## Living Life To The Full Interactive

### Dr. Chris Williams

# Workbook 5 Sleep and Healthy Living

**Key point:** In order to change, you will need to choose to try to **apply** what you will learn **throughout the week**, and not just when you work through the session. The workbooks will encourage you to do this by suggesting certain tasks for you to carry out in the days after working through the session. These tasks will:

- Help you to put into practice what you have learned in the session.
- Gather information so that you can get the most out of the subsequent sessions.

#### Review of thought challenge

In the last session, you learned about the three-step plan to change your unhelpful thoughts.

You learned to:

- 1). **Identify** and rate your unhelpful thoughts and your belief in them.
- 2). Question their accuracy and helpfulness.
- 3). Come to a balanced **conclusion** by using your thought worksheet.

#### You also learned to:

- Focus on challenging just one thought at a time.
- Clearly identify what the thought is.
- Avoid thoughts such as "I am ..., people are ..., the world is ..." because these thoughts
  are often difficult to challenge at first.

#### **Key points:**

#### Remember these key points to changing extreme thinking

- Pay attention to and challenge unhelpful thinking.
- Question the thought's helpfulness and accuracy.
- Thoughts will begin to change when you challenge them in a regular way.

#### Sleep and healthy living

Over the past four sessions, we've looked at unhelpful thoughts and behaviours, how they impact on our outlook, and how we deal with changing them. Now let's look at how changing our physical habits can directly improve how we feel. If you have reviewed the thought challenge process in this session you will work through the sleep section in session 6.

#### Sleep

#### Important factors include:

- Situation and the environment where you sleep
- Altered thinking
- Physical symptoms
- Low mood
- Altered or unhelpful behaviours
- Activities that wake you up

#### **Healthy living**

Now let's focus on healthy living – the benefits of exercise and eating properly to prevent low mood from getting worse.

#### Assignments for this week

Assignment one: using your thought challenge worksheets, identify 4 occasions when your mood altered, identify the automatic thought, challenge it, and come to a balanced conclusion. Assignment two: Select a physical activity you can easily do. Schedule doing it for three days this coming week. It doesn't have to be complicated: a bike ride, swim, jogging, or a simple walk around the block. Rate your mood and tension level before and after each activity on the cards provided in the workbook.

Assignment three: If you worked through the sleep section this time, print out your Five Areas Sleep Assessment, develop a plan, and put it into place.

#### **Practice: Changing your unhelpful thoughts**

Let's use the 3 Step approach to thought challenging and identify an unhelpful thought that upset you in this past week.

#### Identify your thought and rate your belief in it

Choose a thought now that was an extreme or unhelpful reaction to something that upset you this past week. For the time being, since you're just starting out, avoid choosing thoughts that begin with 'I am' or 'People are' or 'The world is'. These kinds of thoughts are difficult to challenge at first. You may have had many thoughts around what had happened. Just pick one to challenge. Clearly identify that thought and write it in the box. Then on the scale, place an 'x' on how much you believed it at the time – 1 equaling 'not at all', 10 equaling 'completely'.

Not at all

Question if the thought is helpful or accurate.
Question the thought – don't just accept it. Is there anything to make you think the upsetting
thought is incorrect? Think of yourself as a lawyer in a courtroom and cross-examine the
thought. Investigate the situation like Alison. In the box, write down the circumstances that
show that the thought might not be true.
What would you say to a friend who said the same thing? Write down your answers in the box.
Now, take a look at your own situation. Are you basing this statement on how you feel rathe than on the facts? How would you have thought and handled it if you weren't feeling down?
Write down your answers in the box.

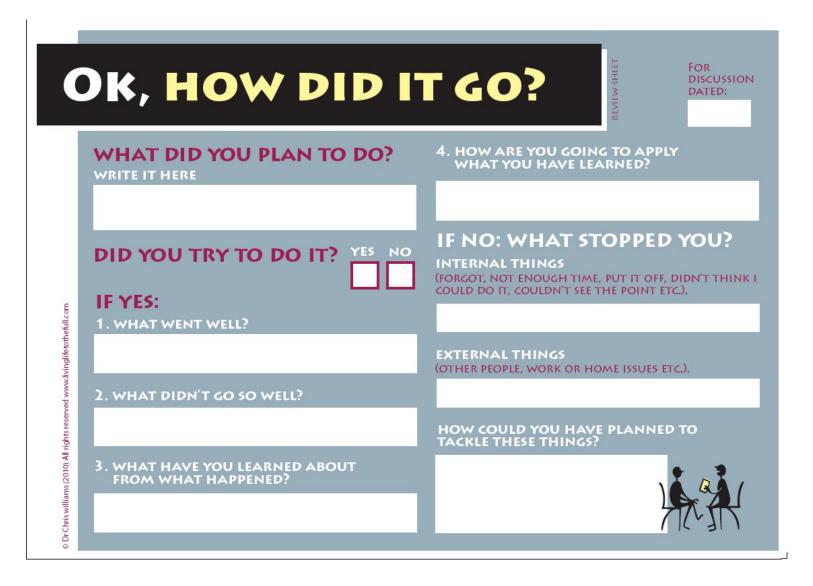
Now, for your thought – what would other people say?			
What is your whole picture? Are you seeing the whole thing or just a small bit? Write it down			
How important was this in the scheme of things? Was it worth your reaction?			
What would you say about it six months from now?			
Do you have two standards, one for you and one for others? Why wouldn't you apply yours to			
25 year have two changer do, one for you and one for others: willy wouldn't you apply yours to			

other people? Write it down.				
Come up with a balanced conclusion about the thought				
Thinking back on your answers, what's your balanced conclusion?				
Now, re-rate your belief in that thought based on your balanced conclusion.				
1				
Not at all				
Remember these key points to changing extreme thinking.				
Pay attention to and challenge unhelpful thinking.				
Question the thought's helpfulness and accuracy.				
Thoughts will be begin to change when you challenge them in a regular way.				

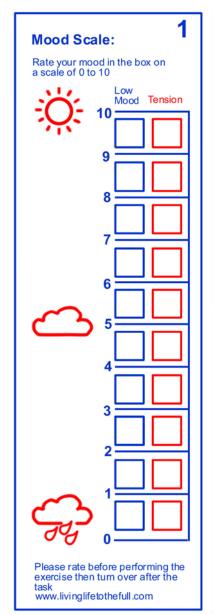
#### **Planner Sheet**

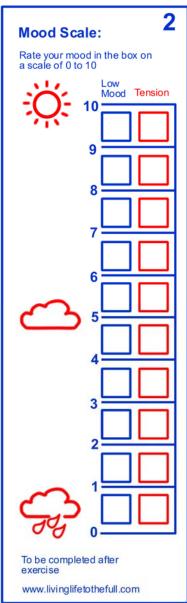


#### **Review sheet**



#### **Mood Cards**





## My notes:

## My notes: