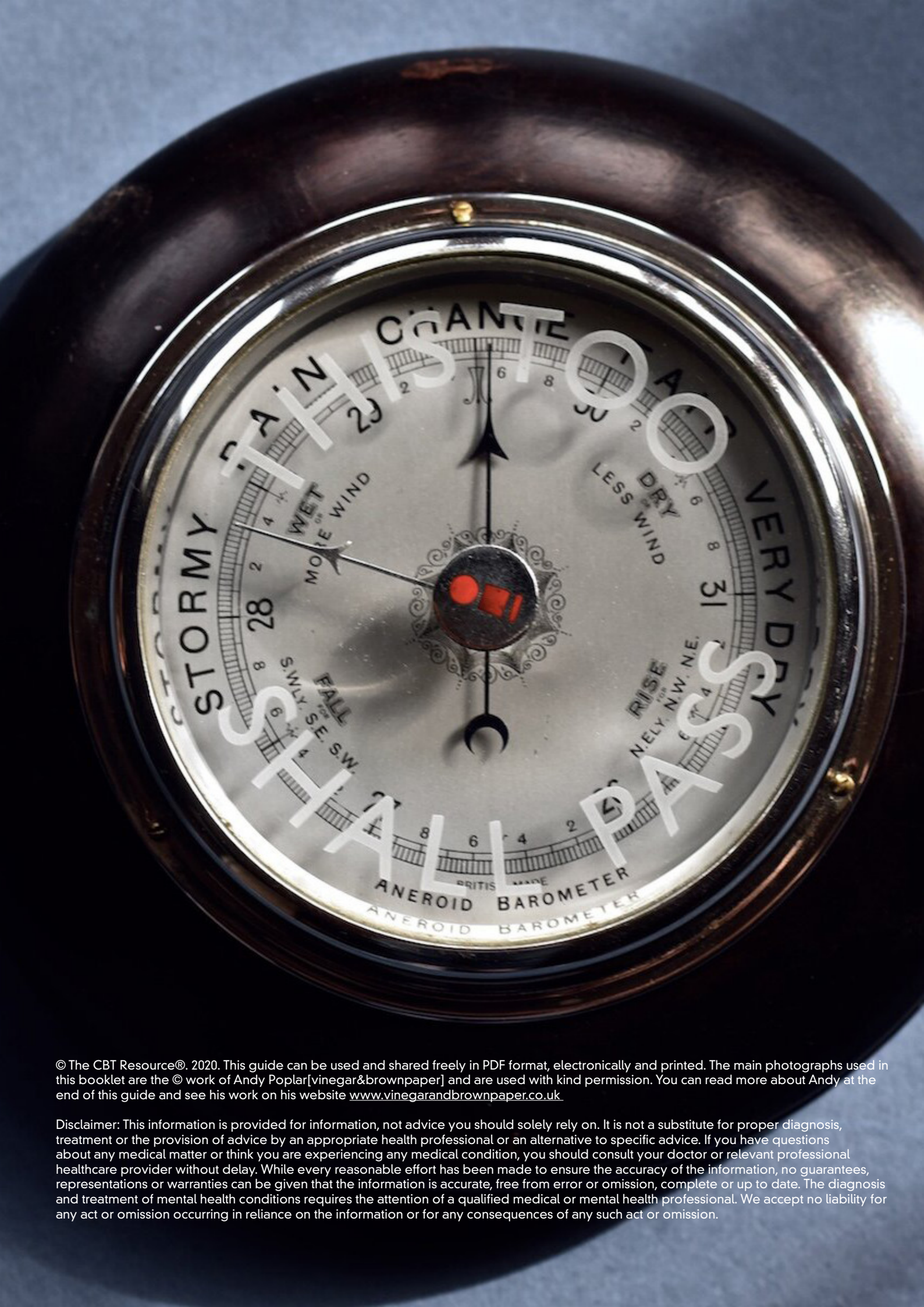




The CBT<sup>®</sup>  
Resource

# Managing stress and worry during the COVID-19 outbreak





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# About this guide

Right now we are all going through an incredibly stressful and unique situation, one that we have never had to face before. Things may feel uncertain, unpredictable and like we have little control over them. It is understandable that this brings with it a roller coaster of mixed emotions, as well as many new challenges and concerns. We may be feeling scared, worrying a lot more than usual, feeling stressed, low or anxious. We may also feel more irritable than usual or angry. We may experience a number of these different emotions in one day, even within one hour. You may feel fine one moment and overwhelmed the next. Emotions like these are all normal and to be expected. Emotions are there to help us to respond to and face the situations in our lives. It is important to be compassionate to ourselves and those around us about how we are all feeling. Being in isolation, social distancing, the changes to the way we work and to our schools has disrupted our normal routines. It has limited our access to social contacts, our usual structure and activities in our day. This can all impact on our mood. When we feel stressed, anxious or low, we can then in turn feel even more isolated, we can go over things more in our minds and feel even more anxious, leading to a vicious circle. It can leave us feeling frustrated, or even a little hopeless or helpless about the situation. We know that it might be overwhelming and hard to know what you can do to manage how you, or those around you might be feeling at the moment.

