

# CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS  
THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Class 3

# Ground Rules

## Respect others

Please respect everyone's confidentiality

Please do not share with the class personal stories of trauma or suicidal or violent thoughts

## Talk to us

If you are distressed, please talk to staff members individually

# Class Outline

## Mindfulness

Review of Behaviour Theory

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Review of Previous Action Plan

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Healthy Living

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Sleep

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Your Action Plan

# Mindfulness Meditation – 5 min

Video on next  
slide!

Observe without judgement

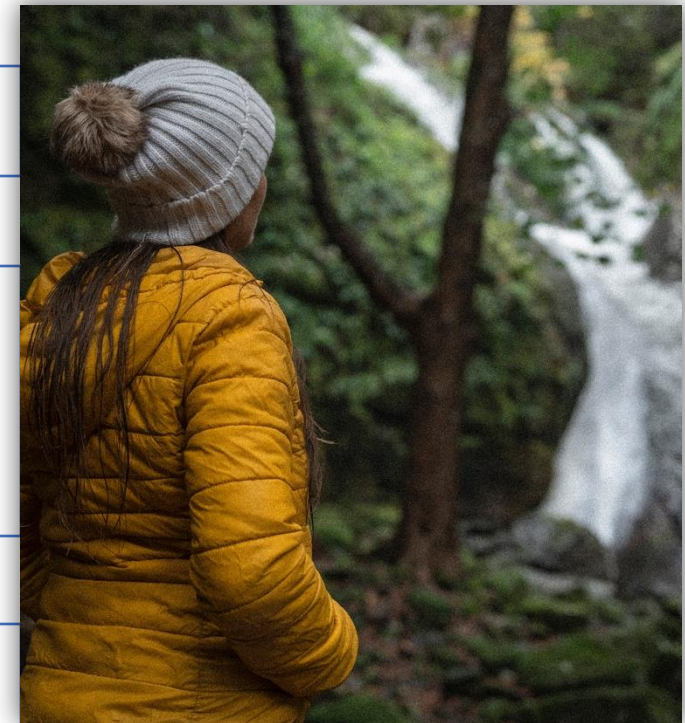
Helpful for stress reduction

Mindfulness apps (free)

- MindShift, Mindfulness Coach, UCLA Mindful, Healthy Minds

Anywhere, anytime

- Observe breath, object, activity, sounds





<https://youtu.be/5qM-NBgBTSO?si=GOtNs0eyi7SdvdvV>

CBTm

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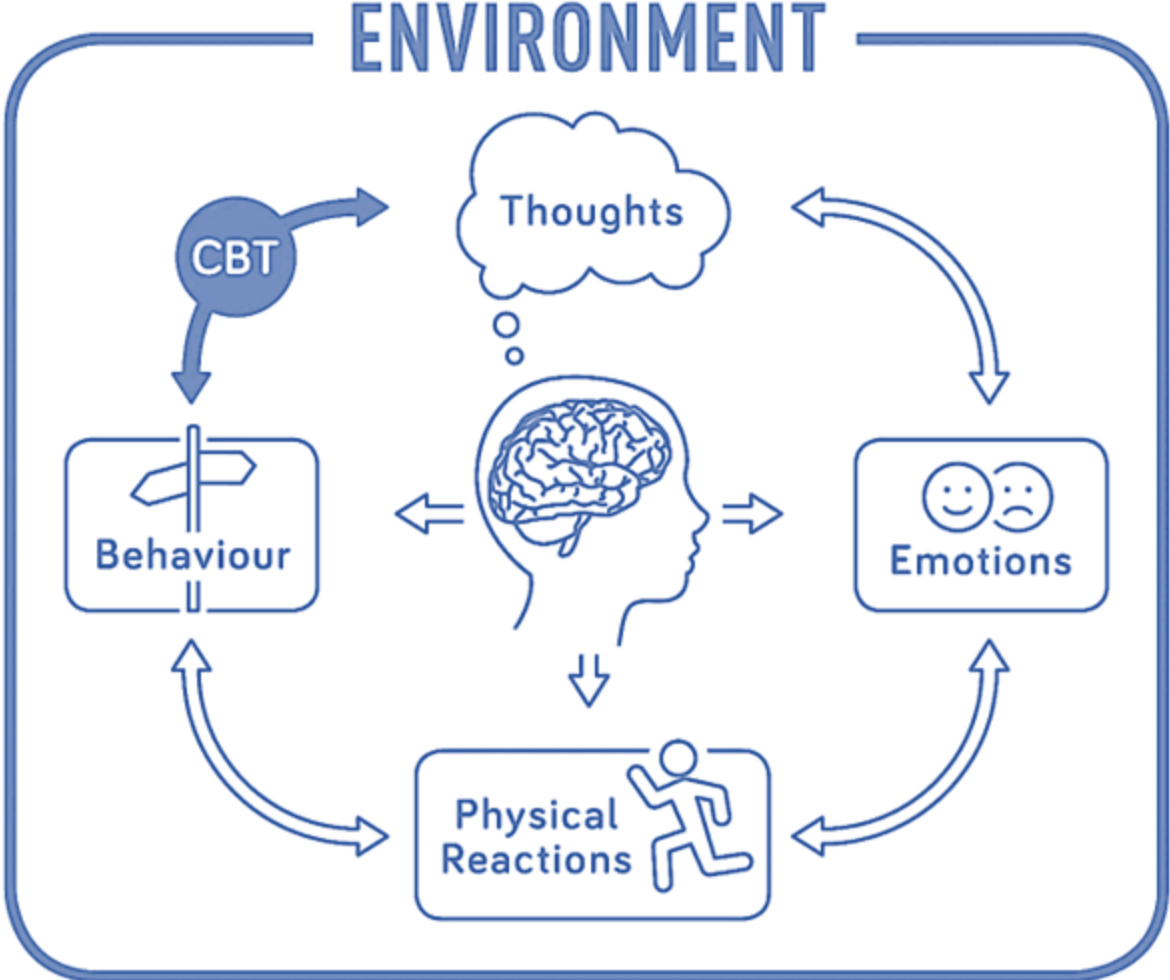
Sleep

