Mind Management Skills Workshop:

Introduction – Noticing When We Are Stuck



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Further Support

The following workshop and exercises are designed to be skills-focused to support you with common issues you may experience as part of your post graduate studies, in particular dealing with self-critical thoughts. If you feel as though you are experiencing more difficult problems in your wellbeing or mental health you can seek further support via one of the methods listed below.

* Student Health and Wellbeing: 01912083333
* Postgraduate Support Services (24/7 telephone support line): 08000305182
* Samaritans: 116 123

Alternatively you can contact your GP to discuss referrals to NHS services if you feel you would benefit from further treatment for your mental health

Skills Practice 1 - The Vicious Cycle

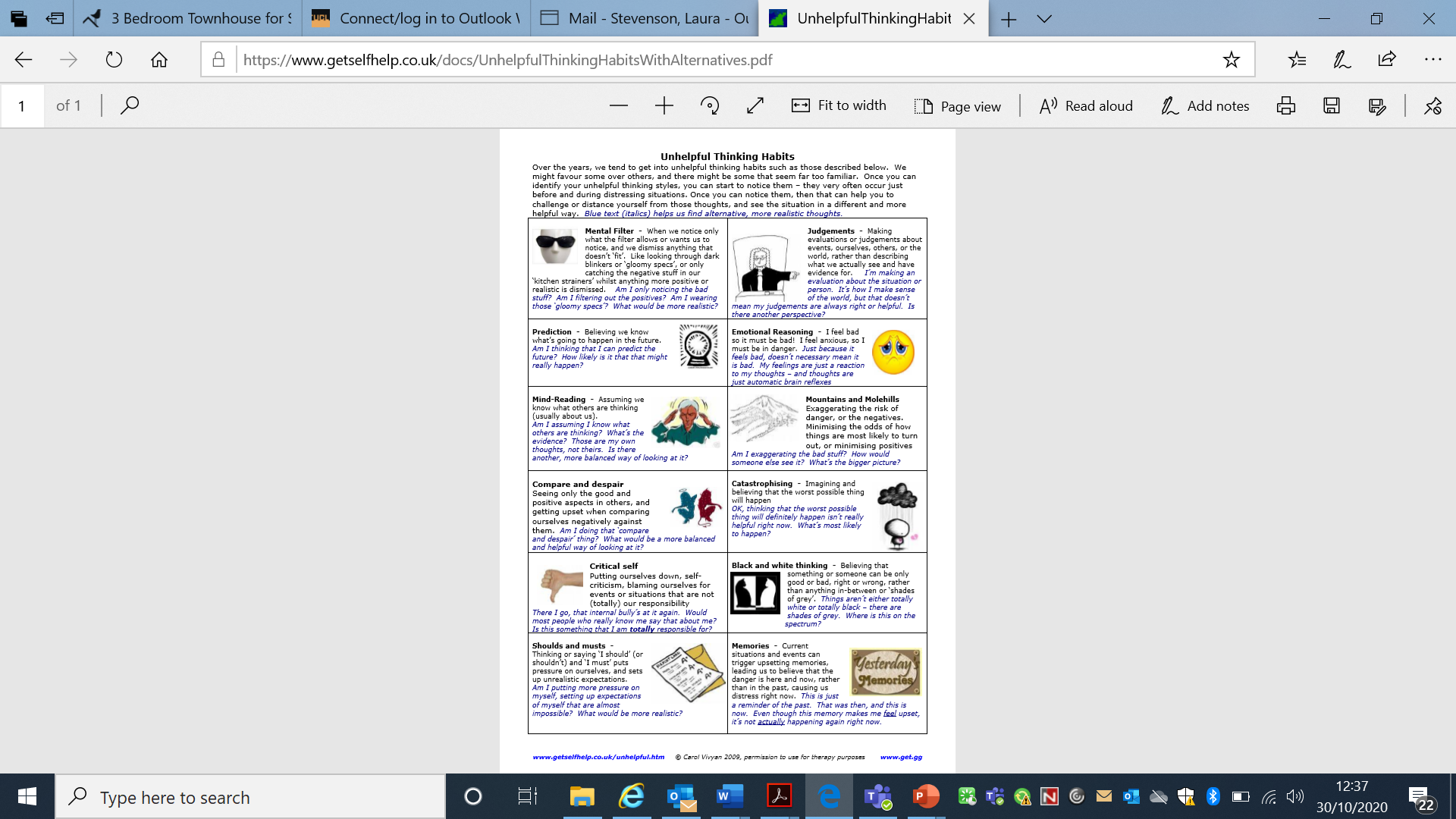
This handout is designed to help you reflect on a moment when your thoughts, feelings and behaviour are forming a vicious cycle. It is a chance to notice what caused the cycle but also how the way your thoughts, feelings and behaviour are influencing each other.

**Thoughts**: what thoughts are going through my mind? What thoughts am I noticing myself have right now?

**Behaviour**: how are these feelings affecting my behaviour? What am I doing right now, or what do I feel like doing?

**Feelings**: how are these thoughts making me feel? What emotions am I experiencing right now? What am I noticing in my body?

**Trigger**: what situation, event or experience is taking place? What is happening that could cause this cycle?

Skills Practice 2 – Ways we distort our thinking

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Referring to your vicious cycle, list your thoughts and then label them with the appropriate unhelpful thinking pattern

|  |  |
| --- | --- |
| Negative Thought | Unhelpful Thinking Pattern |
|  |  |

Skills Practice 3 – Behaviour Analysis

Antecedent (Trigger [internal: thought / external: situation]:

Behaviour

Intended Consequences Unintended Consequences