CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

# FOR ADDICTIONS

## Class 4:  Healthy Living

# 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 for resource options

# Class Outline

- **Mindfulness**
- Review Behaviour Therapy
- Review of Previous Action Plan
- Healthy Living
- Sleep
- Your Action Plan

# Mindfulness Practice – 5 min

Video on next slide!

## Observe without judgment

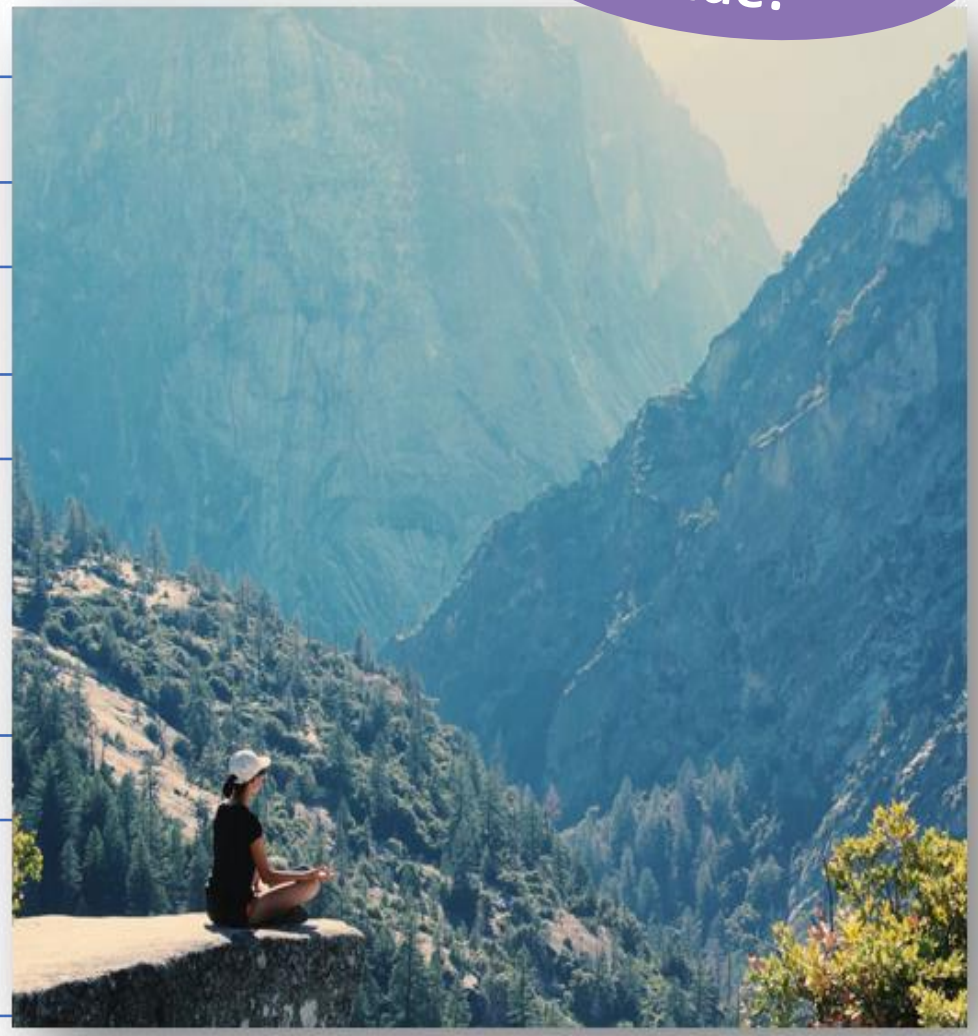
## Helpful for stress reduction

## Apps

- Mindshift
- Mindfulness Coach

## Anywhere, anytime

- Observe breath, object, activity, sounds

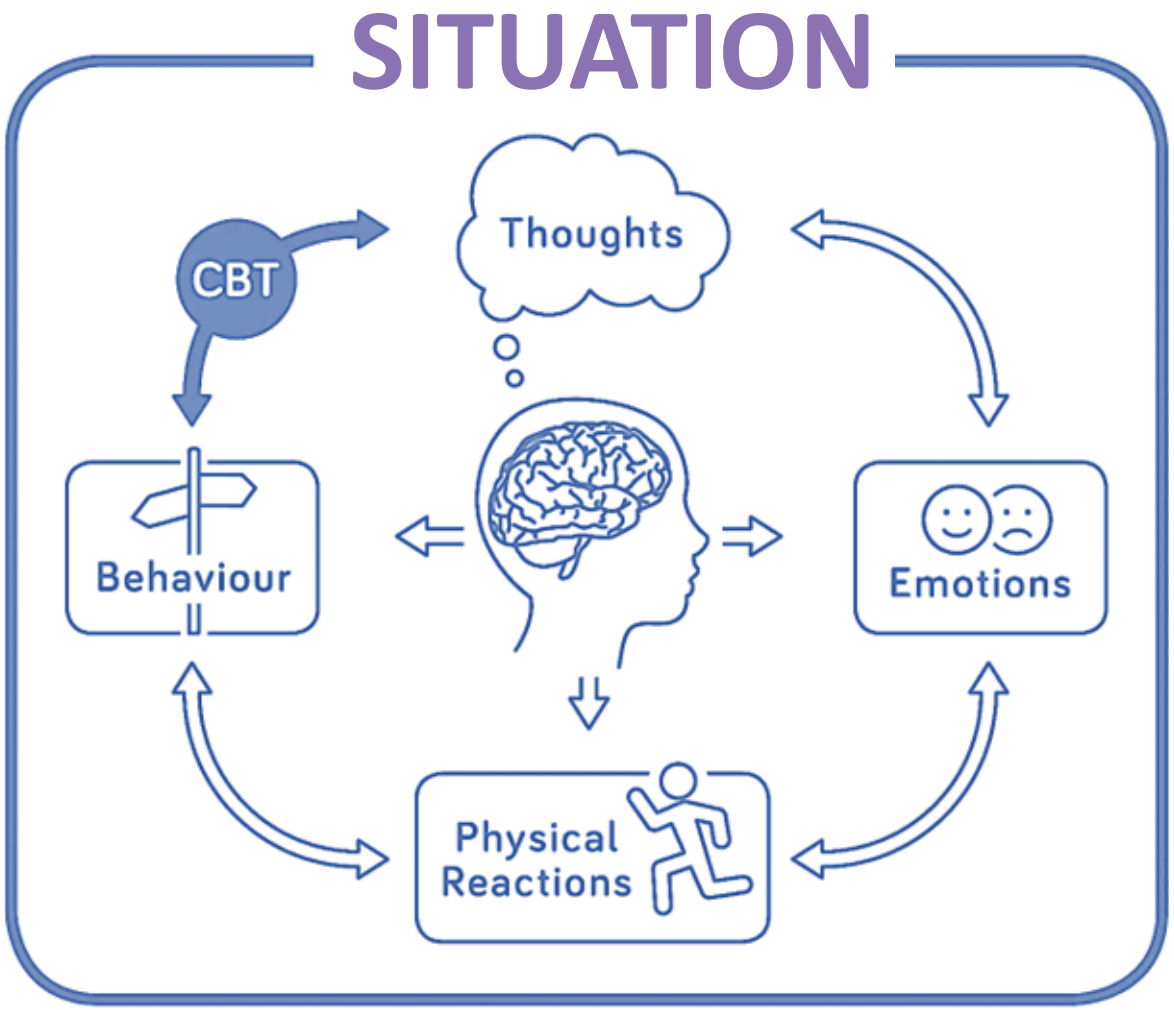


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# Leaves on a Stream



# The CBT Model



# 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

# Class Outline

- Mindfulness
- Review of Behaviour Therapy
- Review of Previous Action Plan
- **Healthy Living**
- Sleep
- Your Action Plan

# Healthy Living




Basic principles

- Exercise
- 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

Physical and mental health benefits

Mental health benefits happen faster

Exercise is the most underused antidepressant!

Rate your mood before and after exercise



# Nutrition

Opportunity!
Mindfulness can also be practiced while eating

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

For more guidance on nutrition: consider meeting with your primary care provider or connecting with a dietitian



