

# CBTm

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

Class 5

# 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 Previous Action Plan

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What is Stress?

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Coping with Stressful Experiences

---

Wellness Plan

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Your Action Plan

# Grounding Exercise

Video on next slide!

Grounding exercises are strategies that can help bring you back to the present moment.

Other grounding strategies:

- Name as many animals as you can
- Count backwards from 100
- Name cities that start with an “S”
- Point to 15 objects in the room
- Focus your gaze on one spot in the room

But is grounding avoidance?



# TRY THIS 54321 GROUNDING EXERCISE ON A NATURE WALK

[https://youtu.be/pY0cw8P9U\\_s?si=2eOBD6vGuC2gg7ni](https://youtu.be/pY0cw8P9U_s?si=2eOBD6vGuC2gg7ni)

CBTm

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Your Action Plan

# Review of Previous Action Plan

Mindfulness 5 min twice a day

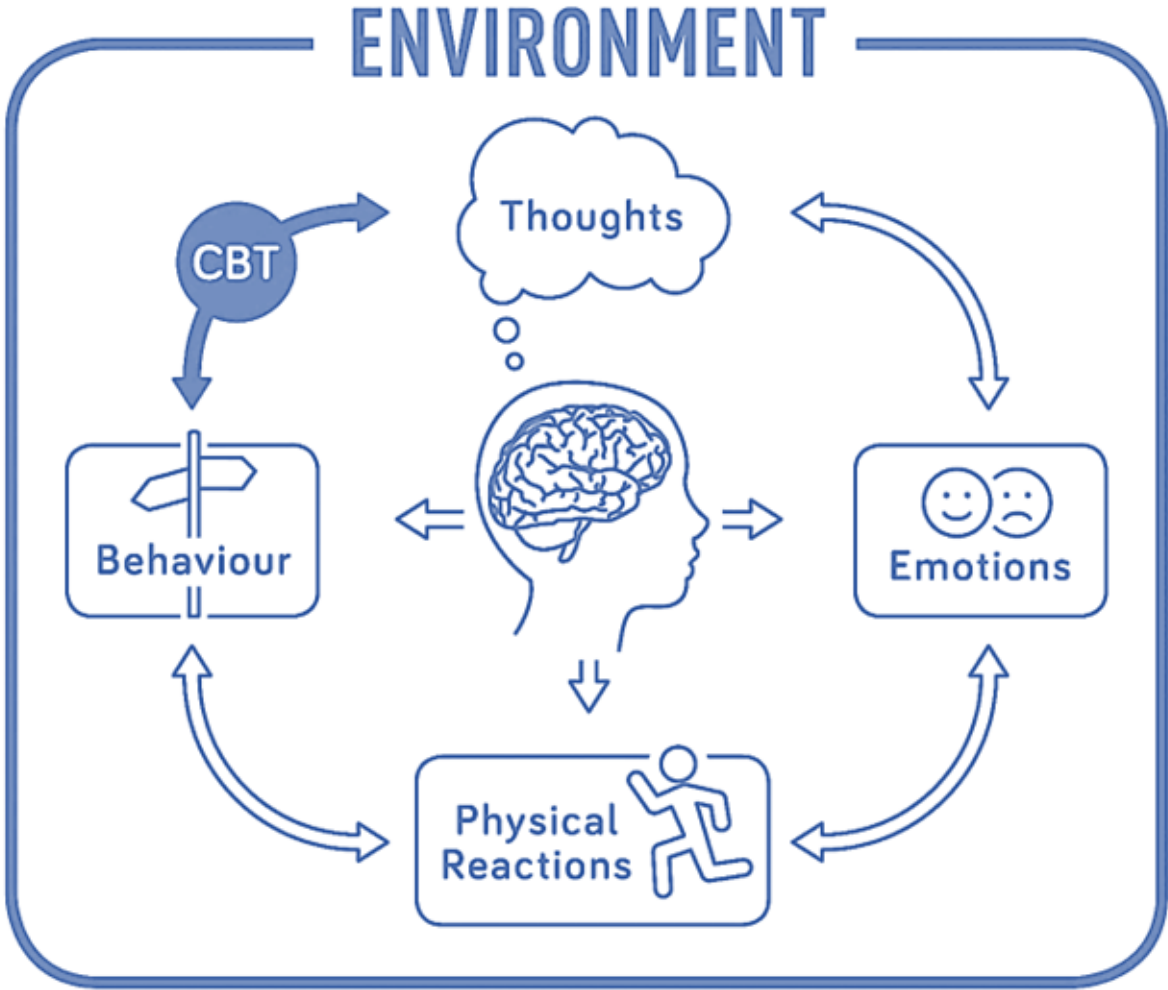
One thought record in the week (Testing Your Thoughts worksheet)

