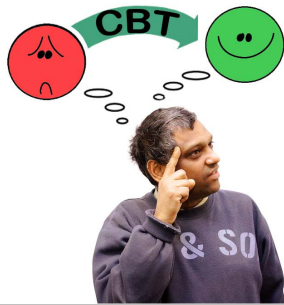
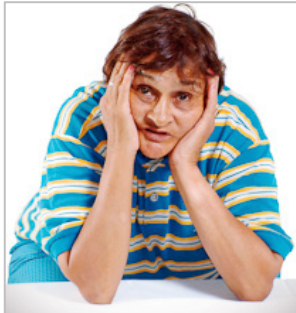
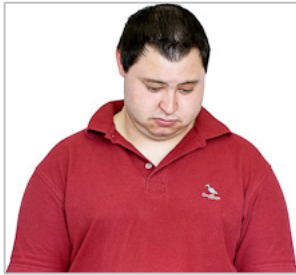


# what is Cognitive Behavioural Therapy



CBT means **C**ognitive **B**ehavioural **T**herapy

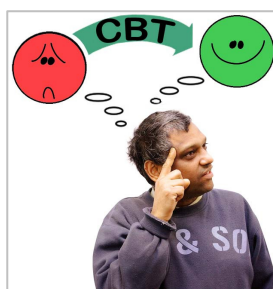


- CBT can help you with your feelings
  - you may be feeling sad for long periods of time
  - you may be feeling very worried

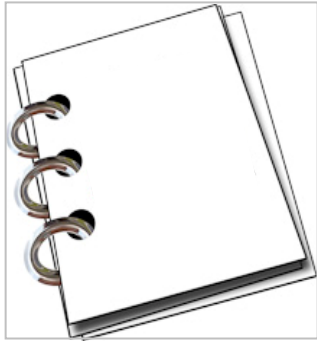
- CBT can help you with your behaviour



we will talk about how you can feel better again



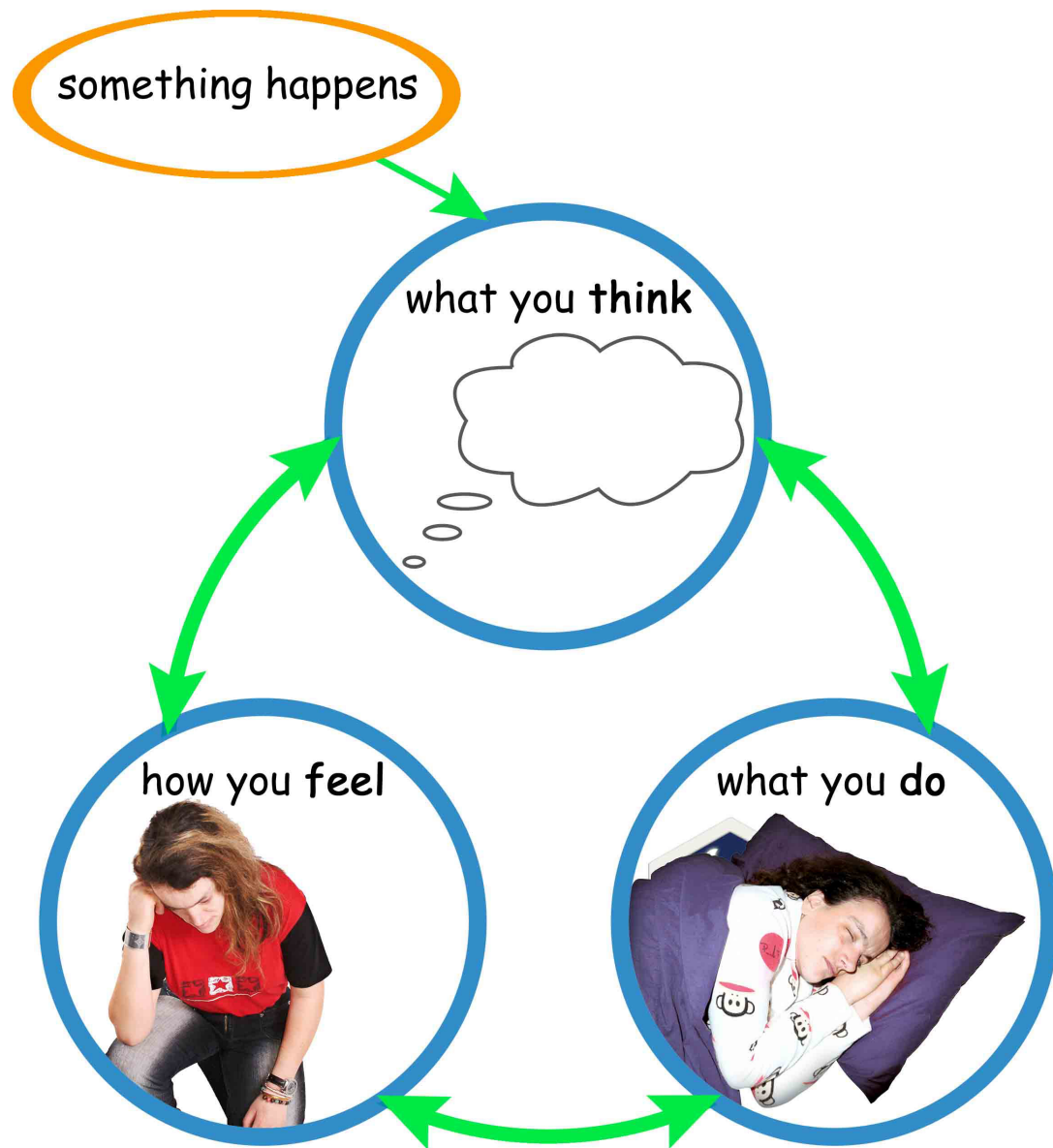
- CBT can help you **think differently** about problems
- CBT can help you **do things differently**