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Your Action Plan

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# The CBT Model



# Behavioural Theory for Depression

Begin

Begin doing things you used to enjoy, even if you no longer enjoy them as much or at all.



Don't wait

Don't wait until you feel better to start doing things again!



Record

Record your mood when you are active and compare it to when you are not active.



# Behavioural Theory for Anxiety

Avoid fearful situation

- **Short Term**
  - Decrease in anxiety
- **Long term**
  - Increase in anxiety
  - Decrease in self-esteem
  - Decrease in function

Confront fearful situation

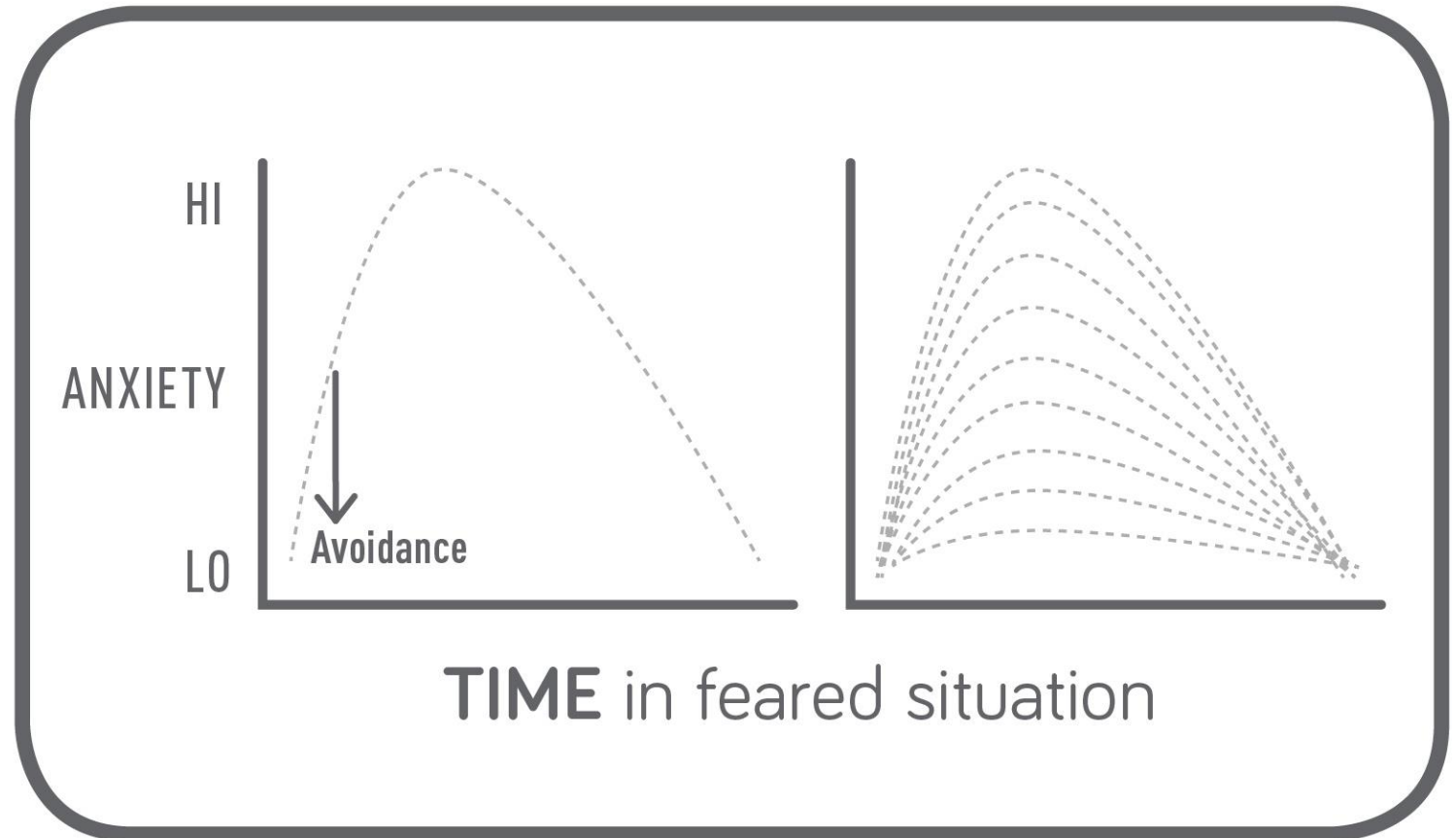
- **Short Term**
  - Increase in anxiety
- **Long term**
  - Decrease in anxiety
  - Increase in self-esteem
  - Increase in function

