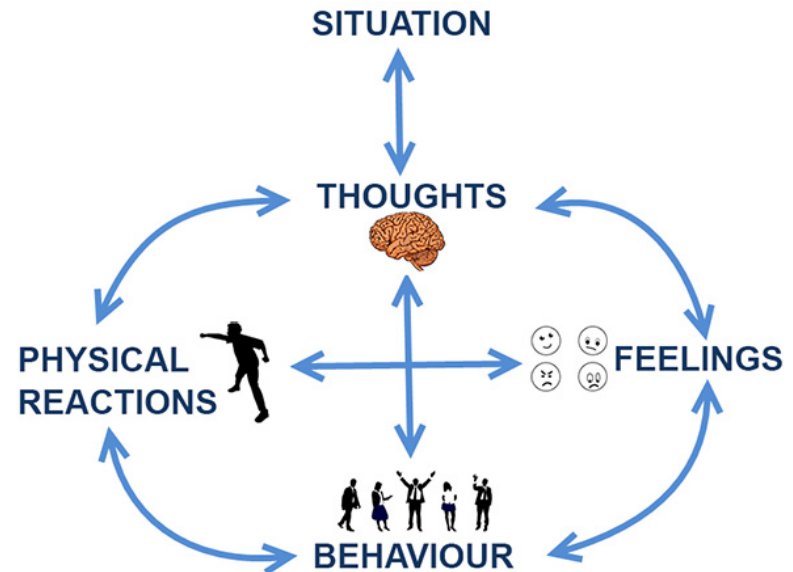


# **Finding Inner Resilience to Face Life's Challenges**

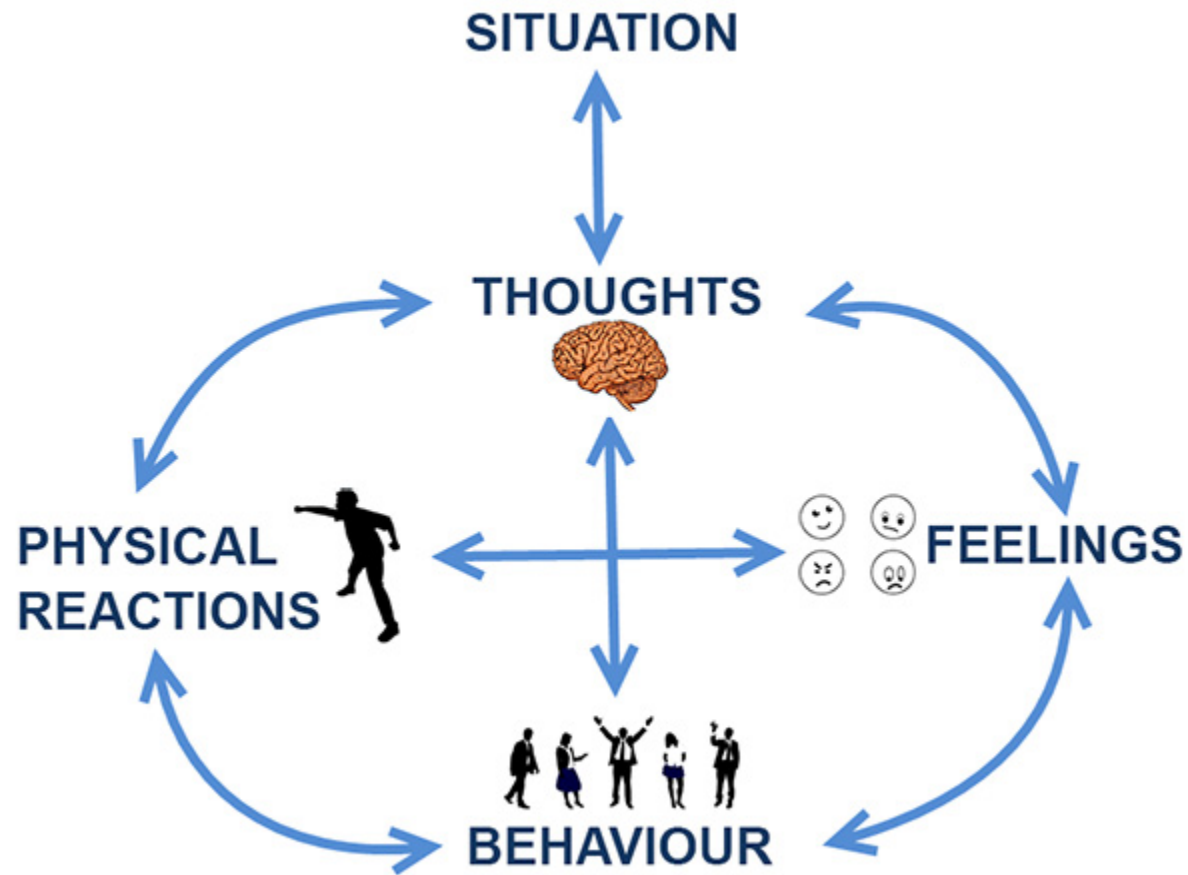
**Karin Brouwer, March 7<sup>th</sup> 2015,  
PUMC – Men's Breakfast**