Visit problem-solving website for 15 min

Fill out problem-solving sheet

Work on your SMART goals

# The CBT Model



# Class Outline

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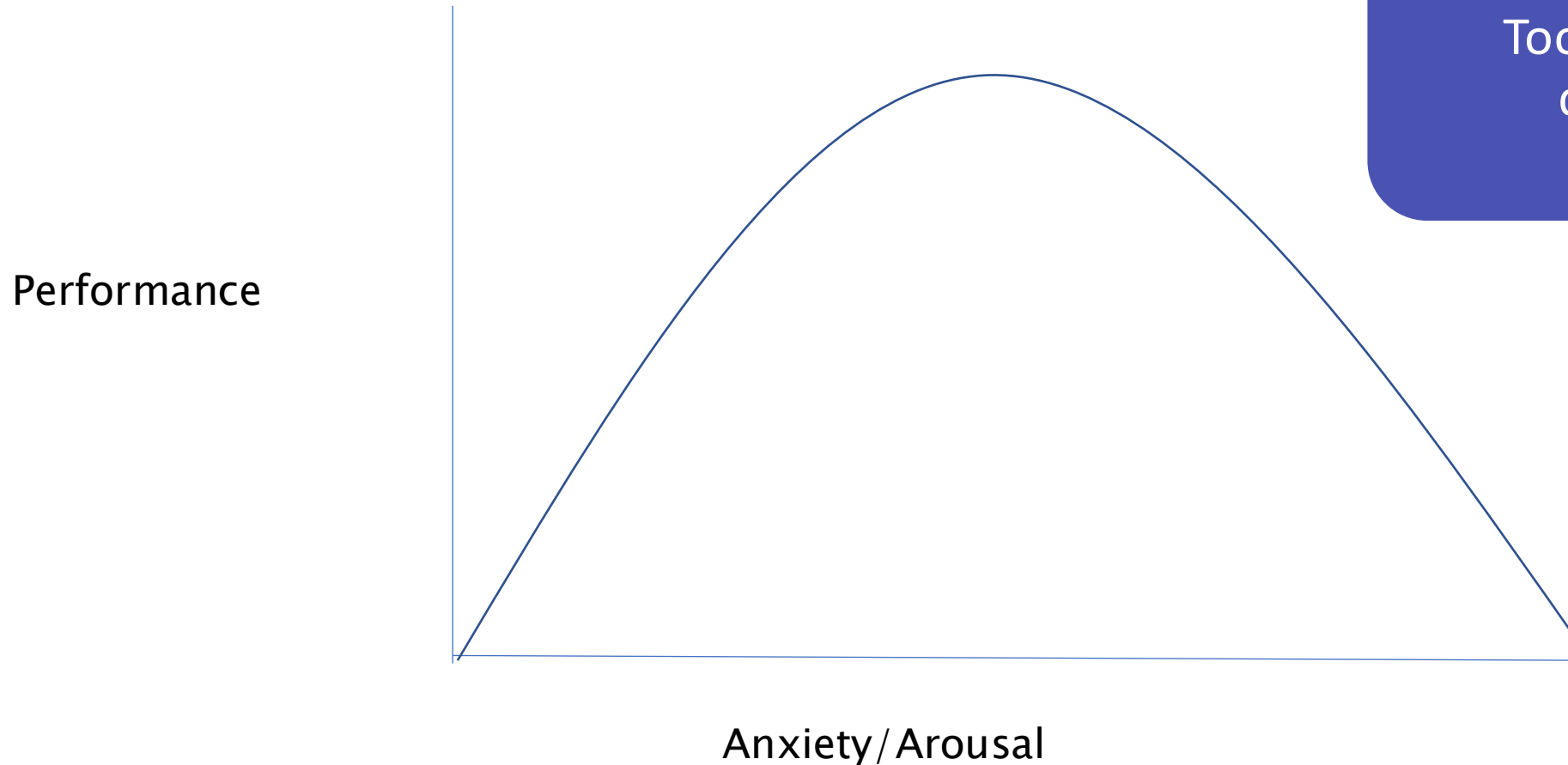
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Your Action Plan

