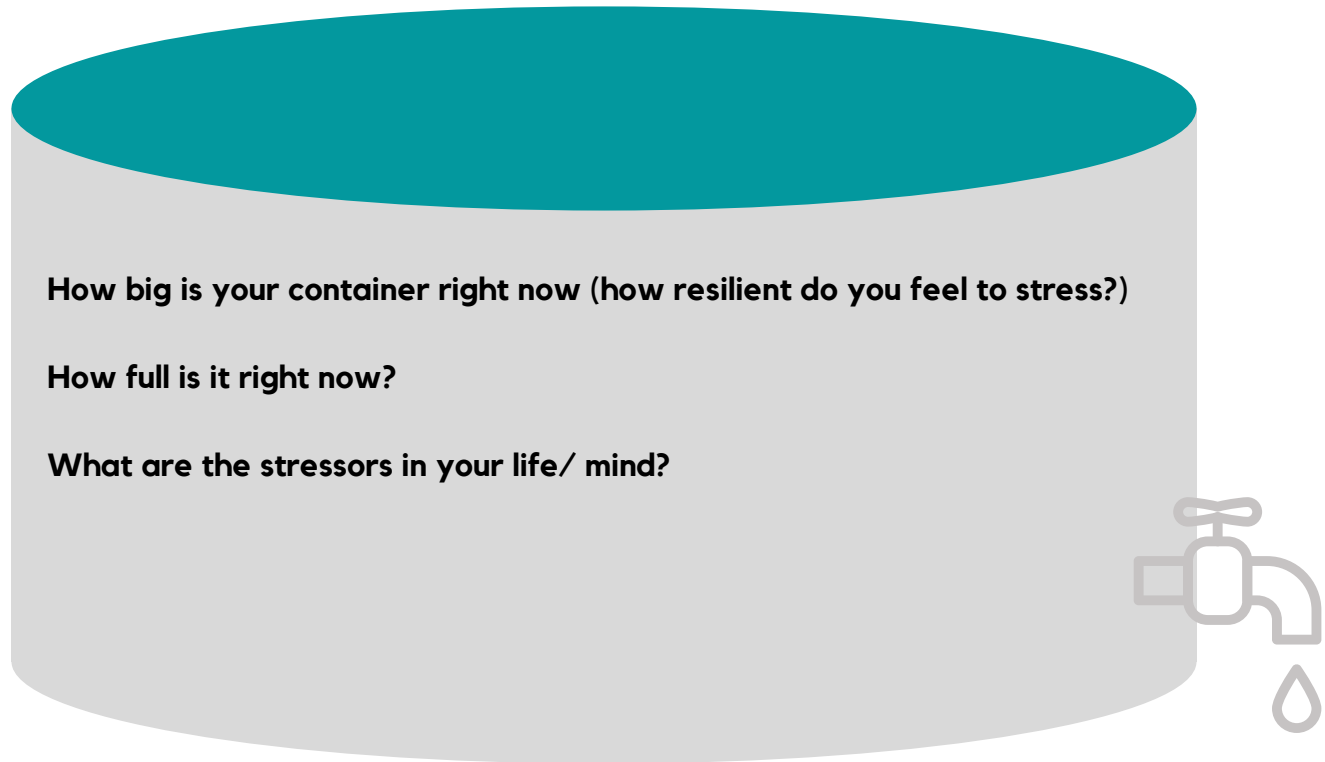


BREAKING THE WORRY CHAIN

What's causing your container to fill up with stress?

Developed from an idea by Brabban and Turkington (2002)



What stresses/worries can you do something about?

What can't you change and need to accept?

What needs your urgent attention?

Can anyone help you with anything in your container?