# Exposure

Delay the avoidance



If possible, stay in the anxious situation until anxiety drops



\*see handout

# Review of Previous Action Plan

Thought records

Mindfulness 5 min twice a day

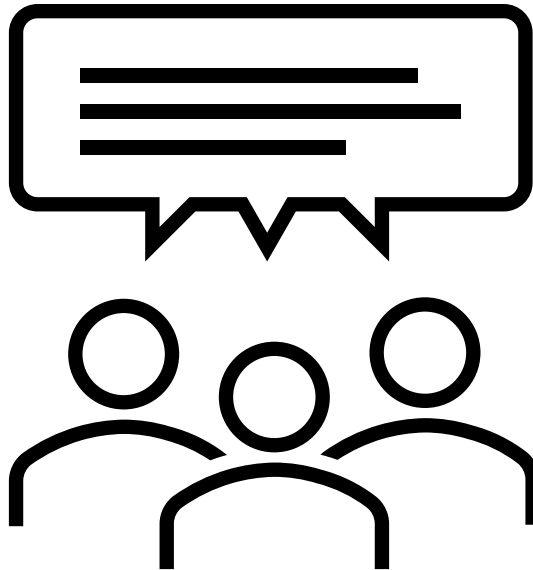
Make one specific goal and write it down

Check against SMART goals

- Specific
- Measurable
- Attainable
- Relevant
- Timely

# Group Discussion

Review of skills practice from last week



# Class Outline

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# Healthy Living



## Basic principles

- Physical activity
- Nutrition
- Reduce caffeine
- Reduce alcohol/drugs
- Sleep



## Regular physical check-ups



## Choose one area of healthy living to work on at a time

# Physical Activity

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Physical and mental health benefits

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Mental health benefits happen faster

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Exercise is the most underused antidepressant!

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Rate your mood before and after exercise



# Nutrition

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Nutrition is a part of keeping your whole system healthy, including brain health

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Consider meeting with a dietitian

Opportunity!  
Mindfulness can also be practiced while eating





# Nutrition Resources



Health Management Group Program Guide <https://wrha.mb.ca/groups/>



Find a Dietitian <https://wrha.mb.ca/nutrition/dietitian/> and Dial a Dietitian 1-877-830-2892



