CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

FOR ADDICTIONS

Class 6: Stress and Resilience

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

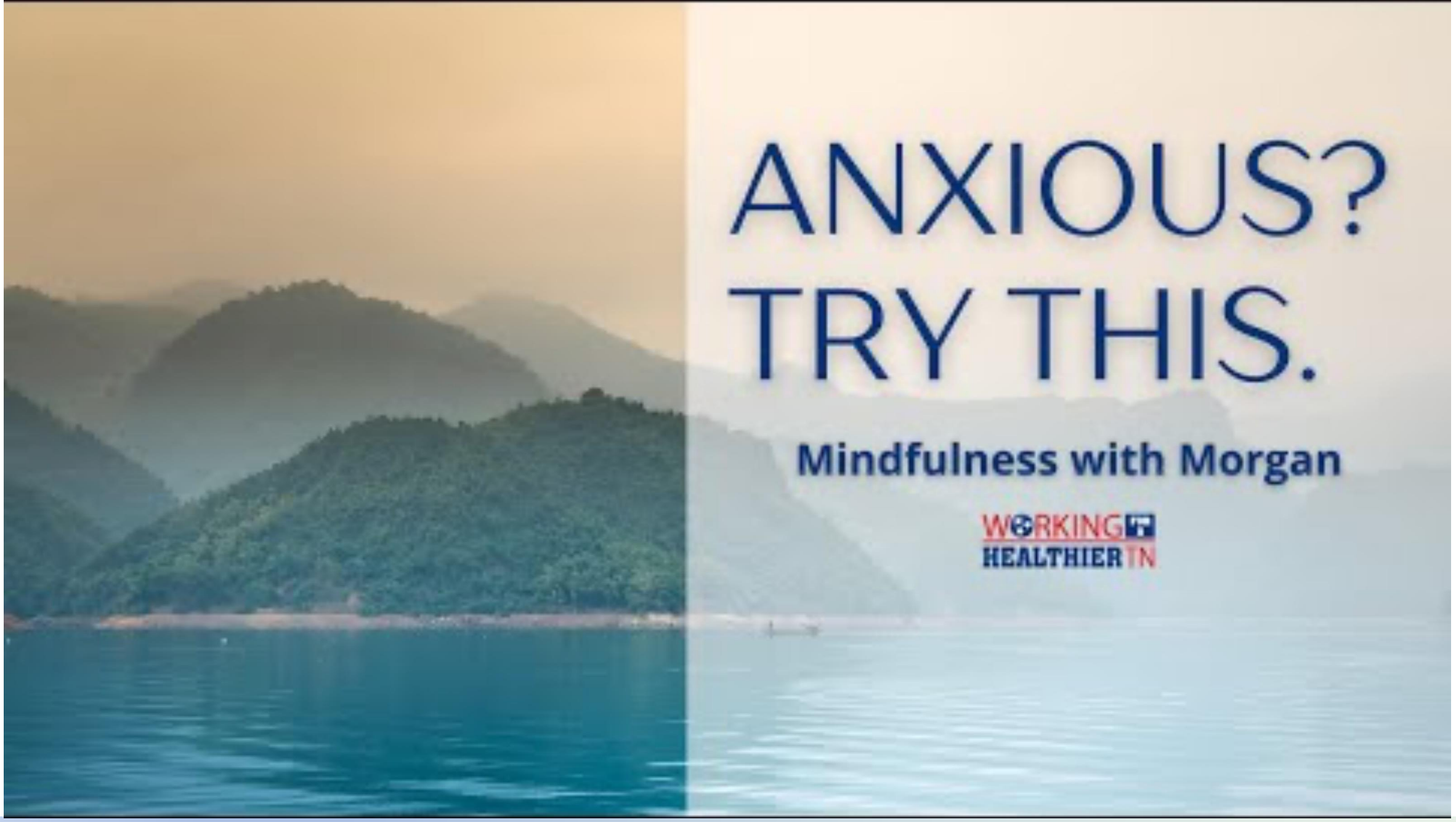
Class Outline

- **Mindfulness**
- Review of Previous Action Plan
- What is Stress?
- Coping with Stressful Experiences
- Wellness Plan
- 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 • Can you think of any more?
But is grounding avoidance?	