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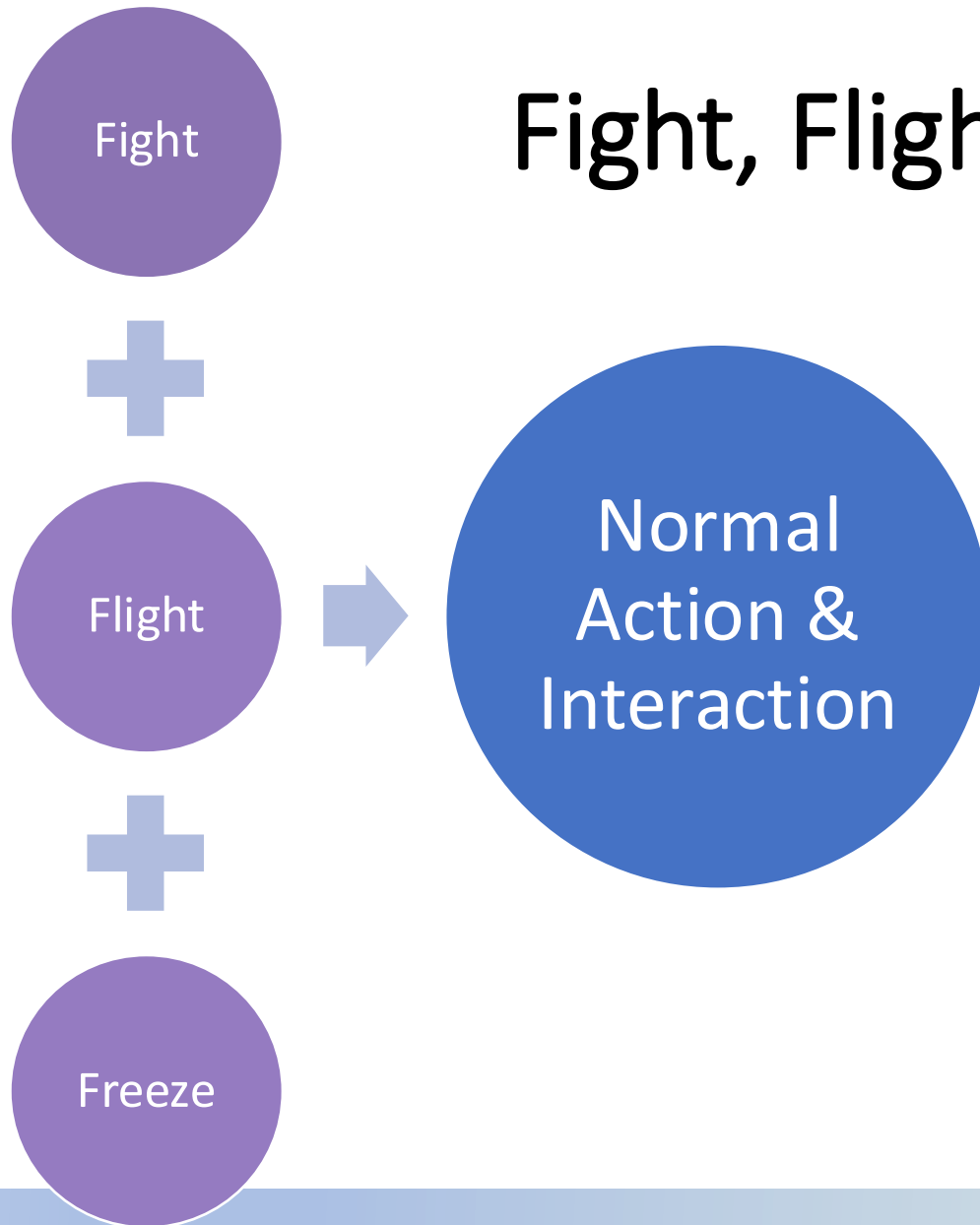
# Stress