# Nutrition and Substance Use

Irregular eating and dehydration are common when using substances

Hydration

Regular Meals/Snacks





# H.A.L.T. for your health!

Hungry

Angry

Lonely

Tired



# Digital Stress

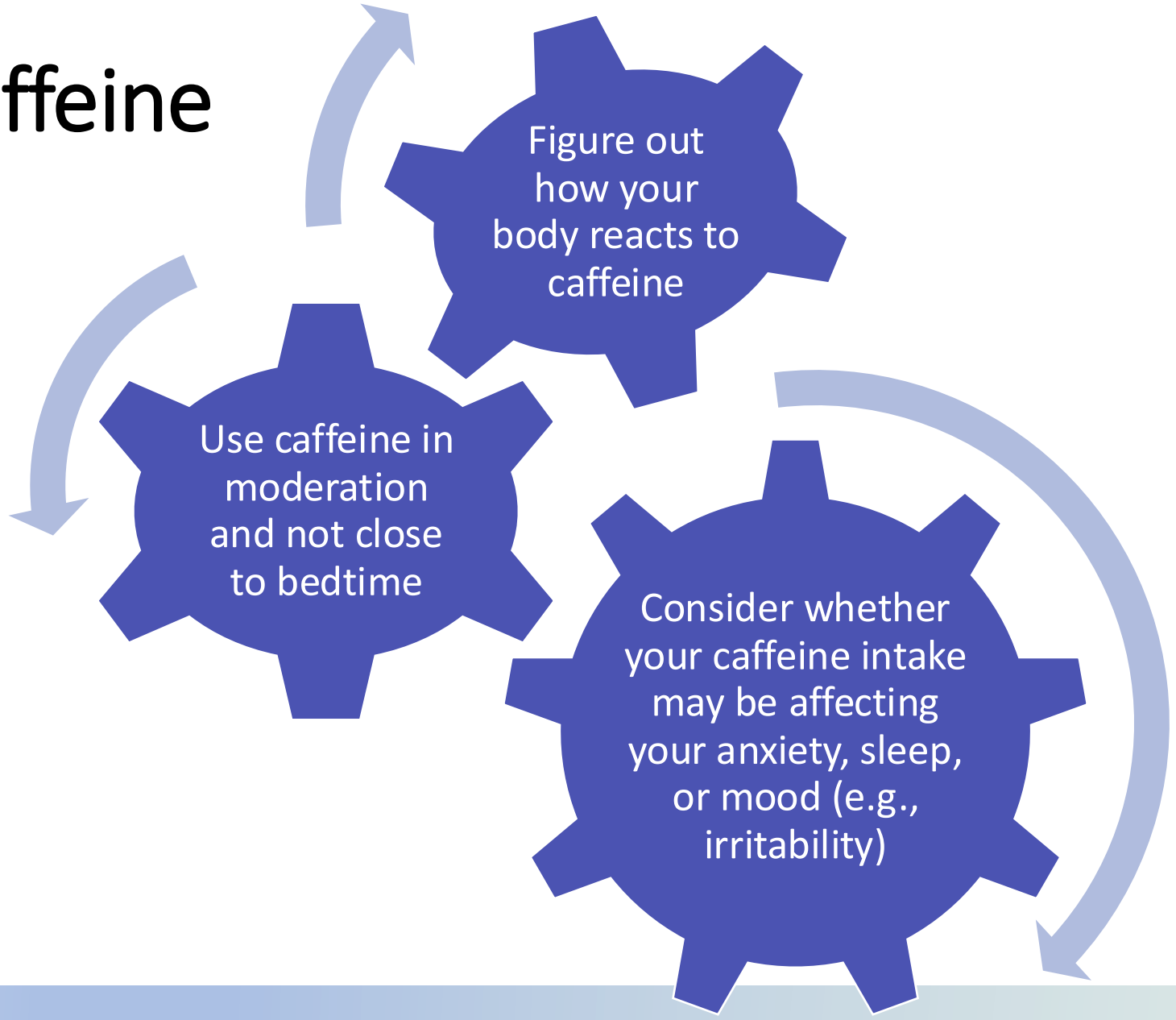
Be mindful of your screen time