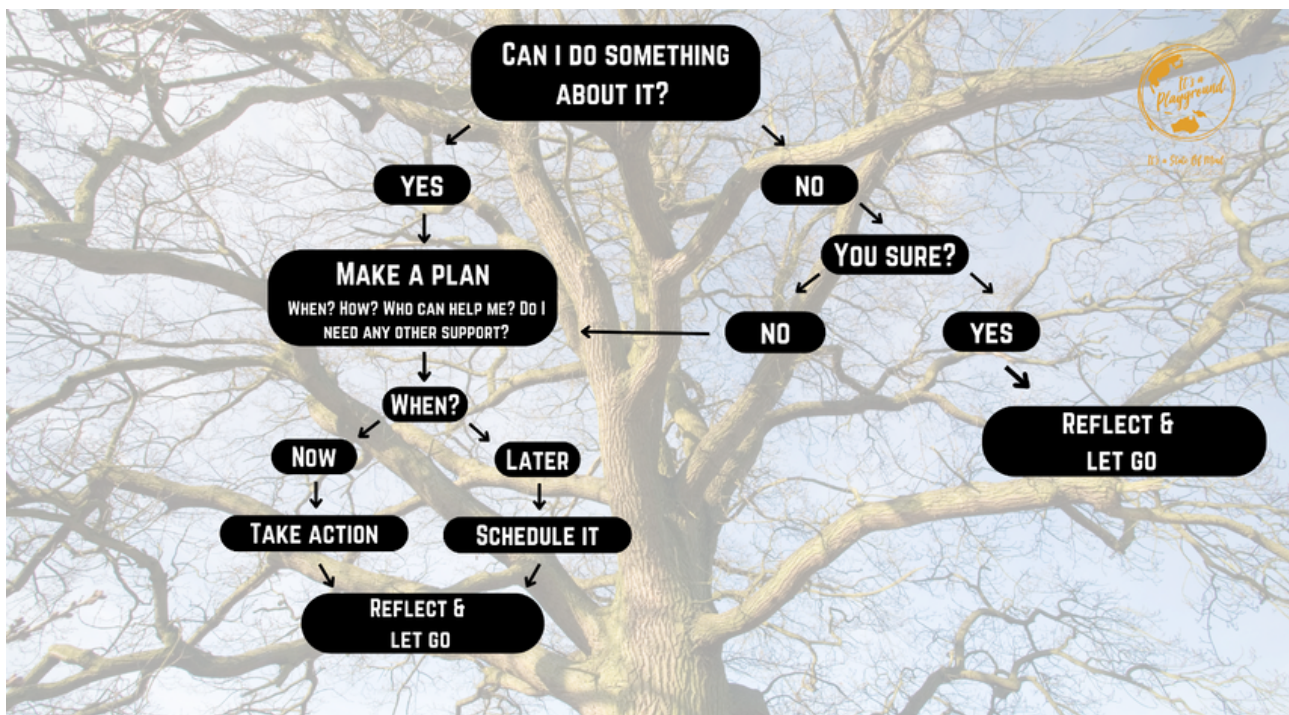
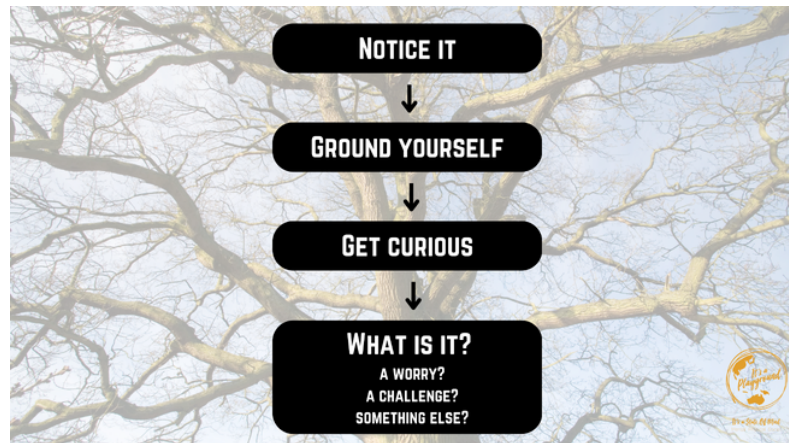
What are some of the unhelpful responses you have to stress?

What are some of the useful ways that you turn the tap/ release stress?

How can you tell that your stress container is getting too full/ overflowing (What's your stress signature)?

How can you increase the size of your container?

BREAKING THE WORRY CHAIN



CATCH, THEN QUESTION UNHELPFUL NEGATIVE THOUGHTS

SELF-TALK OFTEN FEELS LIKE IT'S A FACT, WHEN IT'S OFTEN SIMPLY A BIASED OPINION OR JUST ONE WAY OF THINKING ABOUT A SITUATION.