Stress is the body's natural response to feeling under threat or pressure. It can be motivating for short periods of times. At other times, stress can be overwhelming and less helpful to the situation we are facing. When we are stressed, our body produces the hormone cortisol. It activates the sympathetic nervous system to help us prepare to quickly 'fight or flight' our way of a short term threat or danger. When we feel stressed over a longer period of time because of an ongoing situation, it can feel overwhelming and unpleasant. It can also impact upon our immune systems ability to work at its optimal level. Doing things that will reduce our stress and keep our immune systems functioning at their best is important for all of us right now. There are a number of helpful things you can do to help your body to manage stress from the inside out, along with following all the practical advice and guidelines we have been given such as isolating, social distancing and washing our hands. This free guide contains a range of evidence based techniques from our clinical resource series to help you to manage stress and worry at this time and to know where to get more help if you need it. Strategies to reduce stress will not only give your mind a break, they can also relieve the pressure on your immune system. Stress reduction activities are a helpful action we and those we love can take to help ourselves at this time.

We have also provided links to where you can get reputable support for your mood if you feel you need more help and also to where you can get accurate information about the current pandemic. When looking for information about the virus there can be lots of conflicting information, so it is best to go for factual information from trusted sources like these. When anxiety escalates among people, there can be lots of false information spread on social media and amongst people. Try to limit looking at information or the news to once, or twice per day at most, as too much information can aggravate stress even more. It can be helpful to know the facts though, even if they are difficult, as we can imagine things are much worse than they may actually be and build them up in our minds from the uncertainty of not knowing.

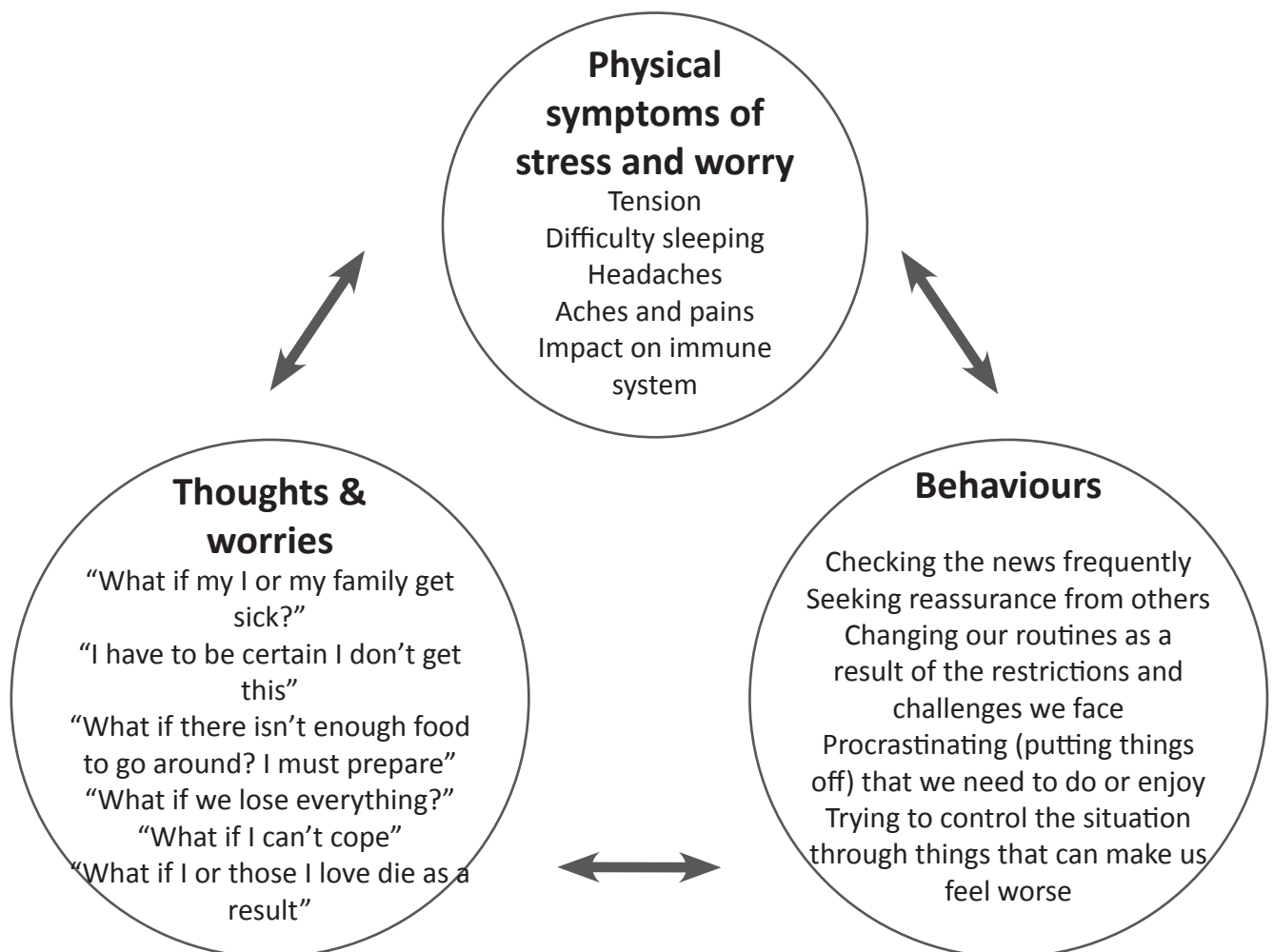
We hope you find this guide useful.