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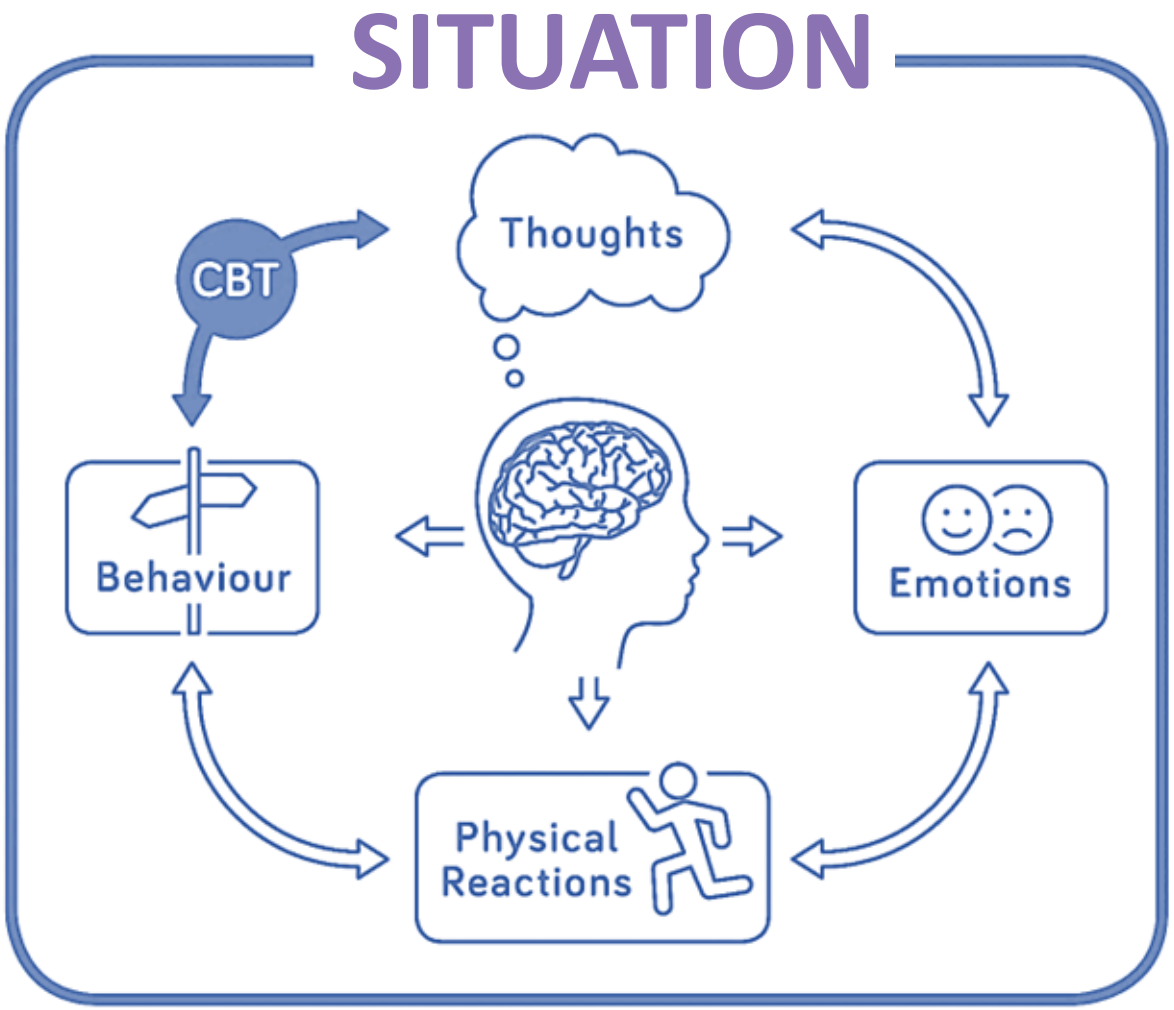
Review of Previous Action Plan