Too much screen time can make us feel drained

Avoid screens before bed



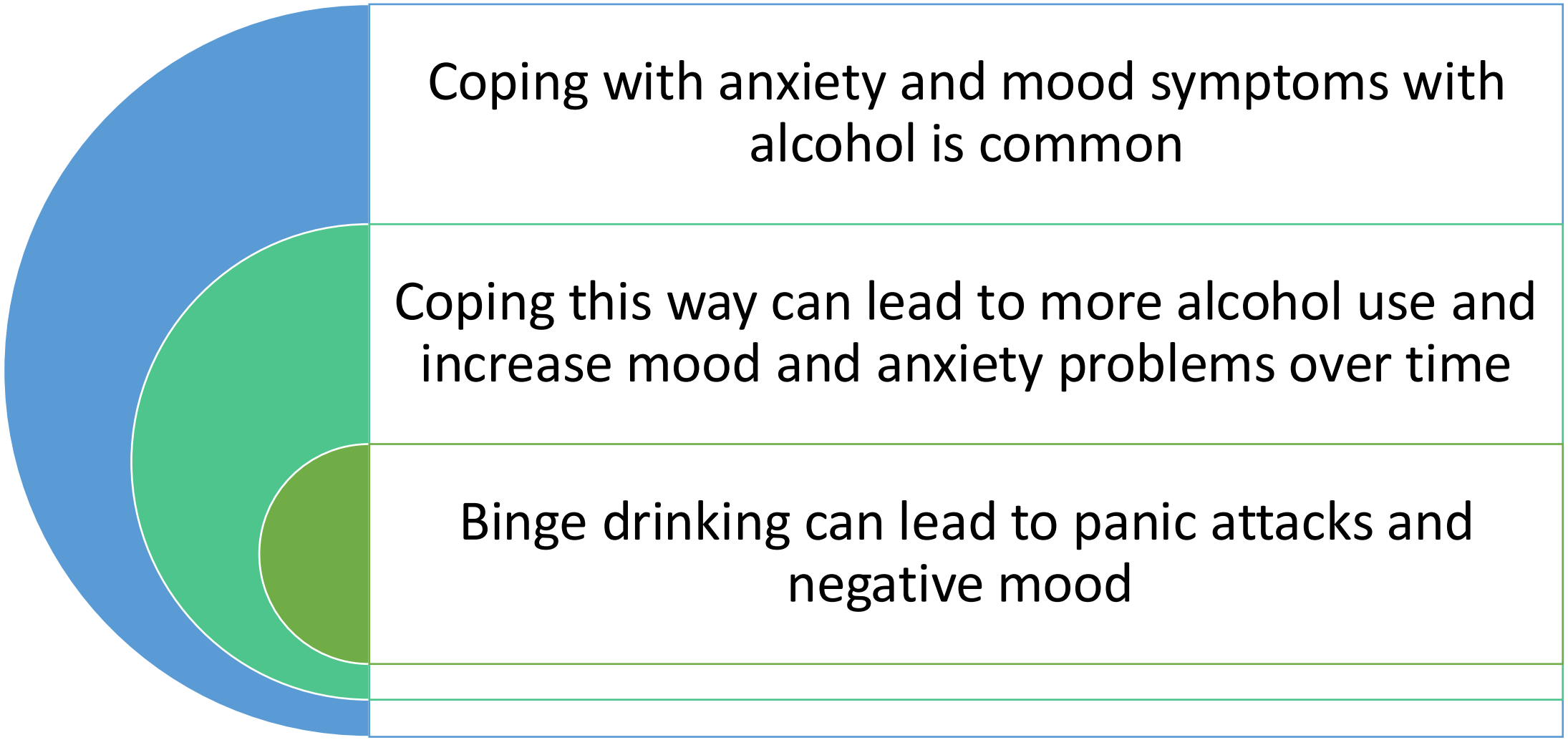
# Caffeine


Figure out how your body reacts to caffeine
Use caffeine in moderation and not close to bedtime
Consider whether your caffeine intake may be affecting your anxiety, sleep, or mood (e.g., irritability)