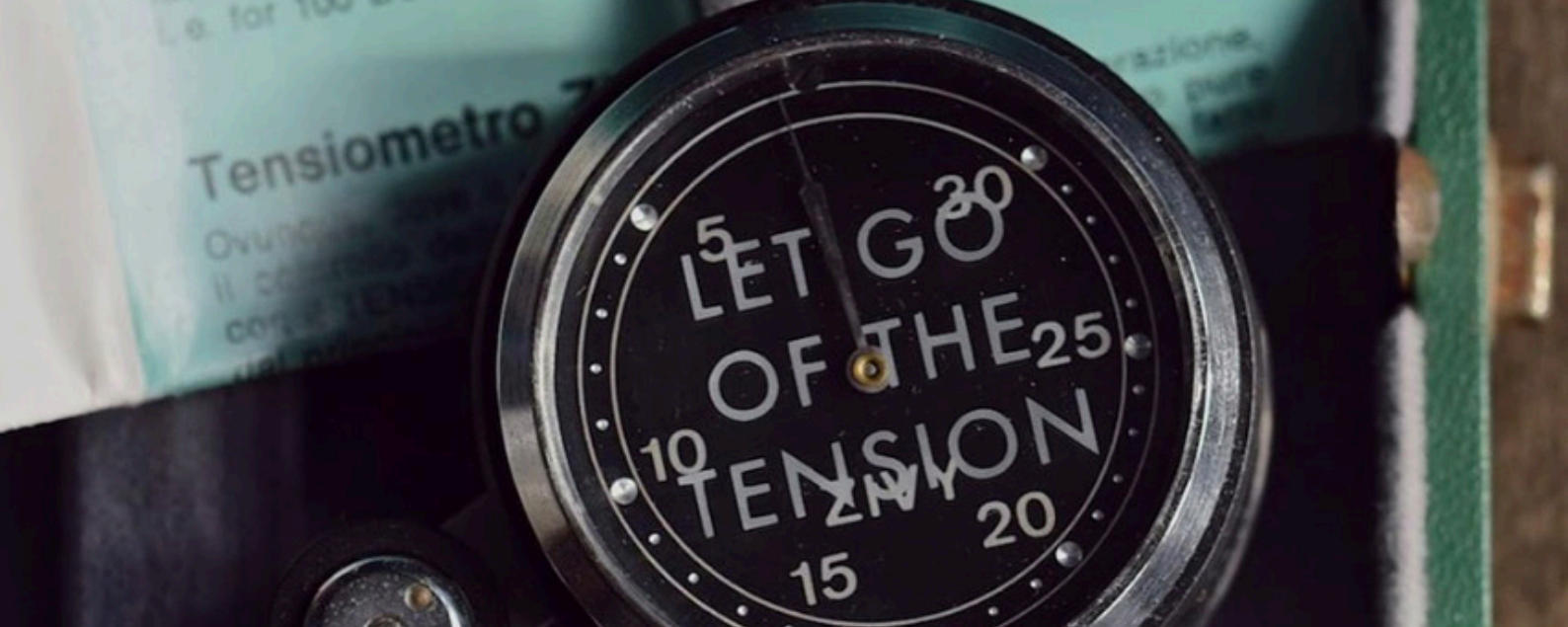
With well wishes for you and your family. Stay home and stay safe

The CBT Resource Team

# Stress and worry

It is normal to feel stressed, anxious and have worries right now. We are bound to be thinking about it and what could happen. When it reaches a point where our stress and worry it is impacting our daily life, stopping us sleeping, or feels intolerable - even with the current pandemic, there are practical things we can do to help to manage it. Doing so is an important way to keep us functioning at our best. Most of us will have already had other stresses happening in our lives before this happened. On top, we now all have the additional stress this pandemic brings. We may be worried about our own health, or that of our children, family and friends. Employment and education, our access to necessary resources and our finances. It can feel particularly stressful as we do not know exactly how or when things may change, when things may stabilise and if we or those we care about may be personally impacted. When we worry, we have a natural tendency to jump to the worst case scenario in our mind. It is hard not to jump to conclusions about what may or may not happen, especially when the media is full of reports about the virus and what is happening in other countries experiencing the virus ahead of us. Worrying about a practical, external problem we can solve there and then, and taking the action needed can be useful at times. When the things we are worrying about are in the future, hard to predict and don't have a certain outcome like this, it can keep us caught in a cycle of stress, worry and tension. We may try to do things to feel better that can backfire and make us feel worse, like looking at the news too often, losing the routine or structure to our day, not sleeping or eating well, drinking too much, or avoiding doing things we enjoy or need to do in adapted ways. We may even do things we would not normally do to feel more in control and safer, like panic buying items in case they become unavailable (which then makes them unavailable for others). This can keep us in cycle of stress, worry and tension. This guide has practical, helpful strategies you can begin straightaway to reduce stress.