- the CBT therapist will also give you some homework
- it is important that you do the homework
- this is so that you can **practise** what you did in the session

# Linking thoughts, feelings and behaviours for depression

- an example for **depression**



- what you **think** - there is no point in going out
- how you **feel** – sad, depressed
- what you **do** – stay in bed

# Linking thoughts, feelings and behaviours for anxiety

- an example for **anxiety**



- what you **think** - no one likes me
- how you **feel** – worried, scared, anxious
- what you **do** – avoid people

## Linking thoughts, feelings and behaviours for anger

- an example for **feeling angry**



- what you **think** - no-one's listening to me
- how you **feel** - angry, upset
- what you **do** - fight, hit someone, shout

## what is depression?



- **depression** is when a person feels sad for long periods of time

## depression can make you feel

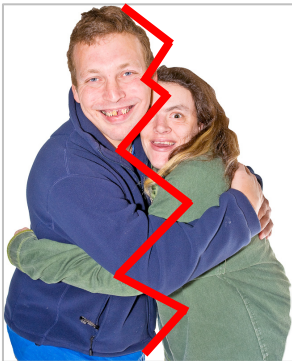


- bad about yourself
- lonely
- tired
- angry



- you may
  - not want to talk to anyone or go anywhere
  - find it hard to sleep
  - sleep too much
  - not feel like eating
  - feel like eating too much
  - want to hurt yourself

there are many reasons a person can get **depressed**



- when someone close to you has died
- when you are having health problems
- when a favourite worker has left
- when you have split up with your boyfriend or girlfriend
- when things are getting too much for you
- sometimes it is hard to know why you are depressed



- **anyone** can get depressed
- lots of people feel better when they get help



## what is anxiety?



- **anxiety** is when you worry about things too much
- it is not good for you to worry all the time



- anxiety can make you feel dizzy
- it can make you feel confused
- it can make you feel like your mouth is dry



- it can make your heart beat faster
- it can make you feel very hot
- it can make your hands sweaty
- it can make your fingers and toes feel tingly
- it can make you feel like your legs are wobbly and you are going to fall over





- it can make you feel like your hands are shaking
- you may need to go to the toilet a lot
- you may feel like you have butterflies in your stomach

there are many reasons a person can get **anxious**



- when you are having health problems
- when you are having money problems
- when you do not know what is going to happen
- when you do not know how to solve a problem
- sometimes it is hard to know why you are feeling anxious

there are many things that can make you **anxious**



- going to a place where there are lots of people
- talking to people you do not know too well