Call your local Access Centre to self-refer for an appointment



Contact your primary care provider or Access Centre

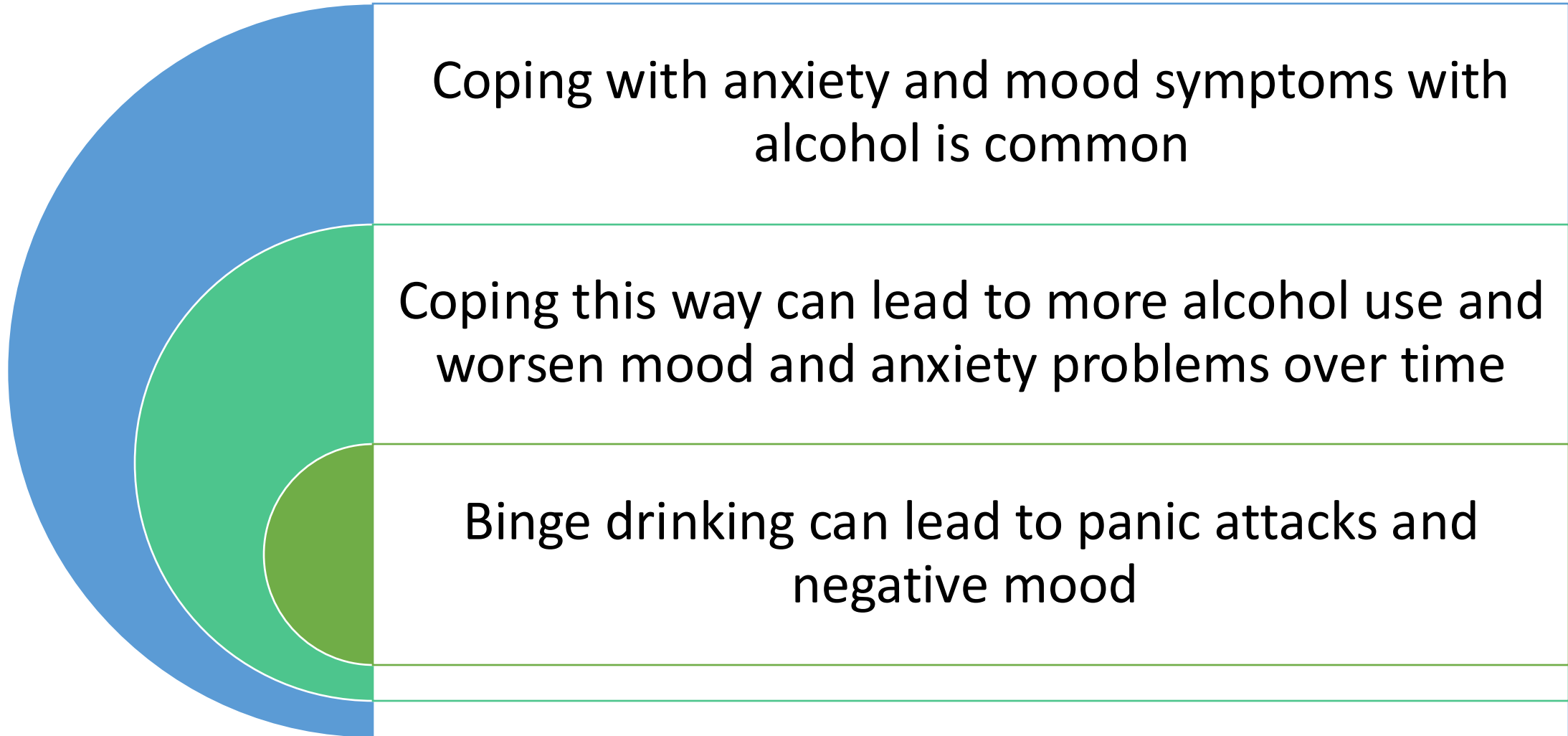


Private practice Registered Dietitians for those with extended insurance benefits  
<https://www.collegeofdietitiansmb.ca/find-a-dietitian/private-practice/>

# Caffeine




# Alcohol Use & Mental Health




# Canada's Guidance on Alcohol and Health

Guidance to support people in Canada to make informed decisions about alcohol and consider reducing their alcohol use


## A standard drink means:

 **Beer**  
 341 ml (12 oz) of beer  
 5% alcohol


or

 **Cooler, cider, ready-to-drink**  
 341 ml (12 oz) of drinks  
 5% alcohol

or

 **Wine**  
 142 ml (5 oz) of wine  
 12% alcohol

or

 **Spirits**  
 (whisky, vodka, gin, etc.)  
 43 ml (1.5 oz) of spirits  
 40% alcohol

To reduce the risk of harm from alcohol, it is recommended that people living in Canada consider reducing their alcohol use.