## Progressive muscle relaxation (PGMR):

We all have a tension load in our bodies, this can build higher like a coiled spring when we are under stress. It leads to feelings of even more anxiety, tension, more worrying, gastrointestinal upset, disrupted sleep, aches and pains and also headaches. PGMR can really help with this. You do it once or twice a day at a set time and it only takes a few minutes. You work through your body to really tense an isolated muscle group for 5 seconds, then to rapidly drop the tension and release it for 15 seconds. You really focus your attention on the muscle and how it feels both when tensed and relaxed. This helps your body to learn early warning signs of tension and to let it go earlier through a process called kinaesthetic awareness.

PGMR is evidence based and recommended in clinical guidelines to reduce tension and worry and to improve sleep. It can also help you feel less irritable and more able to deal with the things you have to deal with right now. You could do PGMR as daily activity with your family each morning or evening or use it by yourself. You don't need any special equipment to do it. People who practice PGMR regularly find they feel less anxious and have fewer worries. It can take a while to reach its full effects, so keep going with it. Many people use it everyday in their lives even when they feel better.

Sit down comfortably in a chair and remember to take off your shoes. Use a quiet place, free of any distractions where you can really focus your attention on your muscles to do your PGMR practice. Starting at your head or feet, whichever you prefer, you tense and then release one muscle group at a time. Many people find starting PGMR from the head down easier. Don't hold a muscle tense for more than 5 seconds though. Holding it too long can feel uncomfortable or lead to cramping. Then, move onto the next muscle group when you are ready.

If you have an existing physical health condition, back pain, pain, muscle spasms or injury, then we advise that you check with your GP before using PGMR in that area. If you need to, you can skip that muscle group.

It can be hard to isolate individual muscles in your arms and legs at first if you are not using those muscles regularly. You can tense your whole arm or leg first, then move to the individual muscles to make this easier to do.

# Progressive Muscle Relaxation

My forehead: lift my eyebrows as high as I can and tense.

My face: tighten up the muscles in my face, around my cheeks and nose and hold it tense.

My jaw: hold my jaw slightly open and tense it.

My neck: gently lean my head right back, stretching my neck and hold it tense

My shoulders: lift up my shoulders to my neck and tense.

My upper back: push my arms backwards at chest level, with elbows towards each other

My right arm at the top: tighten my bicep muscle and tense it as if showing someone my muscles.

My left arm at the top: repeat as above with my left bicep muscle.

My right hand and forearm: make a fist and tense my lower arm and stretch it out, keeping it tense.

My left hand and forearm: repeat the above with my left hand and forearm.

My upper back and shoulder blades: stretch up my back and shoulder blades and hold them tense.

My abdomen and lower back: pull in my tummy muscles and hold them tight and tense.

My buttocks: tighten my buttocks and tense them up.

My entire right leg: put my leg out and tense it all the way down.

My entire left leg: repeat the above on my left side.

My lower right leg and calf: tense my calf muscle in my lower leg.

My lower left leg and calf: repeat the above with my left side.

My right foot: curl up my toes and tense my foot.

My left foot: repeat the above with my left foot.

# What should I do about my worry?

Is the worry a practical worry that I can take an action to solve straight away and doing that should be the priority of my focus of my attention right now rather than anything else?

Yes

This is practical worry I can do something about right now that should have my attention

No

I can't do anything helpful about it right now or solve it. This is a hypothetical worry.

Take action on practical things you can do something about at the time. Try not to put it off until later, as this can make you feel more stressed and anxious.

For these worries, use the worry time technique. Write them down knowing you can worry about them as much as you want in your planned worry time. Then refocus your attention back onto the present

# Managing worries

We have two types of worries. We have practical worries, these are worries that we can do something about there and then. For example, we may worry about having enough money in our account for a bill going out this week, so transfer some money in from another account to cover it, or arrange an overdraft. This stops the worry and deals with the problem, leading us to feel better.

We also have hypothetical worries. When we have hypothetical worries, they still tend to be about practical situations our lives, like work, finances, education, employment and our health, but there isn't a way for knowing for certain if we will, or won't get a certain outcome, or there isn't a further action we can take to know for sure. So our mind tries to treat them the same way as practical worries. They takes our attention away from where it should be in the present. You can use the worry diagram to see if a worry is practical or hypothetical if you are unsure at the time you are worrying. Hypothetical worries tend to be about situations in the future that are uncertain, unpredictable or uncontrollable; things that we cannot do anything to change at the moment. For example 'What if I get the virus'. We tend to have a lot more hypothetical worries when facing an uncertain situation like we are now.

These worries can quickly escalate in our minds to the worst case scenario and make us feel even more anxious, tense and stressed. For example, we don't know for how long the virus risk may be present for, it is uncertain how long we will have to isolate or could be at risk for. We can't control who else may come into contact with it, we can only reduce our own and our families risk by taking the advised precautions. We can't with all certainty say if we will or will not get it. It is uncertain, unpredicatble and out of our control beyond that. Our mind still wants to try and solve the hypothetical worry problem, so we go over and over it in our minds keeping us feeling more and more stressed. It can also lead us to take actions that are less helpful or make us feel worse in the longer term, or that only give us temporary relief and then the worry comes back.