ENERGY

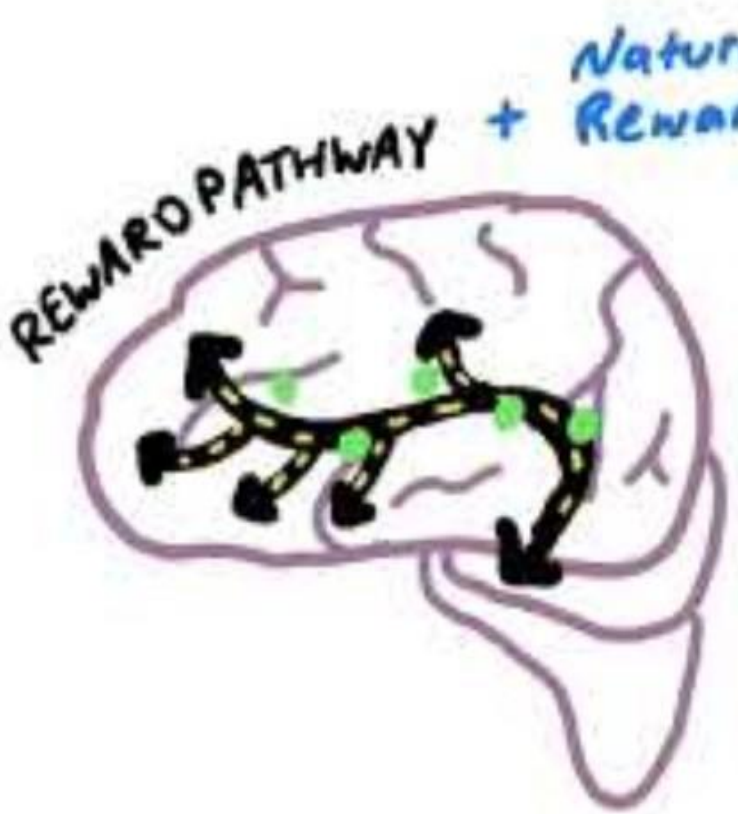


# Alcohol Use & Mental Health



# Substance Use & Mental Health

| | |
|---|---|
| Understand the Impact on Mental Health | • Substances can contribute to anxiety, depression, and other mental health issues. |
| Make Evidence-Based Decisions | • Rely on research and facts to guide your choices and understand the risks involved. |


REWARD PATHWAY
+
Natural
Reward


REWARD PATHWAY

# Canada's Guidance on Alcohol and Health (2023)

**Find this in your handouts!**




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## Let's look at your drinking likes and dislikes

What do you **LIKE** about drinking?

1. ----------

2. ----------

In what ways has drinking been **HELPFUL** for you?

1. ----------

2. ----------

What do you **DISLIKE** about drinking?

1. ----------

2. ----------

In what ways has your drinking been **HARMFUL** or **NOT HELPFUL** for you?

1. ----------

2. ----------



## It's your choice

You have a wide range of options from which to choose.

For example, you could…

**Option 1** — Stop drinking altogether

**Option 2** — Take a break from drinking for a month

**Option 3** — Cut back on your drinking

**Option 4** — Carry on with drinking the way you do now

Which of these feels like the best choice for you?

CCSA "Knowing Your Limits with Alcohol" (2023)

Link: CCSA Knowing Your Limits with Alcohol Guide 2023

# Canada's Lower-Risk Cannabis Use Guidelines (2018)

**Find this in your handouts!**

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).

Public Health Agency of Canada | Agence de la santé publique du Canada

camh

CANADIAN RESEARCH INITIATIVE IN SUBSTANCE MISUSE

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## Cannabis Use Disorder

Cannabis is an addictive substance and people who use cannabis can become dependent on it. Cannabis dependence is medically known as **cannabis use disorder**. A cannabis use disorder can be mild, moderate or severe.

Signs and symptoms of cannabis use disorder include:

- **Using more cannabis than planned**
- **Trying unsuccessfully to control use**
- **Spending a significant amount of time getting and using cannabis or recovering from its effects**
- **Experiencing a strong desire or urge to use cannabis**
- **Failing to meet major obligations at work, home or school because of cannabis use**
- **Giving up or reducing important social, work or recreational activities because of cannabis use**
- **Continuing use despite recurring physical or psychological problems caused by cannabis**
- **Continuing to use cannabis despite it causing problems in relationships**
- **Using cannabis in physically dangerous situations**
- **Increasing tolerance to cannabis' effects**
- **Developing withdrawal symptoms such as irritability, sleep disorders, anxiety, aggression, decreased appetite, weight loss and restlessness**
- **Other withdrawal symptoms include sweating, stomach pain, chills, shakiness and depression**

**If you think you are experiencing symptoms of a cannabis use disorder, please seek the advice and support of a healthcare professional.**

## Cannabis Use and Your Health

Regular cannabis use can lead to **dependence** or a **cannabis use disorder**. Regular use refers to weekly or more frequent cannabis use for long periods of time (i.e., months to years).

But you don't have to be dependent on cannabis to experience health problems. Using cannabis regularly can:

- Affect your **concentration**, **memory** and **decision making**
- Interfere with your **work** or **school**, **family** and **social responsibilities**
- Worsen symptoms of **depression** and **anxiety**
- Increase your risk of developing **psychosis** and **schizophrenia**
- Can affect how the **brain develops**, especially if you start using cannabis at a young age before the brain has fully developed

Cannabis smoke has many of the same toxic chemicals and fine particles as tobacco smoke. Smoking cannabis regularly can lead to:

- **Coughing**, **wheezing**, **sore throat**, **chest tightness** and **hoarse voice**

Vaping illegal cannabis extracts has been associated with **severe lung illnesses**.