Yerkes–Dodson curve



Some stress can be good.  
Too much can be debilitating.

# Fight, Flight, or Freeze Response



Our bodies all react similarly in response to something threatening.

The purpose of this response is to help us avoid harm.

# Fight, Flight or Freeze Response

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Sometimes, we experience “false alarms”.

If we experience these frequently and severely, they can get in the way of our functioning and quality of life.



# Fight, Flight or Freeze Response

- After very stressful experiences, all sorts of memories, places, people, and things can bring up reminders that set off false alarms
- Although the experience itself might have been dangerous and scary, the reminders are unpleasant but safe



Blue shirt example



Exercise: Do you have any false alarms going off?

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## Thinking Traps

## Stressful Experience Examples

### Overgeneralizing

Thinking that a difficult situation is part of a constant cycle of bad things that happen. People who overgeneralize often use words like "always" or "never".

Last time I drove downtown I made stupid errors. This always happens to me! I never manage this stuff well.

### All or Nothing Thinking

Seeing things as only right or wrong, good or bad, perfect or terrible. People who think in all or nothing terms see a small mistake as a total failure.

I can never let my guard down. People are bad. Nobody can be trusted.

### Fortune Telling

Predicting that something bad will happen, without any evidence.

If I'm not in full control, people will get hurt.

### Emotional Reasoning

Believing that bad feelings or emotions reflect the truth of a situation.

I feel guilty about what happened, so it must have been my fault/I must be to blame.

### Labeling

Saying only critical things about yourself or other people.

My organization does not support me! My supervisor is a jerk! I made a mistake therefore I'm incompetent!

Find this in  
your  
handouts!

Thinking  
traps about  
stressful  
experiences

## Thinking Traps

## Stressful Experience Examples

### 'Should' Statements

Telling yourself how you "should" or "must" act. "Should" statements about ourselves lead to guilt. "Should" statements about others lead to anger and resentment.

I should be able to handle this without getting upset/sad/angry/scared! I shouldn't let this affect me!

### Mind Reading

Jumping to conclusions about what others are thinking, without any evidence.

If I take a few days off to deal with this, my coworkers will think I'm weak.

### Mental Filter

Focusing only on the challenging parts of a situation and ignoring everything else.

I've driven for 20 years but had one serious accident. I am a horrible driver.

### Catastrophic Thinking

Exaggerating the importance of distressing things, believing the worst-case scenario, or thinking something is unbearable or impossible when it isn't.

Because I feel stressed/overwhelmed now, I won't ever be able to drive again.

### Personalization

You see yourself as the cause of some upsetting external event for which, in fact, you were not primarily responsible.

The family looks grief-stricken. They must blame me for what happened.

# Common Thinking Traps

Overgeneralization

All or Nothing  
Thinking

Fortune Telling

Emotional  
Reasoning

Labelling

Should Statements

Mind Reading

Mental Filter

Catastrophic  
Thinking

Personalization

## Testing Your Thoughts



### CATCH IT

1. What is the situation?  
*Driving again after a car accident.*
2. What am I thinking or imagining?  
*I'm too scared to drive, I'll have another accident.*
3. How much do I believe it? (*a little, medium, or a lot*)  
*I believe it a lot.*
4. How does that thought make me feel? (*e.g., angry, sad, nervous, etc.*)  
*Scared.*
5. How strong is the feeling on a scale of 0-100?  
*About a 95 out of 100.*