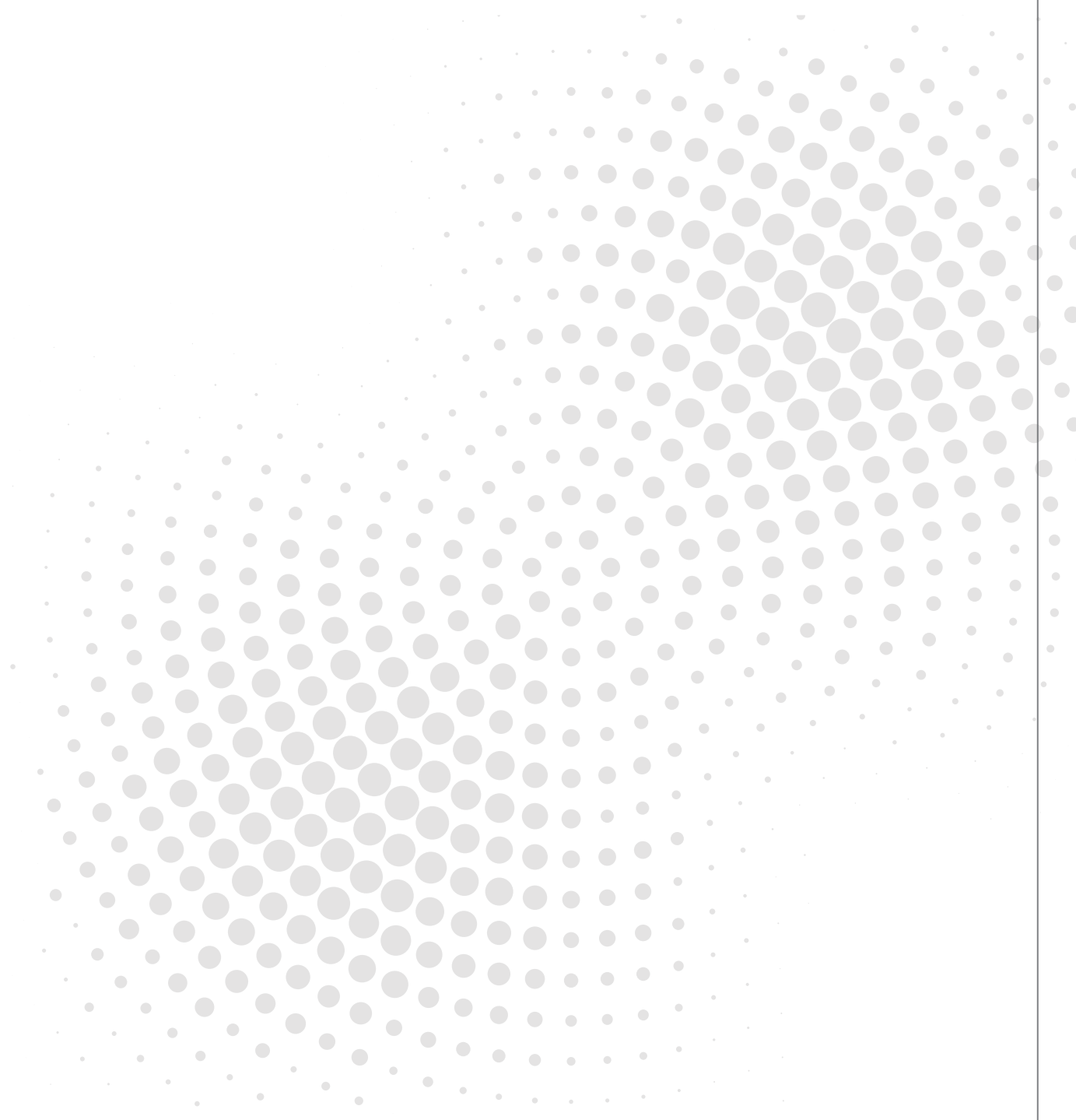
A technique that can help with managing hypothetical worries that are impacting on your day or your sleep, is to have a worry time period once a day for a set amount of time. In it, you allow yourself to worry as much as you want or need to. Outside of your planned worry time, you write down any worries than come into your mind. Then refocus your attention away from the worry onto a practical task or activity. The same worry may come up lots of times, that is okay and to be expected. Just write it down again, knowing you can deal with it later and refocus your attention back on the present by doing a task. Then, at your planned worry time, take out your list and allow yourself to worry as much as you want about the things written down. At the end of your worry time, throw away your list and start a fresh one. If worries stop you sleeping, keeping a pen and your list at the side of the bed can be helpful. Write them down and then refocus on the task of sleeping. Postponing your worry allows you to take control of it, rather than allowing your worry to control you and your day. People find over time they have fewer worries and feel more in control of them.

Keeping to usual daily routines, as much as possible is one of the best ways of keeping our mood and sleep regulated. Keeping to the same times for eating meals, going to bed and waking up.

Activities that require concentration are good to do in the mornings and physical activity in the afternoon. Try to access natural daylight each day between the hours of 11-3 pm, even if isolating at home in your garden or through a window. This is when the light is best to help our bodies to be able to produce the sleep inducing hormone melatonin for sleep later.



Write down any worries that come into your mind during the day (or at night) until your next planned worry time. Remember to re-focus your attention onto the present moment once you have written a worry down. The same worries may come back into your mind. That's OK, just re-write them on your list and re-focus your attention again. At your planned worry time, you can sit and worry about the things you have written here as much as you want or need to. At the end of your worry time, throw this list away and start with a fresh worksheet.