- 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



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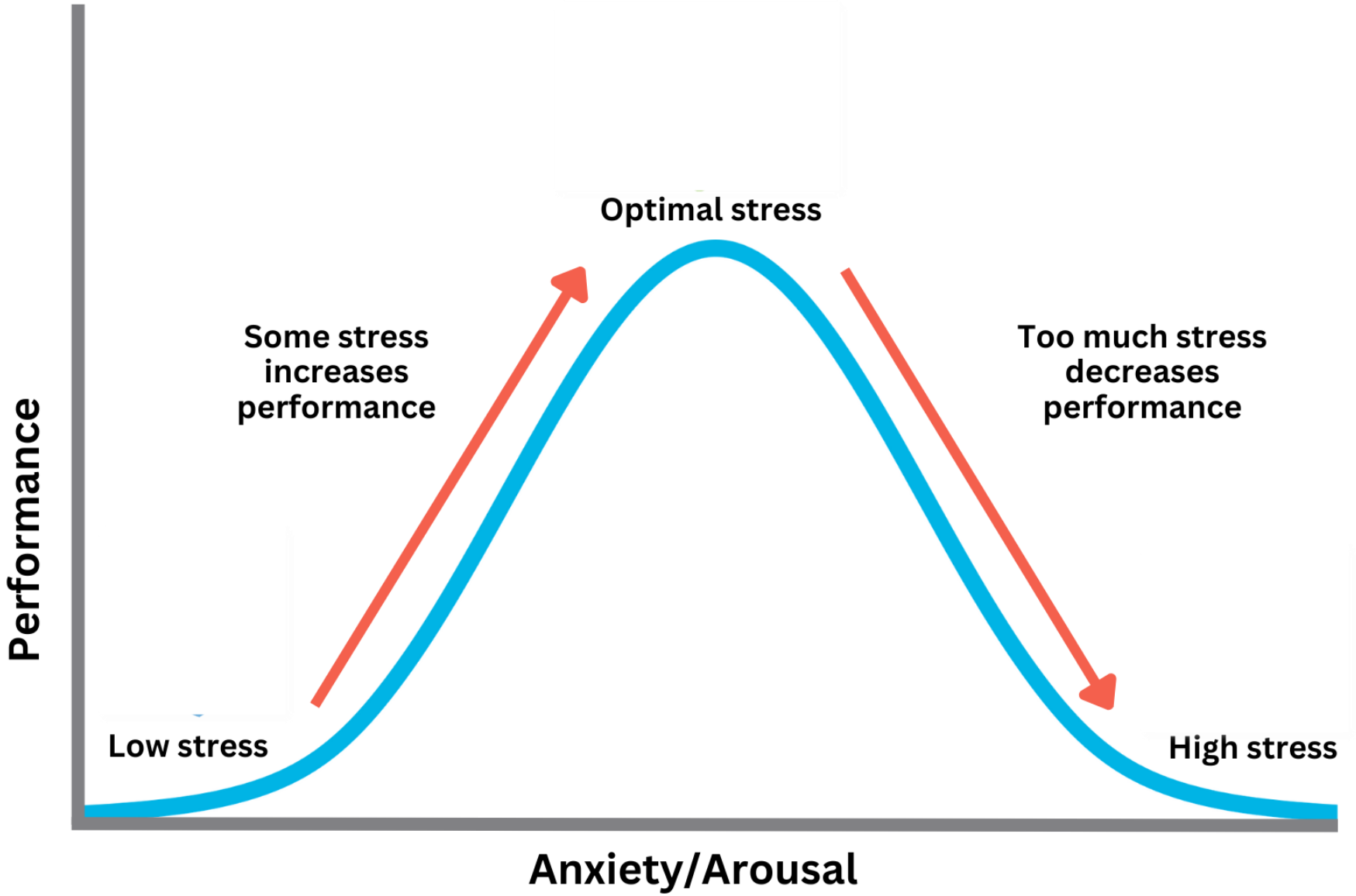
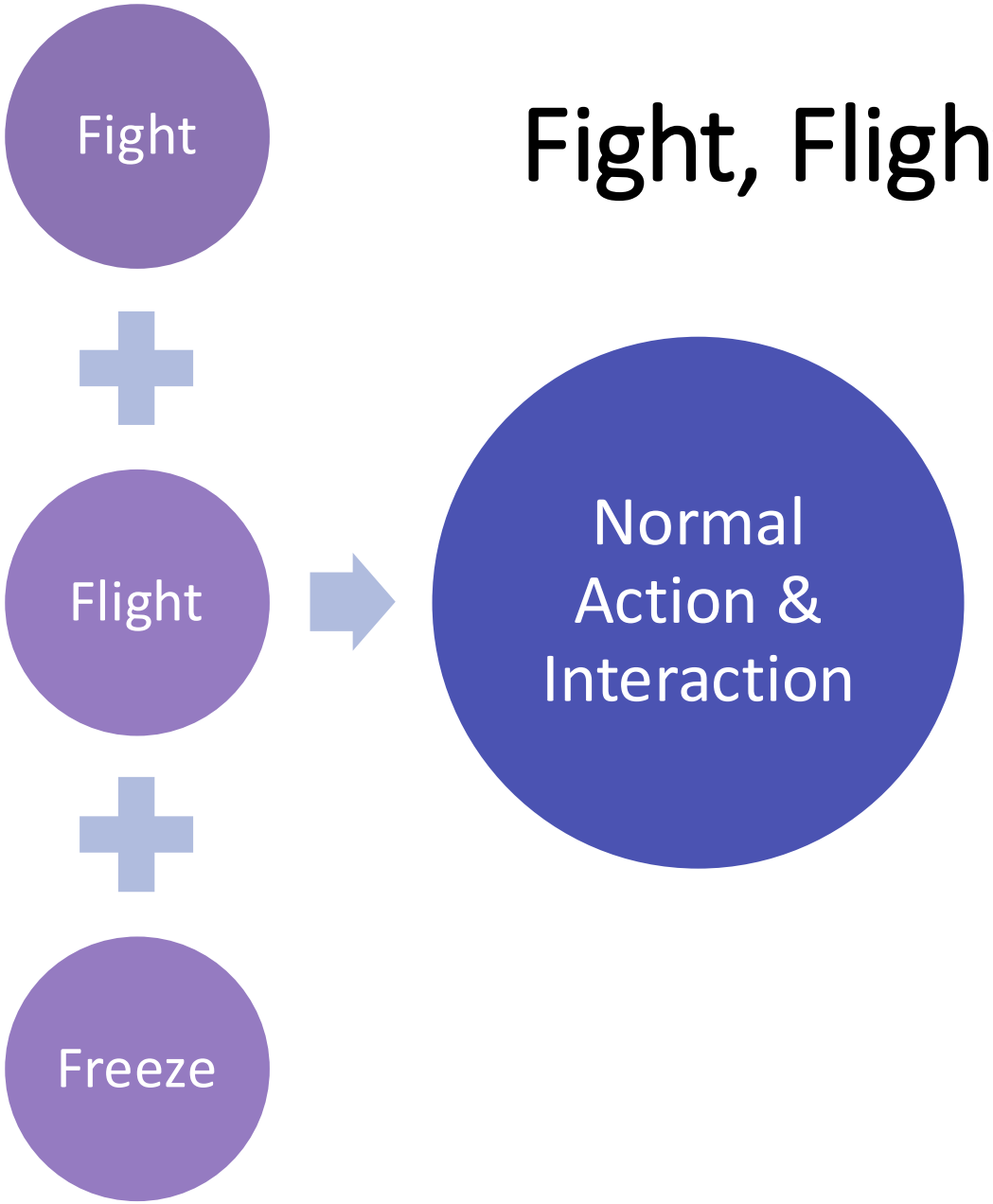
Stress