OUR THOUGHTS ABOUT A SITUATION CAN CAUSE OR ELONGATE DISTRESS AND CAN HAVE A NEGATIVE IMPACT ON OUR MOOD AND BEHAVIOUR.

IF YOU'RE EXPERIENCING NEGATIVE THOUGHTS, CHANCES ARE YOUR SELF-TALK IS STUCK ON A DOWNWARD SLOPE. THE MORE WE PRACTICE THIS WAY OF THINKING, THE BETTER WE GET AT IT.

LEARNING TO CHALLENGE THIS GROWING HABIT MIGHT TAKE TIME AND PRACTICE, BUT IT'S WORTH THE EFFORT.

THE FIRST STEP IS TO NOTICE THE NEGATIVE THOUGHT AND SIMPLY QUESTION IT.

THE METHOD OF "TURNING DOWN THE HEAT" ON NEGATIVE THINKING CONTAINS TIPS ON HOW TO ANALYSE AND QUESTION THESE THOUGHTS AND START REPLACING THE NEGATIVITY WITH BALANCE AND PERHAPS EVEN OPTIMISM.

PRACTICING THIS CAN HAVE A PROFOUND IMPACT ON OUR RESILIENCE AND WELLBEING.

TURN DOWN THE

HELPFULNESS Is this thought helpful to me?
Is it going to help me achieve my goals?

EVIDENCE Am I confusing a fact with an opinion?
What is the evidence for the negative thought?
What is the evidence against the negative thought?

ALTERNATIVE PERSPECTIVES If a good friend knew I were having this thought, what would they say to me?
If someone I loved had this thought, what would I tell them?
Five years from now, if I look back on this situation, will I look at it any differently?

THINKING BIASES Am I catastrophising?
Am I thinking in all-or-nothing terms?
Am I focussing solely on the negatives?

ON NEGATIVE THINKING

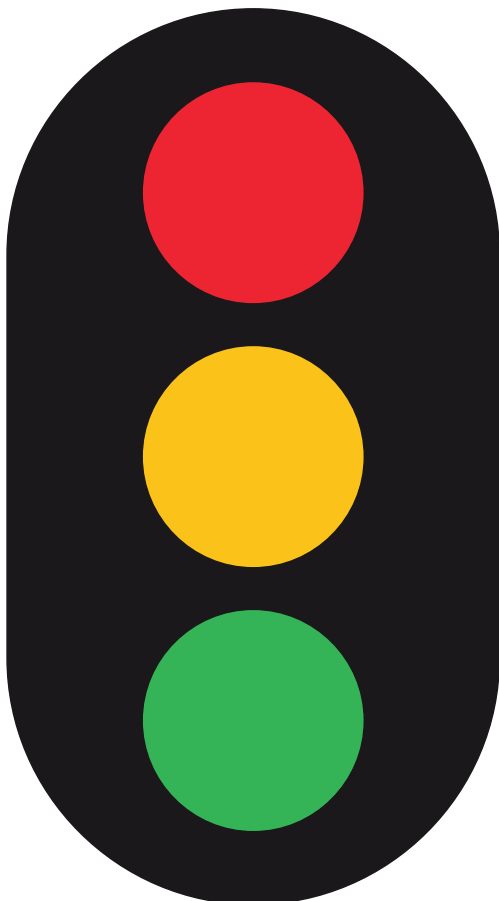
ACTION PLAN & TOOLS

Notes

What are your top takeaways? What info or tools could you share with someone else?

