Memory Skills Group: Session 5

**Welcome and Mindfulness**

* *Welcome participants to the group*
* *Mindfulness Exercise*
  + Short discussion about how participants found it last week
  + Short recap on what mindfulness is and why it’s a part of our sessions. Specifically why we practice it at the start of our session.
  + Drawing with the wrong hand??
* *Agenda for today’s session plan*
  + Have this written out on flipchart paper

**Review previous session and out of session work**

* *Recap of last week*
  + Ask participants to provide brief overview of last week’s session. Ensure to recap:
    - Internal memory strategies – ask participants for some examples
    - Practice method of Loci??
  + Discuss out of session work with participants
    - How did they find practicing the internal strategies
    - Which did they use?
    - Helpful/unhelpful?

**Memory & Mood – introduction**

* Today we will focus on the interaction between our cognitive functioning and our mood emotions
* Thinking about impact of mood on cognitive functioning and vice versa
* Group members will not be asked to share anything they don’t feel comfortable doing so – facilitators will be

**How our thoughts and mood affect memory**

* Throughout sessions, we have discussed the impact mood can have on memory and vice versa.
* For example, you may notice when you struggle to remember something, you may experience thoughts such as ‘I’m so stupid’ which can make you feel low.
* Have cycle drawn out on flipchart paper

**How can this impact memory?**

* Talk through sheet 5 in workbook

**T-F-PS-B Cycles**

* To look more closely at responses to memory difficulties we will draw on some CBT strategies
* In CBT – interested in exploring links between our thoughts, feelings, physical sensations & behaviour
  + This is because the CBT model suggests its out interpretation of events and experiences rather than the events and experiences themselves that shape the way we feel
* Drawing out the cycle
  + Ask members to choose an example of a time when they have noticed a chance in mood due to a memory difficulty
  + Choose example that group members are happy to work with throughout the rest of today’s session (nothing too sensitive & perhaps one that many relate to).
  + Display on flipchart: trigger – then a T-F-PS-B table below. Explain that after break we will be looking at how these are all linked.

**BREAK**

**Getting stuck in vicious cycles**

* Allow some time for reflection & recap of the previous flipchart paper – with table shown on flipchart
* Transfer this into cycle and discuss how each aspect impacts each other and emphasis how easy it is to become stuck

**Identifying our own cycles**

* Noticing and becoming aware of our cycles means that we can do something to break the cycle – thus also supporting our cognitive functioning and memory
* Sign post to blank cycle in workbook that they can complete

**Strategies**

* Discuss how can tackle each part of cycle to break it using different strategies
* Talk through ones in workbook
* Discuss mindfulness as a way of distancing from thoughts

**Noticing unhelpful thoughts**

* Go through unhelpful thoughts table and draw out example on flipchart paper
* Use example from earlier cycle?

**Wellbeing and mood**

* Good physical health = good emotional health and better cognitive fucntions
* Diet
* Exercise
* Sleep
* Alcohol

**Out of session work**

* Filling in own vicious cycle
* Perhaps try completing the unhelpful thoughts table

**End of session**

* Recap of what we have covered
* Hand out unhelpful thinking habits hand out.