## Use APPLE for managing stress and uncertainty

Another helpful technique you can use for managing stress and anxiety when it feels intolerable in the moment is to use APPLE. Apple helps us when we want certainty we cannot get in a situation we cannot control or predict. It helps us to refocus our attention and get outside of our internal world of anxious thoughts and feelings

**A**cknowledge and notice that what is in your mind is uncertain and unpredictable right now and that you are taking all the recommended advice to stay safe

**P**ause for a few moments and don't react to the thought or feeling in any way, just let it be.

**P**ull back from the thoughts or feelings you are having. Telling yourself that they are just the uncertainty of the situation trying to find a solution to something you cannot control right now. That it is ok. Thoughts are not facts. It is just what our minds do. Be compassionate to yourself. It is an understandable way of your body trying to deal with a situation that is uncertain. Let your body do its thing, it is designed to keep you safe. You can pull back from it.

**L**et it go, just like Elsa in Frozen. The thought or feeling is not harmful although it may feel unpleasant. You can pause, allow the thoughts and feelings to just be and then choose to let them go by refocusing your attention on a task in the present.

**E**xplore what is going on around you right now. Refocus your attention out of your own internal world and what is happening inside your body, to what is happening outside of you. Notice things with your senses. What can you hear? What can you see? What can you do right now as a task to take your full attention back into the present? The same worries or feelings may come back, that is ok. Just notice when you are going inside you and repeat the APPLE process as much as you need.

# Keeping a daily routine

We are creatures of habit. Our body clock and overall wellbeing rely on our daily routines as markers for our day and sleeping well. Our body clock has three main ways it does this, through our sleep pattern, our eating patterns and our activities. So it likes these to be regular and structured. The things we do, like eat around the same time each day, when we get up, go to bed and our usual activities help our body to function properly and synchronise us to the 24 hour sleep/wake pattern in our day.

Our normal routines can become quickly disrupted when we have a lot to deal with or are facing a stressful situation like this. This outbreak has changed so many aspects of our lives in such a short space of time. This can impact on our mood and our overall wellbeing, our sleep. It can leave us feeling exhausted and reduce our immune systems ability to keep us fighting fit. So keeping to a routine, as much as possible is important. Infact, is probably one of the best things you can do to keep you functioning at your best and your spirits level along with socially isolating and following all the advice on handwashing and other steps to prevent spreading or contracting the virus.

Try to keep a regular routine for your or your family meal times and for the times you go to bed and wake up each day. In the daytime try to keep active within the constraints of isolation for the virus. How we sleep at night can be affected by what we do earlier in the day and the daylight that we access and our access to light in the evenings. Daylight allows our body to produce melatonin, the sleep inducing hormone. So try to get outside in the mornings when the light it as it best at some point between 11-3. If you cannot get outside at the moment, looking out of an open window for fresh air is helpful.

Ideally a couple of hours before bed, try to keep to a nightly wind down routine that helps you to relax and prepare for sleep each evening. The routine before bed helps your body know it is time for sleep. Keep the lighting dimmed, shut the curtains or blinds and really try not to use devices or screens for at least an hour before bed. These devices give off blue light which make us alert and make it harder for us to drop off to sleep. Relaxation or mindfulness meditation can be a useful way to wind down. A bath before bed can also help, along with warm drinks without caffeine. Warm feet have also been shown to help you to drop off to sleep more quickly. Ideally, don't read or watch media information about stressful current events in your wind down routine, as this may activate your arousal response again.



# Keeping active and structured

This situation can make it hard to do the usual activities and things you need to do or enjoy in the same way. Writing down any routine, necessary and pleasurable things you are not doing, or able to do in the same way can help. Plan out your week and what activities and routine you and your family will do. You can use this planner if it helps you to think through what you will do.

Think about creative ways you could still do some of the pleasurable and social things you would normally do, adapted to the current situation we face. For example, if you usually go to the gym, then think about ways you could increase your activity in your home or garden or an open outdoor space. Take small steps to add up to bigger changes in how you do things. Just don't congregate with other people in indoor or outdoor spaces.

Speaking to relatives and friends is important to keep our sense of connection with people. Using things like Skype, Facebook, Zoom and WhatsApp are great ways to do this by video. People are finding some really creative ways of spending time with groups of friends via video chat, even playing games together and sitting and chatting while having a cup of coffee or an evening drink, as if they are still face to face.

Many organisations and companies are enabling you to access their content such as exercise classes and yoga online such as the Own Your Goals website, knitting tutorials and videos, mindfulness sessions, educational resources for children and many other brilliant things for free online to help during this time.

If you feel overwhelmed by things you need to deal with or how you are feeling, it can be tempting to put things you need to do off. If we begin to reduce or stop doing routine and necessary things, it may give us some short term relief from the pressure of doing them, but in the longer term it can quickly begin to negatively affect our mood. Write them down, break them into smaller tasks and tackle them one by one if this applies to you. Signs of feeling low are feeling more down or sad than usual, not enjoying things as much as we would normally do, feeling tired or exhausted and changes to our appetite and concentration levels for more days than not. We may also notice more negative thoughts. If you feel down, reach out to services that can help using the links in this guide.





# Keeping a routine

**Pleasurable:** List any pleasurable things that you are no longer doing or are unable to do in the same way as a result of the current situation or how you feel. It may be that these things give you little, if any pleasure at the moment, but keeping doing them even in an adapted way is important. This includes things like hobbies and interests, activities or exercise, spending time with your children, speaking to friends and family and social activities etc.