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

Yerkes-Dodson Curve



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.

Video on next slide!

https://youtu.be/jEHwB1PG_-Q?si=EOvGhmgcG-aU89Iy

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Fight, Flight or Freeze Response

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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Coping with Stressful Experiences

1	Remember the stress response
2	Common Thinking Traps
3	Common Behavioural Responses
4	Self-Compassion

Common Thinking Traps

All or Nothing Thinking

Thinking in extremes.

"If I'm not perfect, I have failed."

"Either I do it right or not at all."

"What if I slip and will never be able to quit?"

Dispute: *A slip doesn't mean that I've undone all of my hard work. I can learn from this experience.*

Mental Filter

Only paying attention to certain types of evidence ("that doesn't count"). Noticing our failures but not seeing our successes.

"I didn't talk to many people at the party, I'm boring."

Dispute: *I had some good conversations with the people I did talk to and I did enjoy the food and music as well.*

Emotional Reasoning

Assuming that because we feel a certain way, what we think must be true.

"I feel embarrassed so I must be an idiot."

"I feel anxious, I can't cope without using."

"I can't cope with anxiety without having a drink."

Dispute: *Even though I feel uncomfortable, I can rely on my skills and support system, knowing these feelings will pass.*

Labelling

Assigning labels to ourselves or other people.

"I'm a loser." "I'm failure."

"They're such an idiot."

"There's no point in trying again because I'm such a failure."

