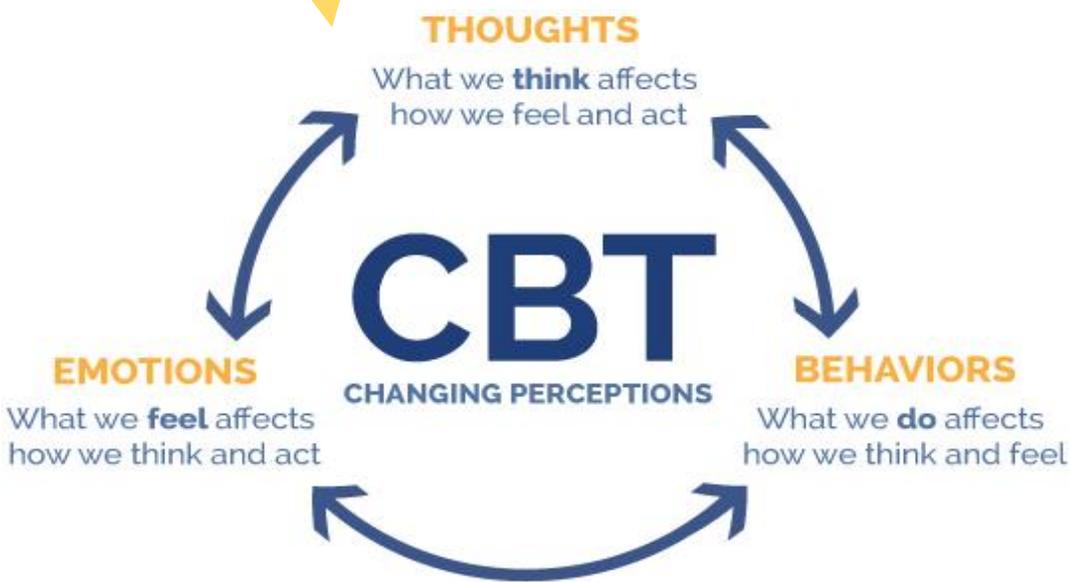


What is CBT? Can CBT Help Me?

Cognitive Behavioural Therapy, commonly referred to as **CBT**, is a type of skills based talking therapy that can help you manage your problems by changing how you *think* and the way you *behave*. CBT is a flexible approach to understanding and overcoming mental health difficulties.

CBT is recommended by the National Institute for Health and Care Excellence (NICE) guidelines. This ensures that it is an **evidenced based therapy**, showing effectiveness for the treatment of a range of common mental health problems such as:

- Anxiety & Worry
- Depression
- Obsessive Compulsive Disorder (OCD)
- Panic Disorder
- Phobias
- Post-Traumatic Stress Disorder (PTSD)
- Low Self Esteem



CBT is **goal orientated**:
You will be encouraged to think of what you would like to be different, and how you can achieve this by breaking your goals down to be more achievable.

The **main focus** of CBT is on the **here and now**, allowing you to focus on problems that are currently having an impact on your life. You might also **explore past events** but thinking about how past experiences might have **shaped how you see the world now**.



