CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Class 4 Handouts

- Mindfulness Exercise - *Leaves on a Stream*
- Daily Sleep Diary
- 10 Rules for Improved Sleep Hygiene
- Tips for Healthy Living
- HALT Skill
- Alcohol and Cannabis Guidelines for Use

www.cbtm.ca

LEAVES ON A STREAM

OR CLOUDS IN THE SKY

Imagine you are sitting or standing in the middle of a stream.
The water is flowing away in front of you.

Notice if there is any sound from the running water.
Notice if there is any grass or any trees on the banks of the stream.

Now see leaves floating down the stream away from you. They can be any shape, colour, or size. As thoughts come into your mind, be aware of what the thought is, and then gently place it on a leaf.

Now watch it float away down the stream. Do this with each thought as you notice it.

As you acknowledge each of your thoughts, you do not need to hang onto them. There is no need to become attached to the thought. Just acknowledge it and then place it on a leaf.

By watching it float away, it loses its hold on you and its intensity.

Do the same thing for each sensation or feeling that arises. Notice and label each experience as a thought, feeling, sensation, or judgement, and then place it on a leaf, watching it float down the stream.

When you are ready, begin to bring your awareness back to the feeling of your body on the chair, the sounds in the room, and slowly open your eyes.

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							

Loughborough Sleep Research Centre

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.

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

SomnIA Sleep in Ageing
Loughborough University

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.

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.

TIPS FOR HEALTHY LIVING

adapted from AnxietyCanada



• Avoid alcohol and drugs

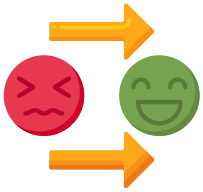
It is never a good idea to use alcohol or drugs to help you cope with anxiety - this just leads to more problems. If you have problems with anxiety, try to avoid using drugs and alcohol as a way to cope with negative feelings.

If you think that you may have a problem with drugs or alcohol, talk to your doctor.



• Get a check-up

Make sure you are taking care of your body. See a doctor for regular check-ups.



• Reduce stress

Sometimes life's demands become too much. Stress can have a negative impact on your health. Look for ways to reduce stress. Deal with problems, lean on supports, and take time for self-care. For instance, plan some time for yourself each day to read a book, go for a walk, watch a favourite TV program, or relax.

You can also reduce stress by giving yourself a little extra time to get to places so that you're not rushing. Try giving yourself an extra 5 minutes - it can make a big difference!

HELPFUL HINTS:

• **Start Small:** Making small changes can have a large impact on your life. Don't try to do everything all at once. Instead, pick 1 or 2 things and try them consistently. When you're ready, try adding a new strategy.

• **Set Goals**. Identify some things you want to work on and set some realistic goals. For more information, see **Guide for Goal Setting**.

• **Be Patient:** These strategies can take time to have a positive effect. Hang in there and stick with it!

HALT SKILL

The HALT skill is a simple technique for recognizing and meeting our basic physical and emotional needs. Using the HALT skill allows us to increase self-awareness and practice healthy self-care. In turn, this skill equips us to better anticipate, understand, and manage cravings.

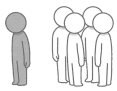
HALT stands for:



Hungry - Are you physically hungry? Hunger can make you irritable, tired, or emotionally vulnerable.



Angry - Are you feeling frustrated, irritated, or upset? Unmanaged anger can lead to impulsive actions.



Lonely - Are you feeling isolated or disconnected from others? Loneliness can increase emotional distress.



Tired - Are you physically or emotionally exhausted? Fatigue can reduce your ability to cope with stress.

Each of these four feelings are uncomfortable and may trigger us to self-soothe by using substances.

How to use the HALT skill:

1. **Pause** and ask yourself: Am I hungry, angry, lonely, or tired?
2. **Identify** which need is strongest now.
3. **Take actio**n to meet that need:
    a. Eat a healthy snack or meal if hungry.
    b. Practice calming techniques, get up and move, or talk through your anger.
    c. Reach out to a friend or attend a meeting if lonely.
    d. Rest, nap, or practice sleep hygiene if tired.
4. **Check in again** after addressing your need to see how you feel.

Tips:

- *Use HALT as a daily check-in practice.*
- *HALT can be an opportunity to practice mindfulness. Close your eyes and listen to what your body and mind are telling you.*
- *If you're not sure how you feel, consider journaling.*
- *Combine HALT with other coping skills for best results.*

Taking a moment to HALT can make a big difference in managing cravings.
Being mindful of our physical and emotional states is part of recovery.
Don't hesitate to stop and care for yourself!

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.

Class 4

Public Health Agency of Canada | Agence de la santé publique du Canada
camh
CANADIAN RESEARCH INITIATIVE IN SUBSTANCE MISUSE

All rights reserved. © 2018 Centre for Addiction and Mental Health. Canada's Lower-Risk Cannabis Use Guidelines (LRCUG).

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

0 drinks per week
Not drinking has benefits, such as better health and better sleep.

No risk

0

1 to 2 standard drinks per week
You will likely avoid alcohol-related consequences for yourself and others.

Low risk

1
2

3 to 6 standard drinks per week
Your risk of developing several different types of cancer, including breast and colon cancer, increases.

Moderate risk

3
4
5
6

7 or more standard drinks per week
Your risk of heart disease or stroke increases.

Each additional standard drink
Radically increases the risk of these alcohol-related consequences.

Increasingly high risk

7
8
+

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.

Canadian Centre on Substance Use and Addiction
Evidence. Engagement. Impact.

Class 4

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.

© 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