## Alcohol Consumption Per Week

<b>0 drinks per week</b> Not drinking has benefits, such as better health and better sleep.	<b>No risk</b>	0 
<b>1 to 2 standard drinks per week</b> You will likely avoid alcohol-related consequences for yourself and others.	<b>Low risk</b>	1  2 
<b>3 to 6 standard drinks per week</b> Your risk of developing several different types of cancer, including breast and colon cancer, increases.	<b>Moderate risk</b>	3  4  5  6 
<b>7 or more standard drinks per week</b> Your risk of heart disease or stroke increases. <b>Each additional standard drink</b> Radically increases the risk of these alcohol-related consequences.	<b>Increasingly high risk</b>	7  8  9  +  ++



### Alcohol Consumption Per Day

If you are going to drink, don't exceed 2 drinks on any day.

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.



### Pregnant, Trying to Get Pregnant or Breastfeeding

During pregnancy or when trying to get pregnant, there is no known safe amount of alcohol use.

When breastfeeding, not drinking alcohol is the safest.



### Sex and Gender

Health risks increase more quickly at 7 or more standard drinks per week for females.

Overall, far more injuries, violence and deaths result from men's drinking.



The Canadian Centre on Substance Use and Addiction was commissioned by Health Canada to produce Canada's Guidance on Alcohol and Health. This document is a summary for the public of the new guidance. For more information, please visit [www.ccsa.ca](http://www.ccsa.ca).  
 © Canadian Centre on Substance Use and Addiction, 2023



To better understand and to evaluate your alcohol use, please see *Knowing Your Limits with Alcohol*:  
[bit.ly/knowing-your-limits](https://bit.ly/knowing-your-limits)

Find this in your handouts!

More about low-risk guidelines for alcohol use

# Drug Use & Mental Health

Same issues as alcohol

Drugs (e.g., cocaine, meth) can cause panic attacks, worry, and negative mood

Drugs can interact negatively with current medications you may be taking

Talk to your primary care provider for more information

# Cannabis Use & Mental Health

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Despite legalization, regular use of cannabis can lead to adverse health outcomes, including symptoms of depression and anxiety (Canadian Centre on Substance Use and Addiction, 2020)

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Lack of evidence showing long-term cannabis use can improve mood or anxiety symptoms (Lowe, et al. 2019)

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Evidence shows cannabis use can intensify mood and anxiety symptoms (Black, et al. 2019; Lowe, et al. 2019)

# Cannabis & Your Health

## 10 WAYS

to Reduce  
Risks When  
Using

Cannabis use is now legal for adults, but it does have health risks. If you use non-medically, you can make informed choices for safer use.

Delay using cannabis as late as possible in life, ideally not before adulthood.



Avoid using if you're pregnant, or if you or family members have a history of psychosis or substance use problems.

Choose low-potency products – those with low THC and/or high CBD content.



Stay away from synthetic cannabis products, such as K2 or Spice.

Use cannabis in ways that don't involve smoking – choose less risky methods of using like vaping or ingesting.

If you do smoke, avoid deep inhalation or breath-holding.

Occasional use, such as one day per week or less, is better than regular use.



Don't operate a vehicle or machinery while impaired by cannabis. Wait at least 6 hours after using. Remember that combining alcohol and cannabis makes you more impaired.

Your actions add up. The more risks you take, the more likely you are to harm your health.

Not using cannabis at all is still the best way to protect your health (unless you use with a medical recommendation).

*When using cannabis, be considerate of the health and safety concerns of those around you. Don't hesitate to seek support from a health professional if you need help controlling your cannabis use, if you have withdrawal symptoms or if your use is affecting your life.*

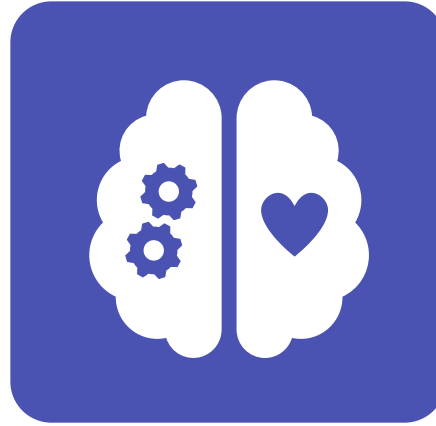
Find this in your  
handouts!

# Lower-Risk Guidelines for Cannabis Use

# Spirituality



What does spirituality mean to you?



