### what is Cognitive Behavioural Therapy

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<th>CBT</th>
<th>CBT means Cognitive Behavioural Therapy</th>
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- 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**

**something happens**

**what you think**

**how you feel** - sad, depressed

**what you do** - stay in bed

- what you **think** - there is no point in going out
Linking thoughts, feelings and behaviours for anxiety

- an example for **anxiety**

**something happens**

what you **think**

how you **feel**

what you **do**

- 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

something happens

what you think

how you feel

what you do

- 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**

<p>| | |</p>
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| 🍀 | - 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, and lots of people feel better when they get help.
signs of anxiety

feel confused

dry mouth

stiff shoulders

very fast heartbeat

feel hot

wanting to pee a lot

sweaty hands

shaky hands

feel like you will fall

wobbly legs

tingling feeling in fingers and toes

cold sweats

butterflies in stomach

think about a lot of things

feel dizzy

stiff neck
Assertiveness Scale

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