Using cannabis during pregnancy and while breastfeeding may lead to:

- **Low birth weight**, and **behavioural** and **neurodevelopmental problems**

## What Influences Your Risk Level?

Cannabis use can affect everyone's health differently. A person's level of risk depends on the factors listed below.

1. Strength (THC) of cannabis product
   *Example: Using higher strength (more than 10% THC) cannabis products*
2. Frequency of use
   *Example: Using cannabis daily or almost daily*
3. Method of use
   *Example: Smoking cannabis can increase the risk of breathing problems*
4. Age of first use
   *Example: Starting to use cannabis regularly before the age of 25 (before one's brain has fully developed)*
5. Personal history of mental health conditions
   *Example: Using cannabis while experiencing depression or anxiety*
6. Family history of mental health conditions
   *Example: Using cannabis despite having a family or personal history of psychosis or schizophrenia*

CCSA "Knowing Your Limits with Cannabis" (2022)

[Link: CCSA Knowing Your Limits with Cannabis Guide 2022]

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# Tips for Reducing Your Cannabis Risks

Even if you're not ready to reduce your cannabis use, there are still things you can do to reduce the health risks of cannabis use.



## DON'T MIX

Try not to use cannabis with alcohol or other drugs. Cannabis can interact with other substances in ways that may lead to unwanted side effects. It is also a good idea to avoid using cannabis if you're taking certain over-the-counter and prescription medications.

To learn more, check out these resources Cannabis and Other Substances and Cannabis and Your Medications at ccsa.ca/cannabis.



## DON'T DRIVE

Don't drive or operate heavy machinery when using cannabis. Cannabis can interfere with your thinking and motor skills that can make it difficult for you to drive. Cannabis use doubles your risk of a crash. This risk is even higher when you use cannabis and alcohol at the same time.



## BUY LEGAL

Cannabis that you get from a dealer or other illegal source is not regulated. This means that you don't know if it's contaminated with harmful chemicals, pesticides, mould and other substances. Legal cannabis products are strictly regulated and tested for quality and safety. Reduce your risk by purchasing cannabis from legal and regulated sources. Look for the following symbols to ensure your products are from legal and regulated sources.



# Cannabis: Inhaling vs Ingesting

To lower your risk of the harmful effects of cannabis, you need to understand the differences between the two most common ways of consuming it.



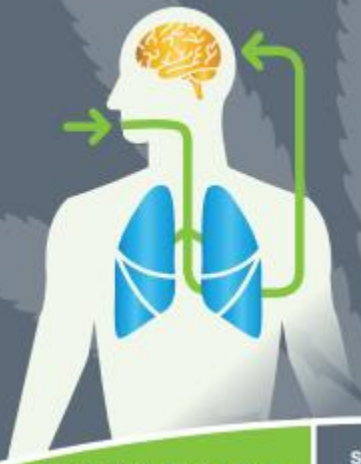
## INHALING
— smoking or vaping —

Cannabis smoke or vapour delivers THC, the chemical that gets you high, into your lungs where it passes directly into your bloodstream and then your brain.



## INGESTING
— eating or drinking —

Edible cannabis travels first to your stomach then to your liver before getting into your bloodstream and brain. The liver converts THC into a stronger form and this combined with the THC from the original product adds to the intensity of the high.





| | START OF EFFECTS | |
|---|---|---|
| You will feel the effects from **seconds to a few minutes** of inhaling. | | You will feel effects within **30 minutes to 2 hours** of ingesting. |
| Full effects can peak within **30 minutes**. | PEAK EFFECTS | Full effects can peak **within 4 hours**. |
| Effects can last up to **6 hours after use.** Some residual effects can last up to **24 hours**. | LENGTH OF EFFECTS | Effects can last up to **12 hours after use**. Some residual effects can last up to **24 hours**. |

# Tips for Healthy Living from Anxiety Canada

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.