Spirituality can support helpful thoughts and improve your mood



Connect with spirituality through mindfulness



# Healthy Living Goals

1

Choose one area of healthy living to work on at a time

2

Set yourself up for **SUCCESS!**

- 90% likelihood of completing the task

3

Choose something that you can easily do 3 times per week

# TIPS FOR HEALTHY LIVING

adapted from AnxietyCanada

Our lifestyle can have a big impact on how we feel. When we don't take care of ourselves, we can experience a number of problems, including sleep difficulties, fatigue, low energy, trouble concentrating, and increased tension and stress. These problems can leave us vulnerable to anxiety and depression. Making healthy choices will help you feel better. Remember, the goal of developing a healthy lifestyle is to help us function at our best, **not** to eliminate anxiety or sadness, because that would not be realistic.

Having a healthy lifestyle puts us in a better position to manage the stresses of life. Here are some ideas for building a healthy lifestyle.



## • Set a routine.

Establish a routine by setting specific times for meals, work, housework, quiet time, and bedtime. We feel more secure when there is some predictability to our day. It also helps us get things done and reminds us to take time for ourselves. Having a routine can help you to set the stage to better manage your anxiety or depression.

## • Regular exercise.

Regular exercise can have a positive impact on both your emotional and physical health. In fact, exercise is one of the **most powerful** tools for managing stress, anxiety, and depression. However, it can be hard to start a regular exercise program. So, start small and work your way up. Aim for at least 20 minutes of physical exercise 3 to 4 times a week.



You'll be more likely to stick with a program if you choose something you enjoy (such as skiing, hiking, gardening, or dancing). Try joining a gym, signing up for an exercise class, or finding a workout buddy.

Find little ways to increase your physical activity. For example, park further away from the door, or take the stairs.



## • Eat healthy.

Having a well-balanced and healthy diet can make you feel better. Eat consistently throughout the day and don't skip meals. Your diet should include a variety of foods.

Wondering how to eat healthier? Try to reduce your salt and sugar intake, eat more fruits and vegetables, and drink more water. Aim for 3 meals a day and 1 to 2 healthy snacks. For more ideas on how to improve your diet, talk to your doctor or a dietitian, or refer to the Canada Food Guide.

Find these  
in your  
handouts!

# TIPS FOR HEALTHY LIVING

adapted from AnxietyCanada

## • Get a good night's sleep.



Sleep difficulties can contribute to anxiety problems and make it difficult to cope. Aim to get about 7 to 8 hours of sleep a night. However, this is just an estimate. People differ on how much sleep they need and this amount can change with age.

If you are experiencing sleep problems, talk to your doctor or refer to the sleep handouts.

## • Establish social supports.



It is important to have people in your life that you can count on. It helps to be able to talk to a friend when you have had a bad day or are struggling with a problem. Having a good social network has been linked to greater well-being. Having at least 1 good supportive friend can make a difference.

## • Learn to relax



Using relaxation strategies can help lower your overall tension and stress levels. However, relaxation is more than just sitting on the couch watching television. What makes a difference is "deep" relaxation, which is the opposite of what your body experiences when it is under stress.

Mindfulness exercises are tools to help your mind and body relax.

## • Manage your time



Learning to manage your time more effectively can reduce stress. Use a day planner to schedule your activities. This will help you see if you're taking on too much, and help you make time for the things you need to do. Remember to schedule some time for relaxation and fun activities each day.

## • Reduce stimulants



Excessive caffeine can lead to sleep problems and heightened anxiety. Try to reduce your caffeine intake, which includes coffee, some teas, soda, and chocolate. If you drink a lot of caffeinated beverages, it's better to gradually reduce the amount of caffeine that you have every day.

Nicotine is also a strong stimulant. In addition to the health benefits, quitting smoking may also leave you less prone to anxiety.

# Class Outline

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# Sleep

Sleep problems are common in individuals who have mood and anxiety symptoms

Strong cognitive and behavioural components to sleep

CBT-I: special type of CBT for insomnia

Free app: **CBT-I Coach**

*The Insomnia Workbook*, S. Silberman,

*“Quiet Your Mind & Get to Sleep: Solutions to insomnia for those with depression, anxiety, or chronic pain”* (2009) Colleen E. Carney, PhD. & Rachel Manber, PhD.