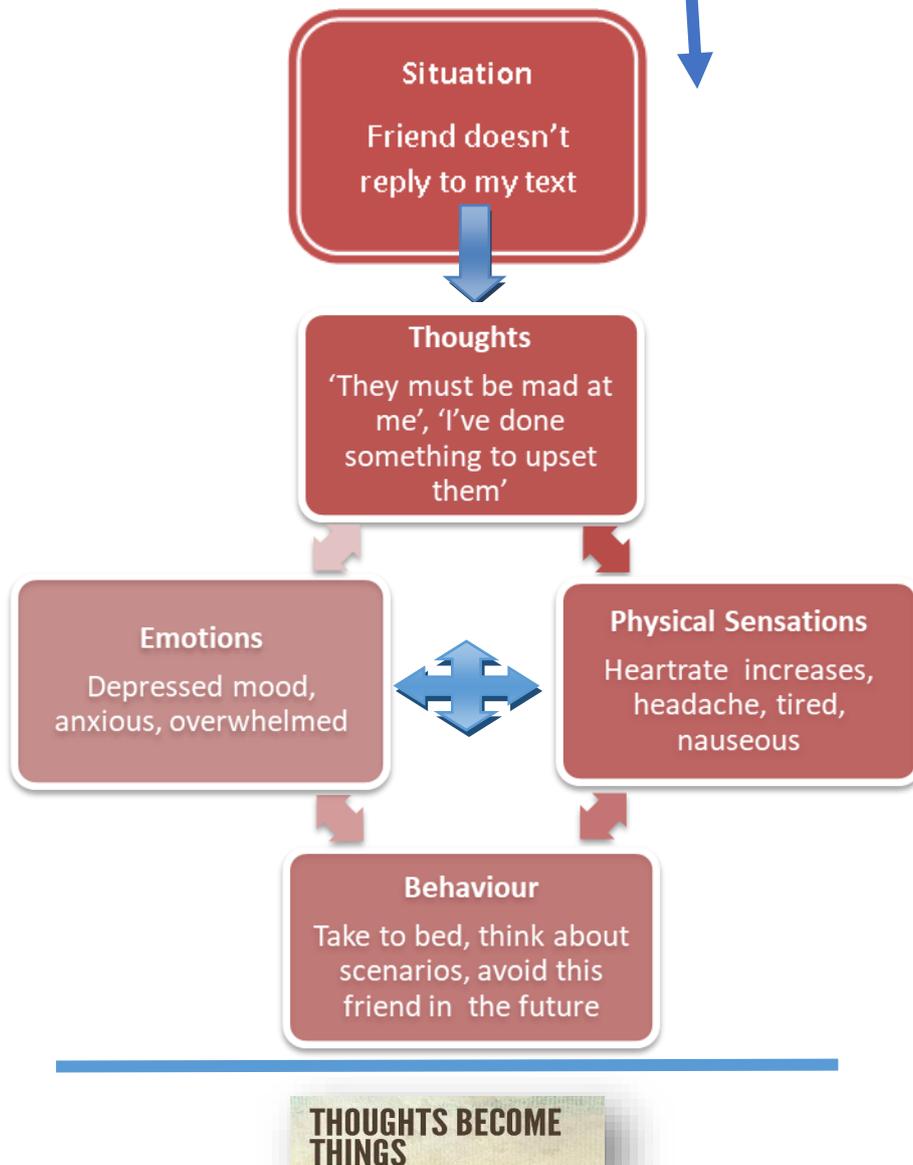
CBT is an **action therapy** with the motto '**Nothing changes if nothing changes**'. Once you have figured out your own **unhelpful thoughts** and **behaviours** in different situations, you will be encouraged to apply techniques such as **activity planning**, **keeping a thought diary**, **relaxation** practice to help you face your fears. **Changing patterns of thinking and behaving** can take some time, and like any skill requires patience and practice!

Find out more about CBT on this video (click):