### CHECK IT

6. What makes me think the thought is true?  
*I had an accident before and feel anxious about the other drivers. I haven't driven in a while, my hands are shaky, and I'm worried about losing control of the car.*
7. What makes me think the thought is not completely true?  
*Not everybody gets into an accident. I've been driving for 20 years and only had one accident. I have a good driving record.*
8. What's the worst that could happen?  
*I might get into another accident and get demerits. I won't be able to drive anywhere anymore.*
9. What's the best that could happen?  
*I start driving and its easy. I won't have an accident.*
10. What will probably happen?  
*I will feel anxious while driving and it will feel difficult at first. Then as I get more practice I'll become more comfortable.*



### CHANGE IT

11. What will happen if I keep telling myself the same thought?  
*I'll never get back in the car. Or I'll wait so long that the anxiety will be too high to start driving again.*
12. What could happen if I changed my thinking?  
*I'll be able to drive places again. I'll feel a sense of accomplishment for overcoming my fears.*
13. What would I tell my friend     Dan     if this happened to them?  
*It might not be comfortable at first but you were always a good driver, you can do this.*
14. What's another way of thinking about this?  
*I can't control other drivers but I can still drive defensively. I can start gradually by driving around the block and using CBTm techniques to manage my anxiety.*
15. How do I feel now? Rerate the intensity on a scale of 0-100.  
*A little better, but still a bit nervous. About a 40 out of 100 now.*

Find this in your handouts!

# Thought record about a stressful experience

# Thought Record – 1. Catch it



**CATCH  
IT**

1. What is the situation?

*Driving again after a car accident.*

2. What am I thinking or imagining?

*I'm too scared to drive, I'll have another accident.*

3. How much do I believe it? (*a little, medium, or a lot*)

*I believe it a lot.*

4. How does that thought make me feel? (*e.g., angry, sad, nervous, etc.*)

*Scared.*

5. How strong is the feeling on a scale of 0-100?

*About a 95 out of 100.*

# Thought Record – 2. Check it



**CHECK  
IT**

6. What makes me think the thought is true?

*I had an accident before and feel anxious about the other drivers. I haven't driven in a while, my hands are shaky, and I'm worried about losing control of the car.*

7. What makes me think the thought is not completely true?

*Not everybody gets into an accident. I've been driving for 20 years and only had one accident. I have a good driving record.*

8. What's the worst that could happen?

*I might get into another accident and get demerits. I won't be able to drive anywhere anymore.*

9. What's the best that could happen?

*I start driving and its easy. I won't have an accident.*

10. What will probably happen?

*I will feel anxious while driving and it will feel difficult at first. Then as I get more practice I'll become more comfortable.*

# Thought Record – 3. Change it



**CHANGE  
IT**

11. What will happen if I keep telling myself the same thought?

*I'll never get back in the car. Or I'll wait so long that the anxiety will be too high to start driving again.*

12. What could happen if I changed my thinking?

*I'll be able to drive places again. I'll feel a sense of accomplishment for overcoming my fears.*

13. What would I tell my friend     Dan     if this happened to them?

*It might not be comfortable at first but you were always a good driver, you can do this.*

14. What's another way of thinking about this?

*I can't control other drivers but I can still drive defensively. I can start gradually by driving around the block and using CBTm techniques to manage my anxiety.*

15. How do I feel now? Rerate the intensity on a scale of 0-100.

*A little better, but still a bit nervous. About a 40 out of 100 now.*



## Helpful:

Sticking to usual routine

Healthy living strategies

Seeking social support

## Unhelpful:

Avoidance

- Behavioural
- Chemical
- Mental
- Emotional...