**Routine things:** Routine tasks are the every day things around the home that have to be done, this includes things like housework, emptying the bin or dishwasher, doing the laundry, paying bills, mowing the lawn etc.

**Necessary things:** Necessary things are those that you are putting off or avoiding doing that would have an immediate health or financial consequence if not done by a certain date coming up e.g. like paying your credit card bill, taking any important medication for a health condition, like insulin if you were diabetic, or responding to an overdue bill final reminder. You may not have any necessary things to deal with.



**Human  
Kindness**

150ml 15mm

# Keeping positive

It is easy to focus on the negatives of the situation right now. Sometimes it may seem that is all we hear and see on social media and the news. It can be easy to get into the habit of spreading that onto others too. There are still positive and happy things happening in the world, even during the pandemic. Focusing on finding them can really help.

One great way of keeping you and your family thinking about balanced information is by looking at The Happy News newspaper by Emily Coxhead. It is a newspaper full of positive news and wonderful people and can really lift your spirits and put things back into balance. You can also access it online here: [www.thehappynewspaper.com/shop](http://www.thehappynewspaper.com/shop) it is great to sit down and read with children too who may also be feeling overwhelmed.


One thing this outbreak has done is bring many people together. People are looking for ways to be kind, help and support those in their local and wider communities through this time. The human spirit and resilience is a wonderful thing. Note down examples of human kindness that you come across or ways that you can be kind and help others through this too. You have probably already done quite a lot of things. Give yourself credit for it. It is an amazing thing to do.

Another great thing you can do with your family is to start a positive things jar. Writing down positive experiences and happy things that you experience as a family while you are socially isolating. Aim to fill it up over the next few weeks, then you can get them out at times when you or others are feeling deflated or need a bit of a boost and look through them. When all this is over it is also a lovely reminder of the time you spent together and the nice things that came from a difficult situation.

Emotions are contagious. If you try to be as positive and enthusiastic about things you can still do, rather than focusing on the negative, it rubs off on the people around you. Let's spread positivity. Similarly, if you find anyone you follow or are friends with are continually posting negative things or sharing information that makes you feel anxious, you may want to limit their posts or profile for a few days using the settings on the site. Balance your time looking at trusted news and media sources about the outbreak once or twice a day, with looking at positive, happier information too. Following looking at news about the outbreak with a positive task that keeps your attention in the present can really help too.







mindfulness

## Mindfulness

Mindfulness practice is a great way to reduce stress and feel happier. Mindfulness is a way of being fully present with full attention in our moment to moment experiences as they happen, without judgment. It means not being overly reactive or overwhelmed by things that are happening around us in that moment. When the mind wanders off onto internal thoughts or feelings, mindfulness gently brings your attention back into the moment.

The Oxford Mindfulness Centre (OMC) within the Department of Psychiatry at the University of Oxford are doing free to access weekly mindfulness sessions and podcasts during the outbreak that are open to the general public during the outbreak. You can find out how to access them here: <https://oxfordmindfulness.org/online-sessions-podcasts>

There are also some good free mindfulness apps, such as Headspace. It is available on the app stores and more information is available here: <https://www.headspace.com>

There are different types of mindful exercises that you can try:

Mindful colouring or drawing

A mindful body scan

Mindful eating

Mindful meditation or yoga

Mindful walking or running

Mind the mental health charity have useful information about mindfulness, ideas for using mindfulness exercises and a video of someone who uses mindfulness practice speaking about their experiences and guiding you through how to do a mindful eating exercise on their website here: <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>



It can be easy to focus on the worst case scenario when we are feeling stressed or anxious. Instead, spend some time focusing on the opposite. What could be best outcome be for you and the people you care about when this pandemic comes to an end. Keep that in mind when you need it.

Our relationships with other people and our one with ourselves is more important than ever during times like this, keep in contact with people you care about and who care about you. Make a list of people you have in your network for support, including in your wider community, shops that are providing support and delivery services for example. Reach out for more help if you need it from reputable sources like the ones provided here. Be kind to yourself, there is no right or wrong way to be feeling right now.

# People who I can call on and useful local services

Use this space to make a note of people you can call on if you need support and local services that are providing services like food delivery, support and advice in your area:



# Getting more help and information

IAPT psychological therapy services are available free, if you need more help

IAPT stands for Improving Access to Psychological Therapies (IAPT). These NHS funded national services offer free access to evidence based therapies for low mood, anxiety and depression across England. They offer treatment over the telephone, via online platforms and video links in many services. If you or someone you care about needs support for low mood, sleep problems, depression or anxiety, you can self refer to your local IAPT service or be referred by your GP. There may be a short wait to be seen, but they are working as hard as they can to see everyone who needs help right now.

Local IAPT services are listed on the NHS website and you can search with your postcode here:

[https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20(IAPT)/LocationSearch/10008)

## Other useful resources

A free online CBT course you can access as an individual straight away is the Living Life to the Full website. It is used widely in the NHS and is available to all. It can be accessed here: <https://littf.com/>

The Oxford Mindfulness Centre within the Department of Psychiatry at the University of Oxford is providing weekly mindfulness sessions and podcasts free to the general public for those who feel they would benefit from them during the pandemic. You can find more information here:

<https://oxfordmindfulness.org/online-sessions-podcasts>

Silverline: Silverline is a free, 24 hour, confidential helpline for older people that covers a range of topics and someone to speak to at any time of the night or day.

