

# **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'.

1 \_\_\_\_\_

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 rather 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

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 begin to change when you challenge them in a regular way.



## Planner Sheet

# DON'T JUST SIT THERE, MAKE A PLAN!

PLANNER SHEET

DATE

## 1. WHAT AM I GOING TO DO?

2. WHEN AM I GOING  
TO DO IT?
3. WHAT PROBLEMS OR DIFFICULTIES  
COULD ARISE, AND HOW CAN  
I OVERCOME THEM?

## IS MY PLANNED TASK -

Q. USEFUL FOR UNDERSTANDING  
OR CHANGING HOW I AM?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

Q. SPECIFIC, SO THAT I WILL  
KNOW WHEN I HAVE DONE IT?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

Q. REALISTIC, PRACTICAL  
AND ACHIEVABLE?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

MOOD RATING SCORE (IF APPLICABLE)

## MY NEXT CONTACT TIME

Re-arrangement details:  
Remember - if you know in advance you can't make  
the session, please let us know by contacting your  
local support worker.  
PLEASE NOTE: If you are struggling or feel worse,  
or if at any time you feel suicidal please visit your  
doctor or go to A&E or phone NHS 24/Direct



## Review sheet

# OK, HOW DID IT GO?

REVIEW SHEET

FOR  
DISCUSSION  
DATED:

## WHAT DID YOU PLAN TO DO?

WRITE IT HERE

## DID YOU TRY TO DO IT? YES NO

☐ ☐

### IF YES:

#### 1. WHAT WENT WELL?

#### 2. WHAT DIDN'T GO SO WELL?

#### 3. WHAT HAVE YOU LEARNED ABOUT FROM WHAT HAPPENED?

## 4. HOW ARE YOU GOING TO APPLY WHAT YOU HAVE LEARNED?

## IF NO: WHAT STOPPED YOU?

### INTERNAL THINGS

(FORGOT, NOT ENOUGH TIME, PUT IT OFF, DIDN'T THINK I COULD DO IT, COULDN'T SEE THE POINT ETC.).

### EXTERNAL THINGS

(OTHER PEOPLE, WORK OR HOME ISSUES ETC.).

## HOW COULD YOU HAVE PLANNED TO TACKLE THESE THINGS?




## Mood Cards

1

## Mood Scale:


Rate your mood in the box on a scale of 0 to 10




Low  
Mood

Tension

10	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	<div style="border: 1px solid red; width: 40px; height: 40px; margin: 0 auto;"></div>
9	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	<div style="border: 1px solid red; width: 40px; height: 40px; margin: 0 auto;"></div>
8	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	<div style="border: 1px solid red; width: 40px; height: 40px; margin: 0 auto;"></div>
7	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	<div style="border: 1px solid red; width: 40px; height: 40px; margin: 0 auto;"></div>
6	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	<div style="border: 1px solid red; width: 40px; height: 40px; margin: 0 auto;"></div>
5	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	<div style="border: 1px solid red; width: 40px; height: 40px; margin: 0 auto;"></div>
4	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	<div style="border: 1px solid red; width: 40px; height: 40px; margin: 0 auto;"></div>
3	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	<div style="border: 1px solid red; width: 40px; height: 40px; margin: 0 auto;"></div>
2	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	<div style="border: 1px solid red; width: 40px; height: 40px; margin: 0 auto;"></div>
1	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	<div style="border: 1px solid red; width: 40px; height: 40px; margin: 0 auto;"></div>
0	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	<div style="border: 1px solid red; width: 40px; height: 40px; margin: 0 auto;"></div>





Please rate before performing the exercise then turn over after the task

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## Mood Scale:

2

Rate your mood in the box on a scale of 0 to 10

Low  
Mood

Tension

10		
9		
8		
7		
6		
5		
4		
3		
2		
1		
0		

To be completed after exercise

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**My notes:**

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