# Common Behaviours

# Avoidance

Avoid fearful situation

## *Short Term*

- Decrease in anxiety

## *Long term*

- Increase in anxiety
- Decrease in self-esteem
- Decrease in function

# Avoid Avoidance!

## Avoid fearful situation

### *Short Term*

- Decrease in anxiety

### *Long term*

- Increase in anxiety
- Decrease in self-esteem
- Decrease in function

## Face fearful situation

### *Short Term*

- Increase in anxiety

### *Long term*

- Decrease in anxiety
- Increase in self-esteem
- Increase in function

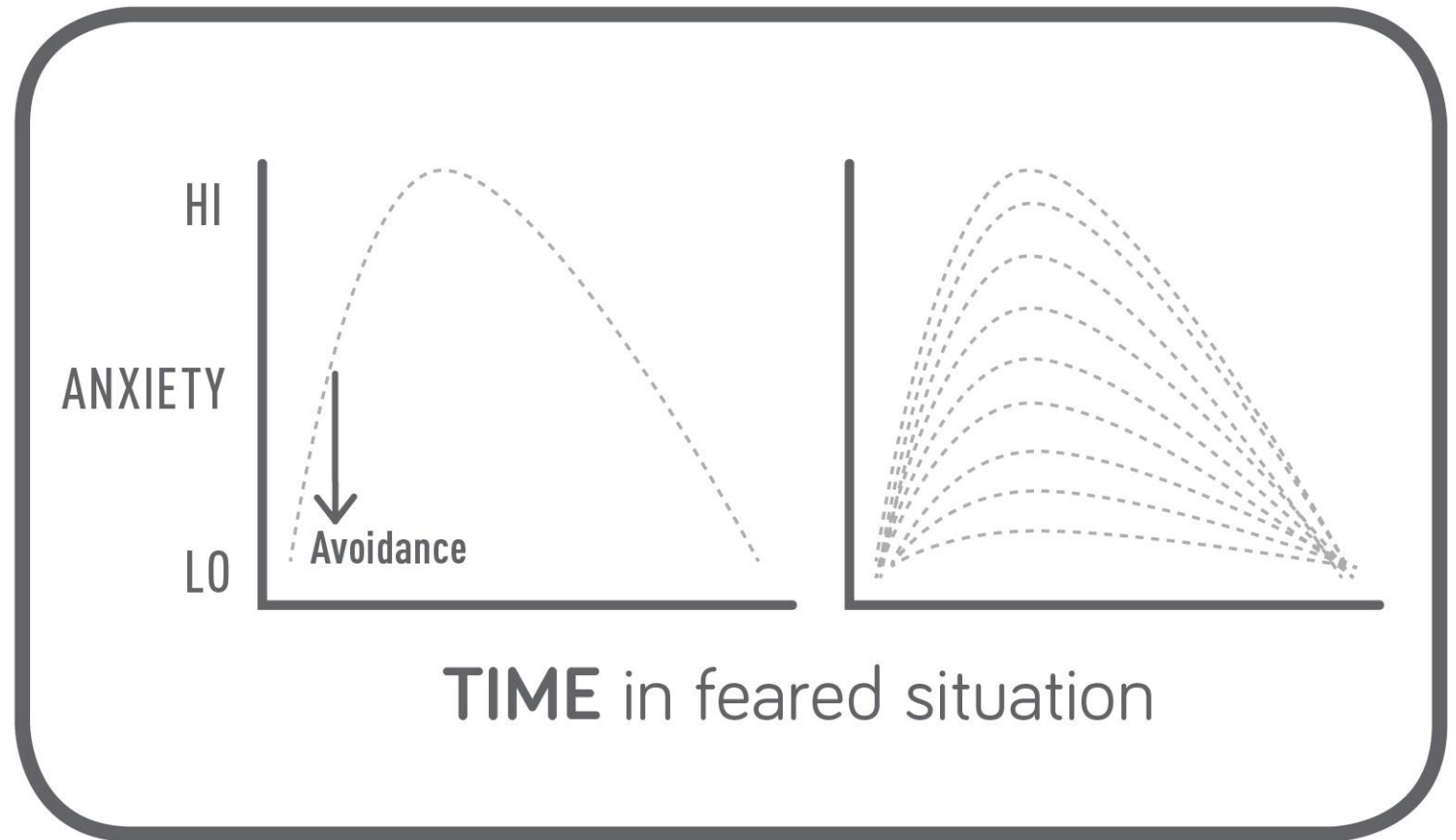
Facing your fears in a planned and repeated manner to fears.

Starting with fears that are a 3-4 out of 10 for an anxiety rating

Delay the avoidance

If possible, stay in the anxious situation until anxiety drops

# Exposure



# Exposure



In a planned and gradual way, put yourself in situations that set off a false alarm, over and over again, until it doesn't bother you as much anymore.



Example: How would you teach someone to be less afraid of the water?



How could you apply the same logic to some of the situations in which you feel anxiety?

# Building an Approach Ladder

Car  
accident  
on Harris  
Street



Blue shirt  
example

Other  
examples?

# SMART Goals

Specific

What exactly do you want to accomplish?  
Make your goal clear and specific.

Measurable

How will you measure progress? Where, when,  
and how often will you work on your goal?

Attainable

Is the goal doable? Do you have the necessary  
skills and resources?

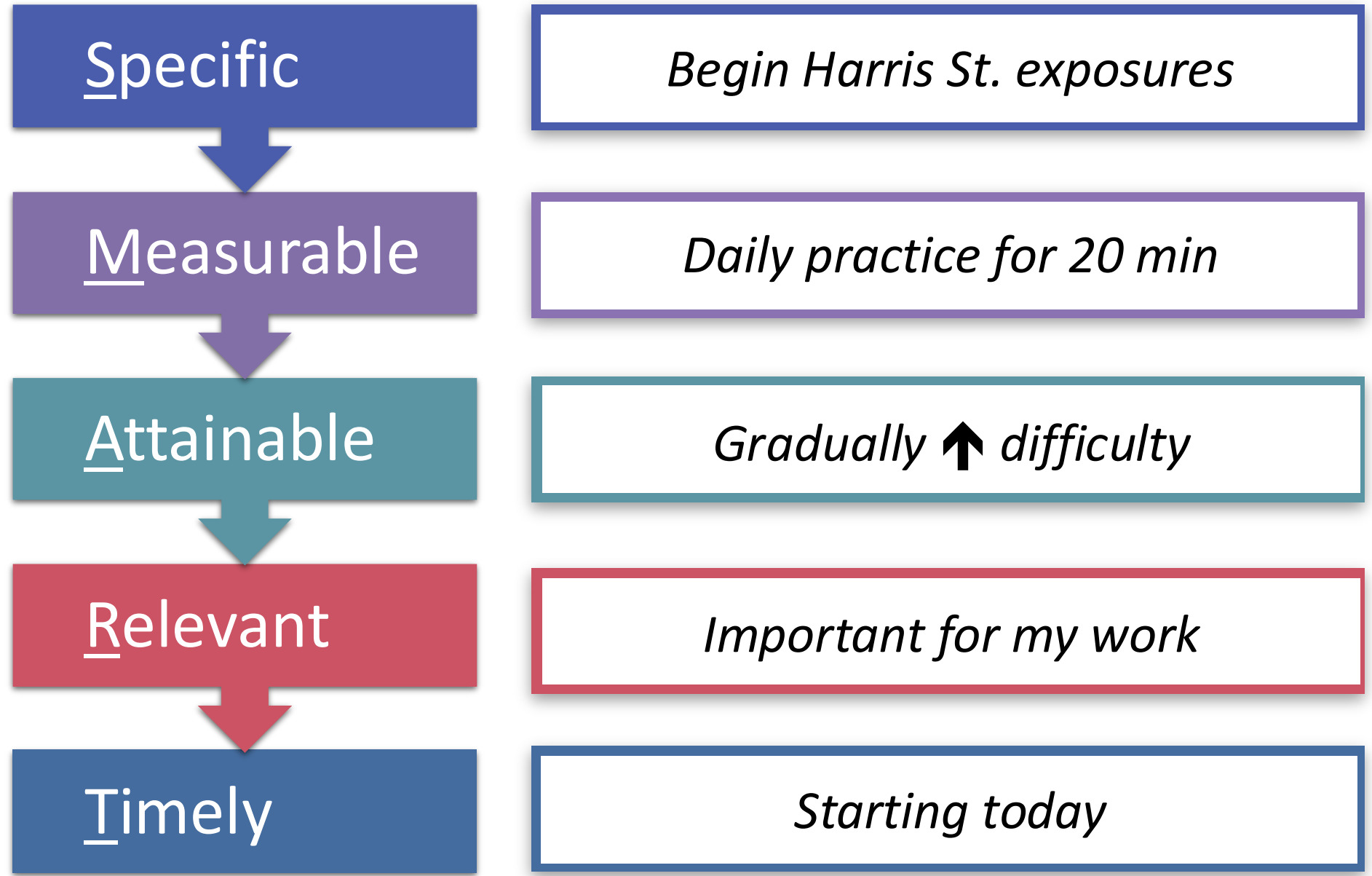
Relevant

How does it fit into your overall goals? Why is  
it important to you?