**•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.



**• 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 from Anxiety Canada



**• 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.



**• 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.



**• 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.



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# 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

# Class Outline

- Mindfulness
- Review of Behaviour Therapy
- Review of Previous Action Plan
- Healthy Living
- **Sleep**
- Your Action Plan

# Substance Use & Sleep



Substance use negatively affects sleep quantity and quality

- Stimulants (e.g. cocaine, meth, crack)
  - Insomnia – at times followed by a "crash" and excessive sleepiness
- Depressants (e.g. opiates, alcohol)
  - Initial sleepiness, but overall sleep is disrupted & less REM

Maintaining sleep hygiene improves ability to manage cravings

- Remember the HALT skill!

# Sleep Tips for Nightmares

1

Talk to yourself rationally about the nightmare.

Try an exposure exercise.

Resist catastrophic thinking.

2

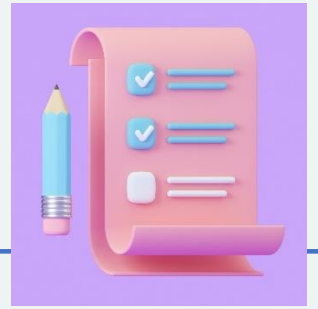
Have a plan for calming your mind and your body.

Follow the plan.

Make it predictable and repetitive so you do not have to problem-solve.

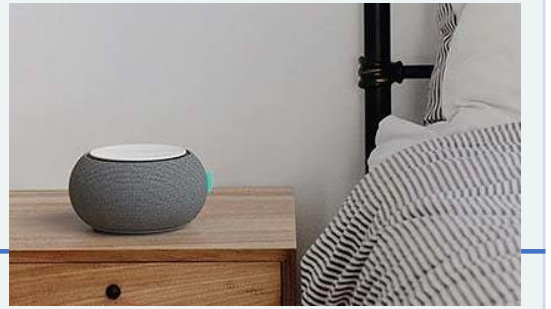
3

Share your plan with your supports.



4

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



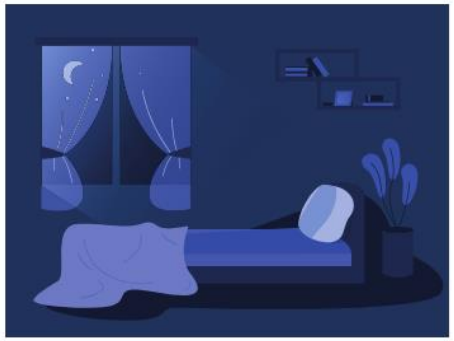
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# Sleep Tips



- Try for 7-9 hours of sleep
- Stick to regular wake times
- Ditch your devices
- Create good sleeping conditions
- Use your bed for sleep only
- Limit napping during the day
- Avoid caffeine, nicotine & other substances
- Don’t force sleep
- Manage your worries
- Find some bedtime rituals
- Stick to a routine
- Move and fuel your body







# Curious about improving your sleep?...Try:



REVIEW SLEEP TIPS



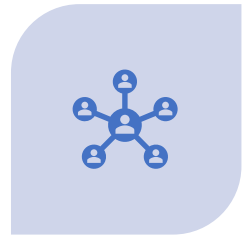
CONSIDER MAKING ONE SLEEP GOAL



DOES THE GOAL MEET SMART CRITERIA?



CONSIDER DOING A SLEEP DIARY THIS WEEK (HANDOUT)



FREE APP: **CBT-I COACH**

Find this 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?<br>1 2 3 4 5<br>V. Poor V. Good | | | | | | | |

Class 3

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# 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




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

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

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# 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
- WRHA Living Better Program https://wrha.mb.ca/nutrition/living-better/
- 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/

# Resources

| | |
|---|---|
| **Adult Mobile Crisis Unit (24/7)** | • Call (204-940-1781) |
| **Klinic 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.reasontolive.ca |
| **Manitoba Farm, Rural & Northern Support Services** | • Call 204-571-4182 or 1-866-367-3276. Visit their website: https://supportline.ca/ |
| **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 |

# Resources

| | |
|---|---|
| **Manitoba Addictions Helpline** | • Call or text 1-855-662-6605. Visit their website http://mbaddictionhelp.ca/ |
| **Problem Gambling Helpline** | • Problem Gambling Helpline open 24 hours in Manitoba<br>• Call 1-800-463-1554 |
| **WRHA Addictions Recovery Services** | • Call 204-944-6209. Visit their website https://wrha.mb.ca/mental-health/addictions-recovery-services/ |
| **Mental Health & Addictions - Shared Health** | • Visit their website https://sharedhealthmb.ca/services/mental-health/ |

# CBTm Class Evaluation