My Action Plan

RED - what will I stop doing that's not helpful, AMBER - what will I keep doing that is helpful, GREEN - what will I start doing that's helpful



BREAKING THE WORRY CHAIN

Useful Information and Resources for Dealing with Worry and Uncertainty

Dealing with Worry - NHS Borders

<https://www.nhsborders.scot.nhs.uk/media/213576/worry.pdf>

Mindful Breathing Exercise Video - Everymind Matters

<https://www.youtube.com/watch?app=desktop&v=wfDTp2GogaQ>

Relaxation technique from NoPanic Charity

<https://nopanic.org.uk/relaxation-technique/>

Body Scan Audio - NoPanic Charity - 5 mins

<https://nopanic.org.uk/relaxation-technique/>

Youtube Clip Explaining the APPLE technique for dealing with stress/worry (3mins 27)

<https://www.youtube.com/watch?v=cXAZ6FgfcDg>

Address Your Stress Resources from MHFA(ENGLAND)

https://mhfaengland.org/mhfa-centre/resources/address-your-stress/?resource_type_id=48b51c37-3ca5-e811-8147-e0071b668081

Better Health - Mind Plan - NHS

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

Top Tips to Managing Stress Video - Everymind Matters

<https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/>

Unhelpful Thinking Styles - CCI WA

[https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-](https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Depression/Depression---Information-Sheets/Depression-Information-Sheet---11--Unhelpful-Thinking-Styles.pdf)

[Professionals/Depression/Depression---Information-Sheets/Depression-Information-Sheet---11--Unhelpful-Thinking-Styles.pdf](https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Depression/Depression---Information-Sheets/Depression-Information-Sheet---11--Unhelpful-Thinking-Styles.pdf)

Youtube Clip Meditation for Urge Surfing -3.27 mins

<https://www.youtube.com/watch?v=pXWQXDxXg5U>

Living with Worry and Anxiety Amidst Global Uncertainty - Psychologytools Free Resource - Includes Thought Diaries and Other Useful Tools and Information and is shareable to anyone - translations available

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf

How to Deal with Uncertainty - Tips from British Heart Foundation

<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/wellbeing/dealing-with-uncertainty>

StepChange - Debt Charity - Mental Health Information and Resources

https://www.stepchange.org/debt-and-mental-health-support.aspx?gclid=EAIaIQobChMIjcDSmdfq_QIVlcvCh34VQTgEAAYASAAEgLIQvD_BwE

Managing Your Worries - Resources & Tools from University of Exeter

https://cedar.exeter.ac.uk/media/universityofexeter/schoolofpsychology/cedar/documents/liapt/Managing_Your_Worries.pdf

Self-kindness Toolkit - Red Cross

<https://www.redcross.org.uk/-/media/documents/self-kindness-toolkit/download-self-kindness-toolkit.pdf?la=en&hash=AEDA1E14783BA63538B3B092AF8721AE1EEB9D4E>

Self-compassion Resources - Dr Kristin Neff

<https://self-compassion.org/category/exercises/#>

ADDITIONAL RESOURCES

Anxiety UK

Anxiety UK is a charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: www.anxietyuk.org.uk

CALM

CALM is the Campaign Against Living Miserably. A charity providing a mental health helpline and webchat.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Mind

Mind Charity promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

Papyrus

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)

Website: www.papyrus-uk.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org

Drinkline

A free confidential helpline for people worried about their own or someone else's drinking.

Phone: 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm)

SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

It's a place to go if you're struggling to cope and you need immediate help.

ext: 85258

Website: <https://www.giveusashout.org/>

Debt Support Trust

As a registered money advice charity helping people across the UK, their advisers empower you to resolve your money worries and get back to a debt free life.

Phone: 0800 085 0226 (Monday to Friday 8am to 7pm)

Email: contact@debtsupporttrust.org.uk

Website: <https://www.debtsupporttrust.org.uk/>



It's a State Of Mind
Mental . Physical . Social

**IN THE PLAYGROUND, WE'RE TAUGHT TO EXPLORE,
ADVENTURE, EXPERIMENT AND LEARN.**

**WE'RE ENCOURAGED TO BE ACTIVE, CONNECT AND
SHARE.**

**LIVE YOUR BEST LIFE...
CREATE YOUR OWN PLAYGROUND**

**WE'RE PASSIONATE ABOUT ENSURING YOU HAVE THE RIGHT TOOLS AND KNOWLEDGE TO LOOK
AFTER YOUR PHYSICAL, SOCIAL & MENTAL HEALTH AND WELLBEING, SO THAT YOU CAN MAINTAIN
AN "IT'S A PLAYGROUND" STATE OF MIND.**

INFO@ITSAPLAYGROUND.ORG

WWW.ITSAPLAYGROUND.ORG