Dispute: *It's human to make mistakes. I can learn from them and continue on my recovery journey.*

Fortune Telling

Predicting that something bad will happen, without any evidence.

"I feel nervous so I cannot enjoy myself."

Dispute: *Even if it feels different, that doesn't mean my time will be less enjoyable.*

Common Thinking Traps

Over-generalizing

Seeing a pattern based upon a single event or being overly broad in the conclusions we draw. Words like “always” or “never” are often used.

“I can never do anything right.”

Dispute: *This one mistake doesn't mean I fail at everything.*

Demands

Words like 'should', 'must', or 'ought' can make us feel guilty or like we failed. If we apply 'shoulds' to other people, the result is often frustration.

“I should be able to handle this without getting cravings.”

Dispute: *It's understandable and normal to have cravings.*

Personalization

Blaming yourself or taking responsibility for something that wasn’t completely your fault. Conversely, blaming other people for something that was your fault.

“My spouse looks irritable today. I must have done something to upset them.”

Dispute: *My spouse is irritable, I wonder what is going on for them.*

Catastrophizing & Minimization

Blowing things out of proportion or inappropriately shrinking something to make it seem less important. Undermining progress.

“I stumbled over my words during a conversation at work, so I'll probably lose my job.”

Dispute: *Not likely* ☺

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Coping with Stressful Experiences

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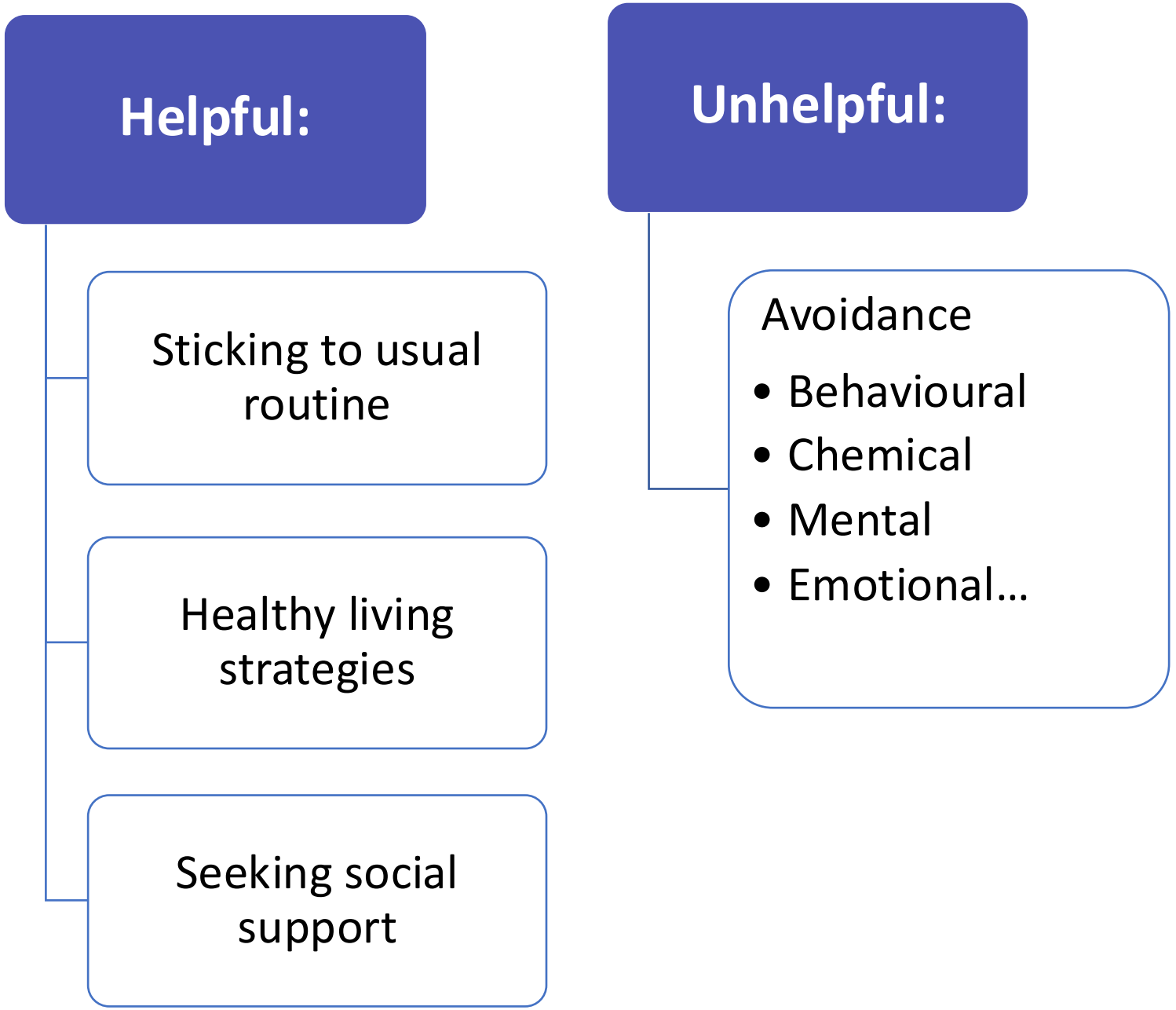
Common behaviours after a very stressful experience