# Sleep tips



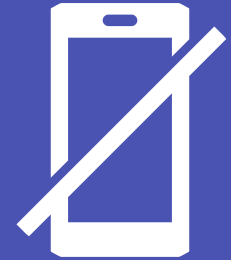
Associate bed only  
with sleep & sex



Establish a regular  
relaxing bedtime  
routine



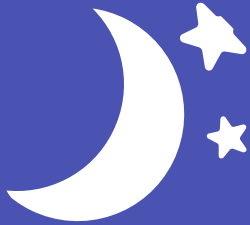
Use relaxation  
strategies to reduce  
body tension before  
attempting to fall  
asleep



Avoid exposure to  
bright light close to  
bedtime (especially  
screens)



# Sleep tips



Ensure sleep environment is relaxing, comfortable, dark, and quiet



Daily physical activity



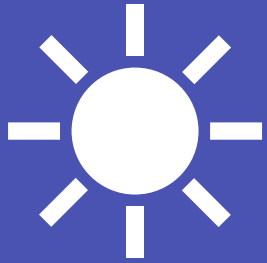
Avoid large meals or snacking in the late evening



Avoid caffeine, alcohol, and cigarettes



# Sleep tips



**Get up at the same time each morning (even if only a few hours of sleep)**



**Maintain the same wake time on weekdays and weekends**



**Only go to bed when you feel tired enough to fall asleep**



**Avoid naps or limit to 1 nap a day, maximum 30 min**



# Sleep tips



If unable to fall asleep within 20 min, get out of bed (and bedroom). Do something quiet and relaxing (no screens, no food, no cigarettes)



Only return to bed when sleepy



Repeat until able to fall asleep within 20 min





# Sleep tips for shift work

## Daytime sleep

- 1 longer sleep and a smaller (20 min) nap

## Sleep environment modifications

- e.g., black out curtains, white noise machines or fan

## Nutrition suggestions

- Try a light meal with low fat and sugar like eggs, nuts, and cheese, or toast with peanut butter

# Sleep tips for shift work

Commute and/or end of shift changes

Using CBTm skills to wind down

Family- and self-support scheduling

Maintain a sleep diary

# Sleep tips for nightmares

1

Talk to yourself rationally about the nightmare.

Resist catastrophic thinking.

2

Use “white noise” to mask sounds that could be activating.

3

Create a plan for calming your mind and your body.  
Make it predictable and repetitive so you do not have to problem-solve.

4

Follow the plan.  
Include your partner in the plan.

# If sleep is a problem for you...



Review sleep tips



Consider making one sleep goal



Does the goal meet SMART criteria?



Consider doing a sleep diary this week (handout)

<http://sleepfoundation.org/sleep-diary/SleepDiaryv6.pdf>

Find these  
in your  
handouts!

# Improving sleep

## Daily Sleep Diary

Complete the diary each morning ("Day 1" will be your first morning). Don't worry too much about giving exact answers, an estimate will do.

Your Name \_\_\_\_\_

The date of Day 1 \_\_\_\_\_



	Enter the Weekday (Mon., Tues., Wed., etc.)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	At what time did you go to bed last night?							
2	After settling down, how long did it take you to fall asleep?							
3	After falling asleep, about how many times did you wake up in the night?							
4	After falling asleep, for how long were you awake during the night?							
5	At what time did you finally wake up?							
6	At what time did you get up?							
7	How long did you spend in bed last night (from first getting in, to finally getting up)							
8	How would you rate the quality of your sleep last night?  1    2    3    4    5 V. Poor                      V. Good							

Class 3



## 10 Rules for Improved Sleep Hygiene

If you have problems sleeping, it is important that you practice good sleep hygiene. This means doing things which are known to improve sleep, and avoiding things which are known to disturb sleep.

Here are 10 things you should know about getting better sleep; each of these points is based on scientific research and could help you to get the most out of your sleep.

**Remember, this advice applies only if you have a sleep problem:**

- 1 Products containing caffeine (tea, coffee, cocoa, chocolate, soft drinks, etc.) should be discontinued at least 4 hours before bedtime. Caffeine is a stimulant and can keep you awake.
- 2 Avoid nicotine (including nicotine patches, chewing gum, etc.) an hour before bedtime and when waking at night. Nicotine is also a stimulant.
- 3 Avoid alcohol around bedtime because although it can promote sleep at first, it can disrupt sleep later in the night.
- 4 Avoid eating a large meal immediately before bedtime, although a light snack may be beneficial.
- 5 Try to do regular (even mild) physical exercise if you are able, but avoid doing this in the 2 hours before bedtime.
- 6 Keep the bedroom calm and tidy. Select a mattress, sheets, and pillows that are comfortable.
- 7 Avoid making your bedroom too hot or too cold.
- 8 Keep the bedroom quiet and darkened during the night, but try to spend some time in daylight (or bright artificial light) during the day.
- 9 Keep your bedroom mainly for sleeping; try to avoid watching television, listening to the radio, or eating in your bedroom.
- 10 Try to keep regular times for going to bed and getting up.