Timely

What's your timeframe? Set a deadline and  
make sure it's something you can start now.

# SMART Goals



# Self-Compassion

Self-kindness vs.  
Self-judgment

Common  
humanity vs.  
Isolation

Mindfulness vs.  
Over-  
identification

<https://vimeo.com/65859796>

For more information on Dr. Kristin Neff's work on self-compassion, see her website:  
<http://self-compassion.org/>

# Taking Care of Yourself after a Stressful Event

## Resilience

- The ability to bounce back from setbacks and adapt to change.
- It's like a muscle—the more we practice, the stronger it gets.

## What are some skills we can use to build resilience?

- Practice mindfulness
- Self-compassion
- Take care of your body and mind
- Use a thought record or catch it-check it-change it
- Social support from family and friends
- Practice exposure to face our fears



# Class Outline

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Mindfulness

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What is Stress?

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Coping with Stressful Experiences

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Wellness Plan

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Your Action Plan

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Find this in your handouts!

# Mental Health Continuum Model



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It offers a good way to evaluate your own or others' stress levels

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What changes do you need to make if you're in the "yellow" or "orange"?

# WELLNESS PLAN

**STEP 1:** Warning signs (thoughts, images, moods, behaviours) that indicate I'm feeling overwhelmed by stress

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**STEP 2:** Three coping strategies - things I can do myself to take my mind off my problems

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**STEP 3:** Three people I can call (just to hang out or talk to) or social settings where I can go for distraction

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

**STEP 4:** Three people I can ask for help

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

**STEP 5:** Professionals I can contact if I need more help

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Mobile Crisis Unit - (204) 940-1781
3. Crisis Response Centre - 817 Bannatyne Avenue (24/7 walk-in crisis support)
4. Work resources: \_\_\_\_\_

## Making a Wellness Plan

Find this in your handouts!

# The Wellness Plan

Warning signs  
(thoughts, images,  
moods, behaviours) that  
indicate I'm feeling  
overwhelmed

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

3 coping strategies:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

3 people I can call (to just  
hang out or to talk to):

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

# Wellness Plan

Three people I can ask for help:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Professionals I can contact if I need more help:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

# Wellness Plan Support Resources

24/7 Help  
Resources:



Crisis Response  
Centre

817 Bannatyne Ave.

Mobile Crisis Unit

204-940-1781

Klinic Crisis Line

204-786-8686

Suicide Crisis Helpline

Call or text 9-8-8

# Class 5 Action Plan

Pay attention to any false alarms.

Practice mindfulness for 5 minutes every day.

The next time you feel stressed or overwhelmed, try one of the following:

- Use a mindfulness exercise or grounding strategy
- Do a Testing Your Thoughts worksheet
- Make a SMART goal focused on your wellbeing
- Refer to your Wellness Plan

Work on your Wellness Plan and keep it handy. When you've finished it, take a picture of it with your phone so you have a copy with you wherever you go!

# Your Action Plan Going Forward

Now that CBTm Classes are done, what's next?

Check in with the professional that referred you

You have choices:

- Acknowledge your hard work, and take a break from mental health programs
- Group or individual therapy
- Take CBTm classes again

Remember what motivated you to take CBTm Classes!



**SCAN HERE**

Practice your skills on the go by visiting the skills practice area

<https://cbtm.ca/for-clients/skills-practice/>

**CBTm**

# 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>

## Mental Health & Addictions - Shared Health

- Visit their website <https://sharedhealthmb.ca/services/mental-health/>

## 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