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?

Self-Compassion

Self-kindness vs. Self-judgment

Common humanity vs. Isolation

Mindfulness vs. Over-identification

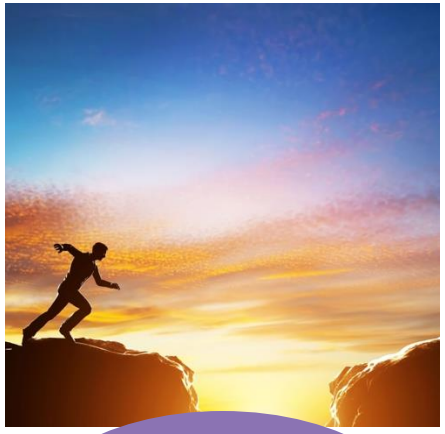
https://vimeo.com/65859796

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

Video on next slide!

https://youtu.be/ASDBJXDNqvc?si=Nh9nqpcT-a46mnRx

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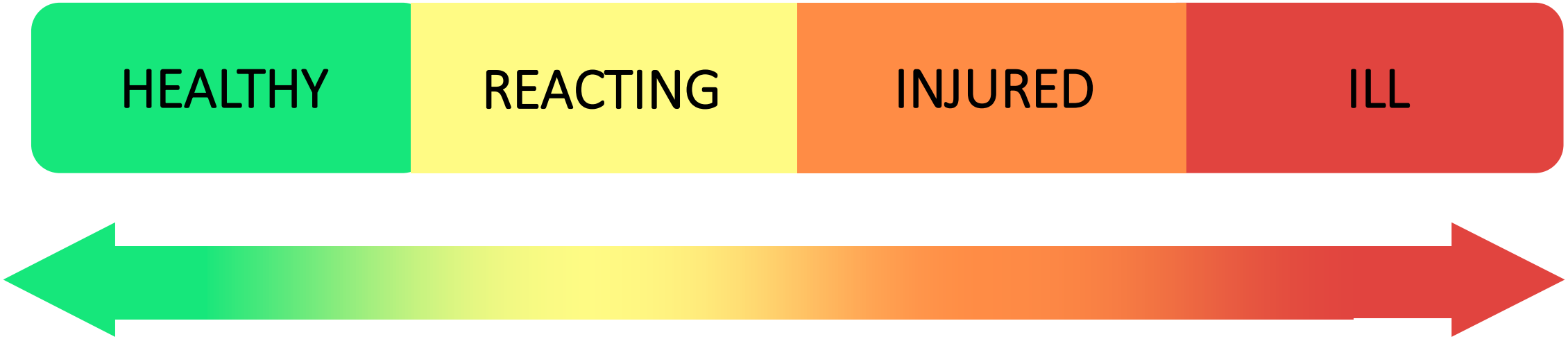
Mental Wellness vs. Mental Illness



It points to a good way to evaluate your own, and your friends', stress levels

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

Find this in your handouts!

Making a Wellness Plan

WELLNESS PLAN

STEP 1: Warning signs (thoughts, images, moods, behaviours) that indicate I'm feeling overwhelmed by stress and put me at risk

1. _____
2. _____
3. _____

STEP 2: Three coping strategies - things I can do to help myself

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. Suicide Crisis Helpline - Call or text 9-8-8 or visit 988.ca
3. Crisis Response Centre - 817 Bannatyne Avenue (24/7 walk-in crisis support)
4. Other resources: _____

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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

SCAN HERE

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

Remember what motivated you to take CBTm Classes!

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

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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 • 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