psychology or mindfulness principles.

(Choose appropriate exercise for client)

**Drop Anchor**

* Plant your feet into the floor.
* Push them down—notice the floor beneath you, supporting you.
* Notice the muscle tension in your legs as you push your feet down.
* Notice your entire body—and the feeling of gravity flowing down through your head,
* spine, and legs into your feet.
* Now look around and notice what you can see and hear around you.
* Notice where you are and what you’re doing.

**Homework:**

**Video:**

**Behaviour Activation** - **8 MINS**

<https://www.therapistaid.com/therapy-video/behavioral-activation-video>

**Next Session Worksheets:**

* Sleep Hygiene
* Sleep Diary

**Check out –** Mood 1-10 Takeaways

**End of Session 9**

# EMAIL Client

**MFFS 12-Week CBT course – Session 9**

Hi \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It was great to be with you for session 9 today. The goal of this program is for you to obtain skills and strategies to manage and reduce depressive and anxious feelings and thoughts so that you gain confidence and mental wellness in your day-to-day life.

**Our homefun this week is:**

* Watch:
  1. **Behaviour Activation** <https://www.therapistaid.com/therapy-video/behavioral-activation-video>
     1. ***What are the main points of this video?***
     2. ***What skills/strategies did I learn?***
     3. ***How can I apply these skills to my own situation?***
* **Read and work on:** 
  1. Sleep Hygiene
  2. Sleep Diary

**Do what you can, you do not need to do all of it at once. Breaking it down and doing about 5-10 mins a day can sometimes make it easier. Please reach out to your counsellor if you need support.**

Warm regards,

Your Name