- spiders
- dogs

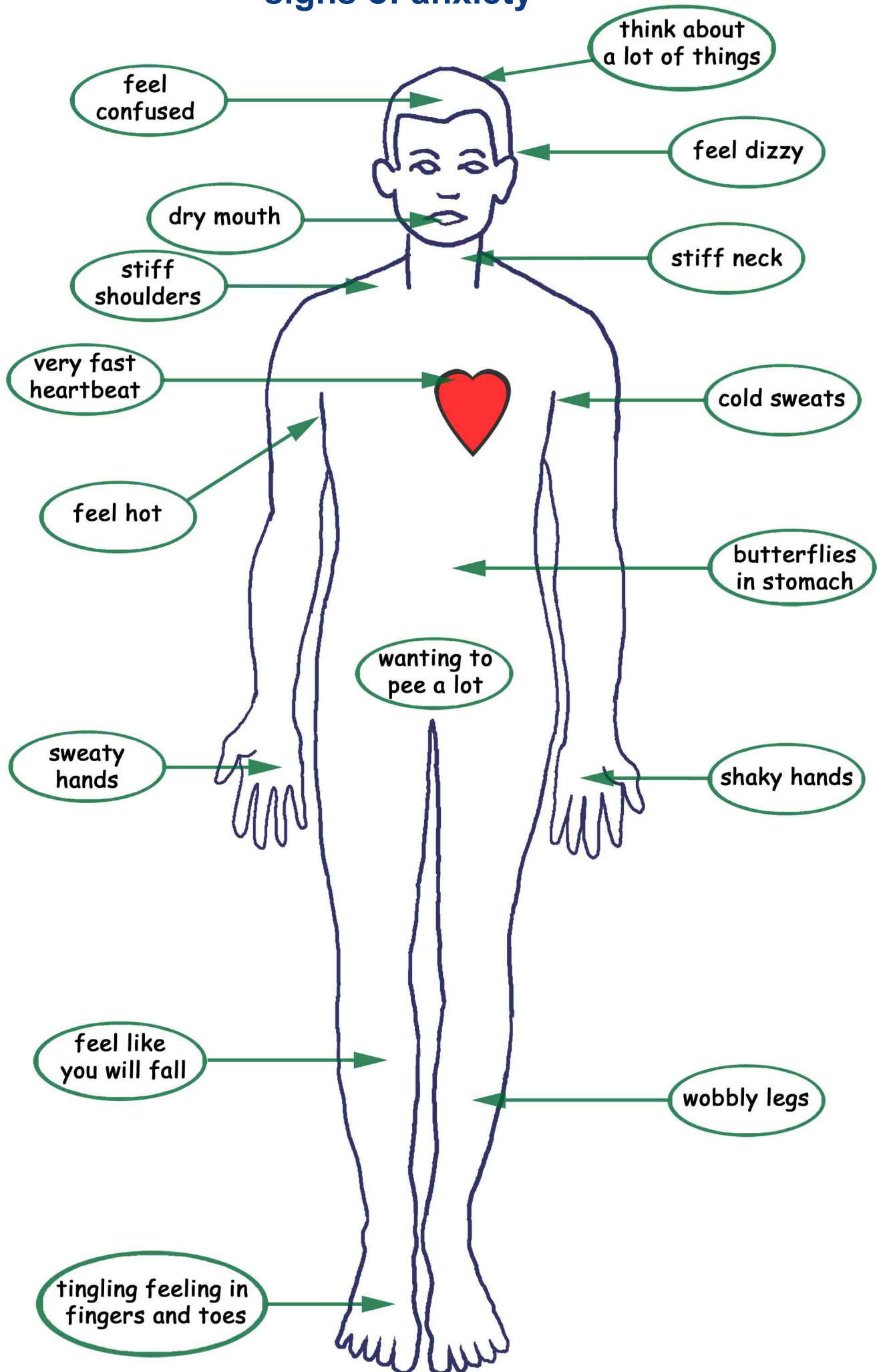


- being in small spaces like lifts or small rooms



- **anyone** can get anxious
- lots of people feel better when they get help

# signs of anxiety



## Assertiveness Scale



**Passive**



**Assertive**



**Aggressive**

### Passive is

- letting things happen even if you do not agree
- allowing others to be in control and make decisions for you
- not expressing your feelings
- not expressing your own needs

### Assertive is

- using the word I
- saying what you feel
- saying what you think
- saying **no** when you want to say no
- making eye contact when talking to someone
- standing or sitting up straight
- being calm

### Aggressive is

- yelling at the other person
- not listening to what the other person is saying
- hitting
- shouting