## **Workbook Descriptions**

Association canadienne pour la santé mentale Nouveau-Brunswick La santé mentale pour tous















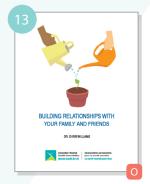
































## **Workbook Descriptions**



Association canadienne pour la santé mentale Nouveau-Brunswick La santé mentale pour tous

Starting out...and how to keep going if you feel stuck

Learn more about this program, how best to use it, and what to do if you feel stuck.

- Understanding low mood and depression
  Understand more about low mood and depression
- and why you feel the way you do.
- Doing things that boost how you feel
  Learn how low mood and stress cause you to do less.
  Plus, learn step-by-step techniques to incorporate
  helpful activities back into your life.
- Pind out more about patterns of thinking that you may have and how to identify the ones that cause you to feel worse and affect what you do.
- Changing extreme and unhelpful thinking
  Learn effective ways to challenge and overcome
  unhelpful and upsetting thoughts.
- Practical problem solving
  Life throws things at you that are expected or unexpected learn a 7-step plan to overcome these practical problems.
- Understanding panic and phobias

  Learn about what panic and phobias are and whether they are impacting your thoughts, feelings, emotions, and behaviours.
- Understanding worry and stress
  Understand the impact of anxiety, worry, and stress and identify the areas you need to deal with to overcome your own anxiety problems.
- Understanding how we respond to illness
  Look at how you respond to illness, as well as helpful
  and unhelpful things you can do that impact how you
  feel.
- Facing fears and overcoming avoidance
  Find out why you feel like avoiding things that seem scary and learn how avoiding things can make you feel worse.

Overcoming sleep problems

Learn how to overcome sleep problems and improve the quality of your sleep.

Being assertive

Learn the differences between passive behaviour, aggressive behaviour, and assertiveness.

- Often, when you feel down, anxious or irritable, it's easy to take it out on those who are closest to you.

  Learn about how the way you feel can affect your relationships with those around you.
- Using exercise to boost how you feel
  Keeping active can help improve how you feel
  instantly. Learn how to use exercise to reduce feelings
  of stress and anxiety, and discover how exercise can
  help you feel better about yourself.
- Helpful things you can do
  Learn about helpful things you can do that give you
- a boost and plan some ways that you can do these things, even when you are busy or under stress.
- Unhelpful things you do
  Find out why and how you sometimes act in ways that backfire.
- Alcohol, drugs and you

  Learn some useful facts about drugs and alcohol,
  discover how drugs and alcohol affect you/your
  family, and plan next steps to bring about change.
- Understanding and using anti-depressant medication

Anti-depressant medication can be helpful as part of a package of care. Find out more in this workbook.

- Planning for the future

  This workbook will help you manage how you feel moving forward.
- Information for families and friends how can you offer the best support?

  Learn about this program and how the person you

Learn about this program and how the person you are supporting is using it, as well as helpful and unhelpful things you can do.