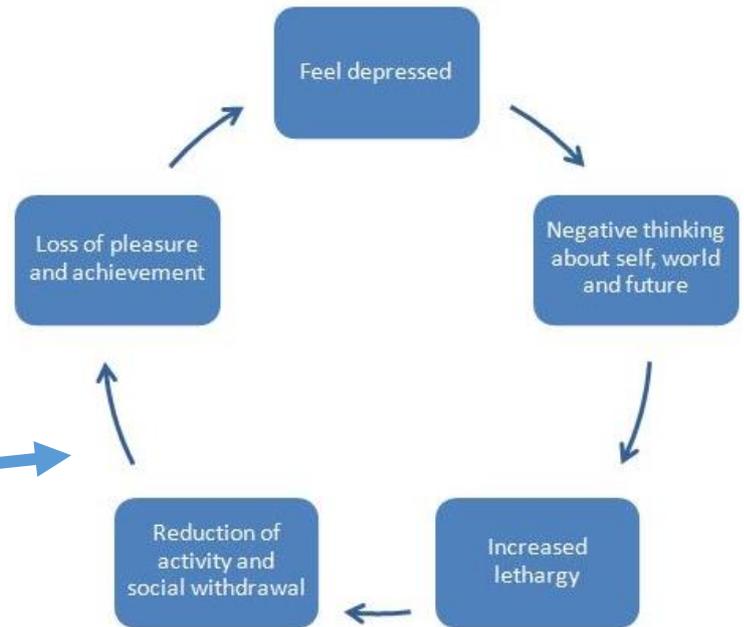
- [Making Sense of CBT - MIND](#)

CBT is based on the idea that our thoughts, feelings, and behaviours are constantly interacting and influencing one another.

Look at the following example:



The **key thing to remember** is that, according to CBT, when we **feel anxious or low**, our **thoughts tend to be more negative** and **this influences how we feel** and **how we behave**. Our **thoughts are shaped by our beliefs**, and **our beliefs are shaped by our experiences**. Over time, this can lead us to develop unhelpful coping strategies, such as avoidance or inactivity which then keeps this **vicious cycle going**.



If you interpret a situation in a negative way, then you will likely experience **negative thoughts and unpleasant emotions** such as lowered mood, anxiety, anger or fear. Such feelings might lead you to **behave** in a certain way. This can lead to a **vicious cycle of negative thoughts, feelings and behaviours**, which can develop into **depression or anxiety**.

CBT aims to help you identify your **maintaining factors** and to help you change these in the following ways:

- Psychoeducation
- Relaxation
- Sleep Hygiene
- Identifying and challenging unhelpful thoughts and beliefs
- Increasing valued activity
- Problem Solving
- Facing your fears (Exposure therapy)
- Self-Management

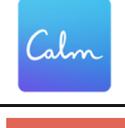


Having suicidal thoughts? Discuss with a loved one, call Samaritans on **116 123** or access your **G.P.** or **Crisis Service** via **NHS** on **111**.

Our recommended resources (click for direct access):

NHS Inform	Offers the most up-to-date advice on dealing varying mental health difficulties, including the 5 Steps to Mental Wellbeing. Please visit: NHS Inform
Wellbeing	Our website offers a variety of self-help materials, groups, and courses for all sorts of problems that you may be facing. Anyone can download the self- help materials. Please visit: Wellbeing Website Glasgow
Mental Health Foundation	A range of content designed to give you more information about mental health and to help you to look after your mental health. Please visit: Your Mental Health - Mental Health Foundation
NHS Every Mind Matters	Interactive website providing you the opportunity to complete a short quiz which creates a Mind Plan of what you can do to improve your mental health. Please visit: Every Mind Matters
Psych Central	Run by mental health professionals offering reliable, trusted information to individuals struggling with a mental health. There is also an excellent quiz section allowing you to find out more about your symptoms and how to manage these. Please visit: PsychCentral for Mental Health
MIND	Information hub provides advice on how to support your mental wellbeing. Please visit: MIND Information Hub
SAMH	Hub of information and guidance about looking after mental health. Please visit: SAMH Guidance for Mental Health

Useful Apps:

	Mind Shift	Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. It can encourage you to take charge of your life, ride out intense emotions, and face challenging situations
	SAM	SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time and learn 25 different self-help techniques.
	Happify	Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts to overcome negative thoughts
	Headspace	The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to meditations on everything from stress and anxiety to sleep and focus.
	Calm	Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.
	Smiling Mind	Smiling mind is a way to practice daily meditation and mindfulness exercises from any device. This is helpful during times of stress and is a fun and unique way to help you put a smile on your mind.