**Introduction to Emotions, Anxiety, Depression & Self Care**

*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 in session 2 of 12 sessions. Today we will talk about emotions, anxiety, depression, and self care. 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….***

* *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. \*Pick one question to ask the client\**
  + *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?*

**Review prior week worksheets:**

* CBT Model Worksheet

**Q) Did you have any questions about the worksheet? (don’t spend too long here)**

**Ok so let’s spend some time discussing the videos (If a client is on video, the coach can choose at their own discretion to watch some videos with clients in session time permitting. Can be handy if there are short videos and the client did not watch during the previous week.)**

**Summary of Introduction Video- 6 MINS**

<https://www.bouncebackvideo.ca/videos>  (using access code **bbtodaybc**).

***Q) What stood out to you from the Introduction video? Was there a takeaway for you?***

***Summary of Introduction video:***

* Anxiety and depression are common challenges.
* Life-long difficulties or occur because of a response to situational stressors - something that may seem unrelated can be a trigger as an onset for low mood.
* Sharing our stories is important.
* Not something that you can always ‘see in someone’.
* We are here to support, so you don’t have to go through this alone.
* In these sessions we will learn to value our thoughts, speak your truth, – take control of our lives, and let go of control over things you cannot control.
* The speaker discussed how anxiety and depression are common challenges.
* These feelings may be life-long, or they may have developed due to a stressor.
* For example, an individual may experience something stressful in their life, and then begin to develop feelings of anxiety or depression.
* It was also mentioned in the video how important it is to share our stories, and that is a big part of this program.
* This program is to help you go through these experiences with support, and to ensure you know you are not alone, as the video discussed.
* Another component of the introduction video is how to value your own thoughts, gain control over what you can, and letting go of the things in life you cannot control.
* This helps us to relieve anxiety and depression over the things that are outside of our control, resulting in a decrease of experiencing anxiety and depression.

**Summary of Starting Out Video- 12 MINS**

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

***Q) What were you able to relate to in The Starting out video?***

**Summary of Starting out video:**

* *How to move forward when you feel stuck.*
* *Minimal to no control over your life, doesn’t feel manageable.*
* *Anxiety and depression effects our Emotions, and our Thoughts that lead to functional impairment…*
* *Being depressed/anxious leaves challenges for your brain’s functioning which creates challenges in functioning at work, relationships, and other areas of life.*
* *Understanding why you feel down/upset is first step to feeling better.*
* *Our moods can be affected by external factors and maintained by internal factors*
* *Altered thinking/ Altered physical symptoms & body sensations/altered activity & behavior/ altered feelings and emotions… these are all connected.*
* *Changing just one thing can affect all the other systems inside of you.*

***Q) Did you feel you were able to apply or relate to any of what the speaker was saying to your own life?***

**Summary of What is CBT Video- 4.5 MINS**

<https://www.therapistaid.com/therapy-video/what-is-cbt>

**Q) Also, what were your thoughts on the ‘What is CBT’ video? I know we went over CBT in session 1, but did you have any follow up questions or anything you’d like further clarification on?**

**Q) What concepts from the videos were you able to apply to your feelings this week?**

* So, you may be struggling with feeling anxious or depressed when you had to go/or do *(insert applicable situation to client, such as work)*.

**Q) After watching the different homefun videos what kind of ideas can you suggest to move forward to attend (work) when you are feeling stuck?**

Something that I can suggest for you to do is when you wake-up in the morning, evaluate your mood.

* How are you feeling? How would you rate your mood? (10 being great and 1 being not the greatest at all)
* It is important for us to check in with ourselves and understand our emotions.
* Mood and emotions are always changing; therefore, you may not be in the same mood when you wake-up as you when you arrive to work.
* And check on your mood at different times of the day
  + what might you notice if you did this?

Now let’s spend some time discussing the topic of self-care.

**Q) What is self-care? What does self-care mean to you? \*have a discussion with client on their understanding of self-care...ask questions\***

According to everydayhealth.com, “Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.” Additionally, the World Health Organization defines self-care as: “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.” Consequently, these definitions outline that self-care is about managing the stressors in one’s life to manage their mental and physical health.

Self-care is not just about bubble baths and massages as commonly depicted in the media, instead it can be that, but it can also be meal prepping, practicing healthy boundaries, reading a book and so much more. **(\*Share your own self-care practices to inspire client\*)**

The topic of self-care will form the basis of the two homefun assignments for the week which is to complete a self-care assessment and self-care tips. Our hope is that through identifying the ways in which you practice self-care, you will be more likely to lean on them when managing the stressors of daily life. Also, this is an opportunity to consider new ways or helpful things you would like to add to your self-care routine.

**Q) Do you have any questions about that?**

**Give Yourself A Hug**

We are near the end of the session, let’s try this short exercise together, one that you can ideally continue to incorporate into your day-to-day activities. Like last week’s exercise, these activities are based on positive psychology and mindfulness principles. Lets talk about the benefits of giving yourself a hug.

* Like hugging others, self hugging can have some very big benefits, plus it is a great way to show yourself some self love
* Hugging yourself also releases the hormone oxytocin which reduces pain and increases feelings of comfort.
* When you have had a hard day, touch, even your own touch promotes relaxation and has been shown to lower the levels of the stress hormone cortisol
* According to Kristin Neff, physically comforting your body increases feelings of love and tenderness towards the self.
* Also, a self hug is available to you at any time, it’s something you can turn too in moments when you might not be able to be around others physically.

Self-hugging 101

1. Fold your arms around your body, positioning them in a way that feels natural and comfortable. For example, folding your arms across your stomach or just below your chest might feel easier than hugging yourself around the chest.
2. Rest your hands on your shoulders or upper arm (just above your biceps). Again, go with what feels natural. If you hug yourself across the stomach, you might find it comfortable to curve your hands around your sides.
3. Imagine the type of hug you want. A strong, intense hug? Or a softer, soothing hug?
4. Squeeze yourself with just enough pressure to create the sensation you’re looking for.
5. Hold the hug for as long as you like.
6. Some people find it soothing to gently rock back and forth while hugging themselves, so you might also consider giving this a try.
7. If you don’t feel like hugging yourself, try stroking your forearms or upper shoulders in a soothing way, similar to a gentle massage.

**HOMEFUN**

**Video:**

**What is Depression- 4 MINS**

<https://www.therapistaid.com/therapy-video/what-is-depression>

**What is the Cycle of Anxiety- 4.5 MINS**

[**https://www.therapistaid.com/therapy-video/cycle-of-anxiety-video**](https://www.therapistaid.com/therapy-video/cycle-of-anxiety-video)

**Read and work on:**

* Self-care assessment
* Self-care tips

**Check out –** Mood 1-10 Takeaways

**End of Session 2**

# EMAIL Client

**MFFS 12-Week CBT course – Session 2**

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

It was great to be with you for session 2 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 assignment this week is:**

1. Watch:
   1. **What is the Cycle of Anxiety?** **4.5 MINS** <https://www.therapistaid.com/therapy-video/cycle-of-anxiety-video>
   2. **What is depression?** **4 MINS** <https://www.therapistaid.com/therapy-video/what-is-depression>

**Reflect on:**

* + 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?***

1. **Read and work on the:** 
   1. Self-care tips
   2. Self-care assessment worksheet
2. **Practice: 4-7-8 breathing** once a day (and use it when you need it).

**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