Class 3

Somnia Adaptation: Kevin Morgan, Beverley David, Claire Gascoigne (2007).  
Clinical Sleep Research Unit Loughborough University UK



# Your Action Plan

Mindfulness 5 min twice a day

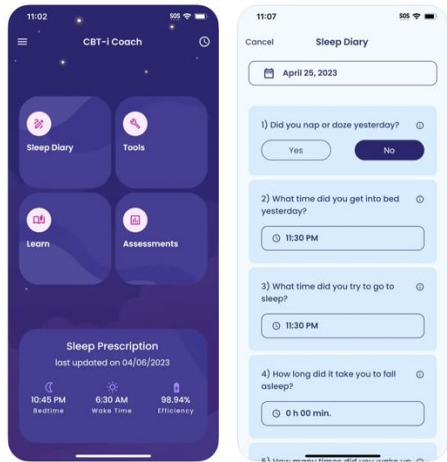
2 goals for this week

Include at least one Healthy Living goal

- Exercise
- Nutrition
- Reduce caffeine
- Reduce alcohol/drugs
- Sleep

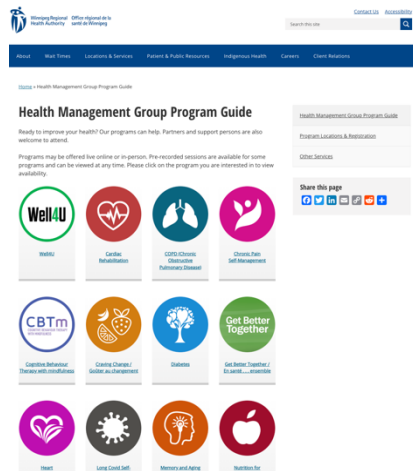
# Resources

CBT-I Coach (app)



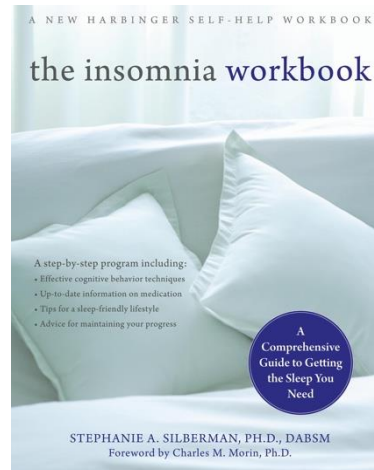
<https://mobile.va.gov/app/cbt-i-coach>

WRHA Nutrition & Dial a Dietitian:  
1-877-830-2892



<https://wrha.mb.ca/groups/>

The Insomnia Workbook



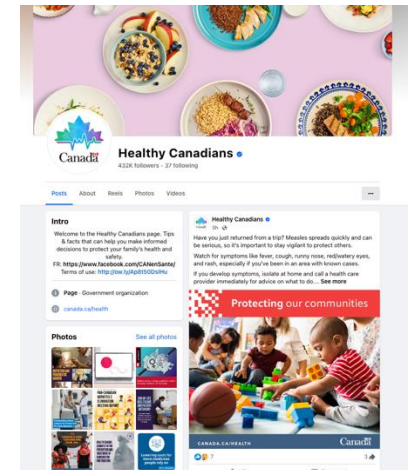
Author: *Stephanie A. Silberman, PhD*

Quiet Your Mind & Get to Sleep:  
*Solutions to insomnia for those with depression, anxiety, chronic pain*



Authors: *Colleen E. Carney, PhD & Rachel Manber, PhD*

@Healthy Canadians on Social Media



<https://www.facebook.com/HealthyCdns>

# Resources

## Adult Mobile Crisis Unit (24/7)

- Call (204-940-1781)

## Klinik Crisis Line

- Call (204-786-8686) OR (1-888-322-3019)

## Crisis Response Centre

- Call 204-940-1781. For *Community Intake* call: 204-788-8330

## Manitoba Suicide Prevention & Support Line (24/7)

- Call (1-877-435-7170). Visit their website <https://www.reasonstolive.ca>

## Addictions Foundation of Manitoba

- Call (204-944-6200) OR (1-855-662-6605)

## First Nations and Inuit Hope for Wellness Help Line

- Call (1-855-242-3310). An online chat feature is also available on their website <https://www.hopeforwellness.ca>

## Suicide Crisis Helpline (24/7) 9-8-8

- Call or text 9-8-8 for trauma-informed and culturally appropriate suicide prevention support



# CBTm Class Evaluation