<https://www.thesilverline.org.uk/>

[0800 4 70 80 90](https://www.thesilverline.org.uk/)

Every Mind Matters: Every Mind Matters is a free NHS advice service with a range of resources for your body and mind

[https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.mc\\_id=MentalHealthGeneric&gclid=Cj0KCQjw09HzBRDrARIsAG60GP\\_RosUF9KQjmf90MeCqpCeqZbVQqL82-ebrKMrgd3StspbSKuwqD4gaArfVEALw\\_wcB](https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.mc_id=MentalHealthGeneric&gclid=Cj0KCQjw09HzBRDrARIsAG60GP_RosUF9KQjmf90MeCqpCeqZbVQqL82-ebrKMrgd3StspbSKuwqD4gaArfVEALw_wcB)

They have also produced some excellent tips for managing anxiety about the COVID-19 virus here and have listed useful helplines too:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

CALM, the campaign against living miserably have lots of advice and information on mental health. You can contact them 5pm to midnight 365 days a year, via their web chat or by phone on 0800 585858 or via their website <https://www.thecalmzone.net/>

Young Minds is an excellent mental health website for information for children and parents: <https://youngminds.org.uk/>

MIND the mental health charity have a wide range of information about mental health on their website: <https://www.mind.org.uk>

The World Health Organisation facts and advice on COVID-19 are available here: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>

They have provided a video on COVID-19 and how to protect yourself here: <https://youtu.be/1APwq1df6Mw>

The NHS information about COVID-19 is available here: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



If you need urgent help for your mood, are having thoughts of suicide, are harming yourself or have thought about self-harm, it's important to tell someone. Don't struggle by yourself. Contact your GP if you can. If you cannot wait to see a doctor or feel unable to cope or keep yourself safe, you can contact the organisations below to get support right away

The Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult. Call free on 116 123 or visit the Samaritans website: <https://www.samaritans.org/>

Shout offers confidential 24/7 crisis text support for times when you need immediate assistance. Text "SHOUT" to 85258 or visit Shout Crisis: <https://www.giveusashout.org/>

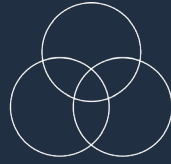
We wanted to also take this opportunity to say a massive

# THANK YOU

to ALL our incredible colleagues right across the NHS, healthcare, clinical science and research services that are working around the clock to keep us all safe and well.

You really are everybody's heroes.





# The CBT Resource<sup>®</sup>

## About Us

The CBT Resource was founded to provide high quality training and resources for CBT and IAPT services to use, as well as mental health and resilience training, resources and content for digital health platforms and organisations and companies wanting to support the wellbeing of their employees. Our blog was recently voted in the top 20 international CBT blogs available for clinicians. Our Founder Marie Chellingsworth is passionate about improving access to psychological therapies. She has over twenty years experience in mental health as a clinician, academic, researcher and Subject Matter Expert for a number of companies. During this time she has published a wide range of CBT books, digital therapy programmes, national training materials and resources for people to both use CBT techniques and to support the work of practitioners in the NHS IAPT programme. She has worked with UK national bodies to maintain standards for CBT based approaches and was Consultant to the Australian Improving Access to Psychological Therapies programme. Prior to developing The CBT Resource, she was the Executive Director of Evidence Based Psychological Therapies at UEA and a Director of training courses at the Universities of Nottingham and Exeter. Outside of work she is an avid street art collector, loves music and walking her Irish setters.

[www.thecbtresource.co.uk](http://www.thecbtresource.co.uk)

## A note of thanks to Andy Poplar from [Vinegar & Brown Paper]<sup>®</sup>

The photographs of etched glass throughout this programme are the work of Andy Poplar from [vinegar & brown paper]<sup>®</sup> ideas etched in glass. Special thanks and credit goes to him for enabling us to use these images in our workbook and resources series. An award winning advertising creative, he set out to mend his head with [Vinegar & Brown paper] after his own experience with anxiety and stress. At the heart of Andy's work are his reflections upon his own experiences that led to his career change into etching glass. As [vinegar & brown paper], Andy has spent the last 8 years taking vintage or iconic items of glassware and bringing them to life with the tools of typography, wit, word-play and a slightly askew way of looking at the world. You can now find pieces of [vinegar & brown paper] on bookshelves everywhere, from York to New York (and a much happier man too). You can find more of Andy's work on his website and his Facebook and Instagram pages on the links below.

[www.vinegarandbrownpaper.co.uk](http://www.vinegarandbrownpaper.co.uk)

[Instagram.com/mendyourhead](https://www.instagram.com/mendyourhead)

[Facebook.com/mendyourhead](https://www.facebook.com/mendyourhead)



Change

Rain

Stormy

DON'T  
LET THE  
PRESSURE  
RULE  
YOUR  
LIFE.



RISING, HAND MOVES TO RIGHT, READ BLACK FORECAST  
FALLING, HAND MOVES TO LEFT, READ RED FORECAST

MADE IN ENGLAND