# Finding Inner Resilience to Face Life's Challenges

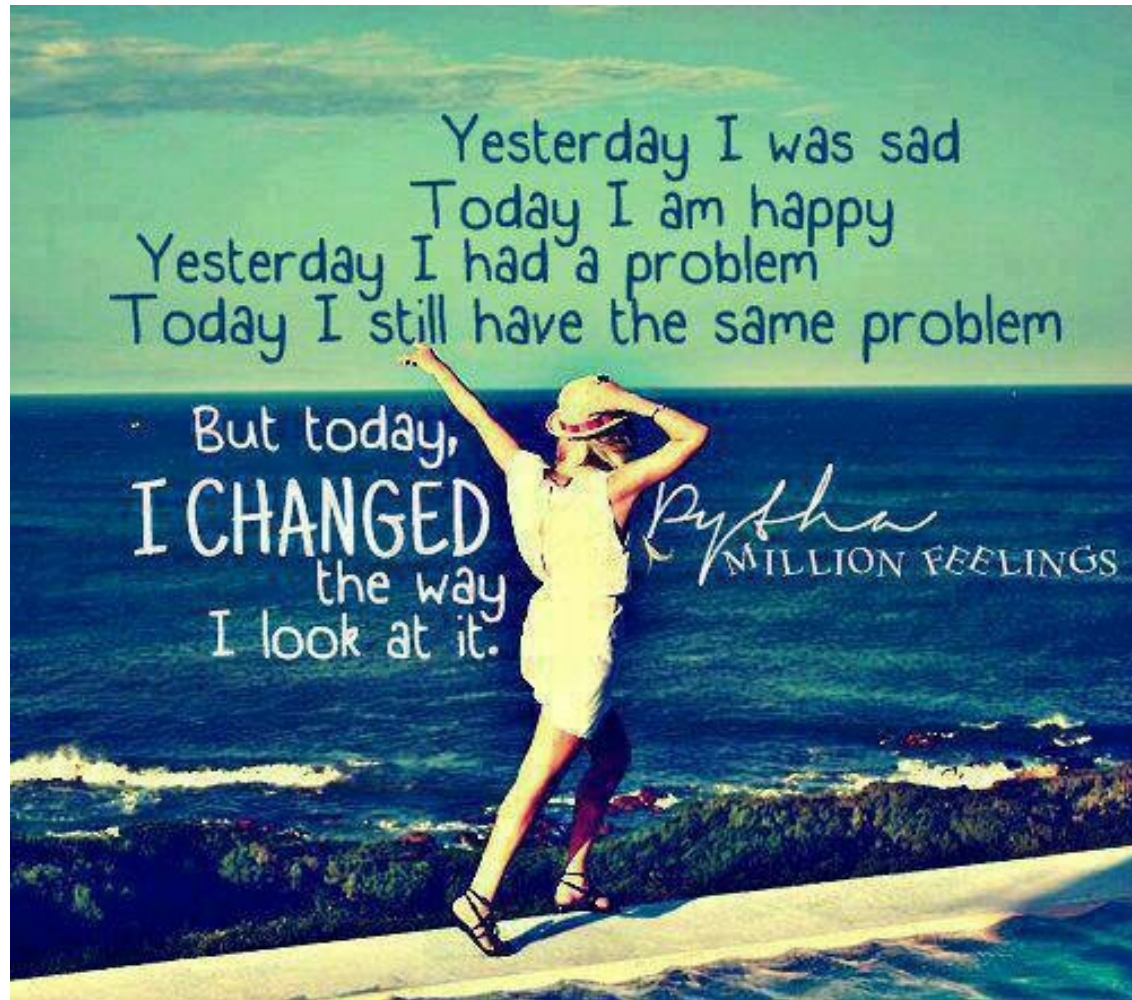
- My background
- CBT (Cognitive Behavioral Therapy)



# CBT Model



# Thoughts





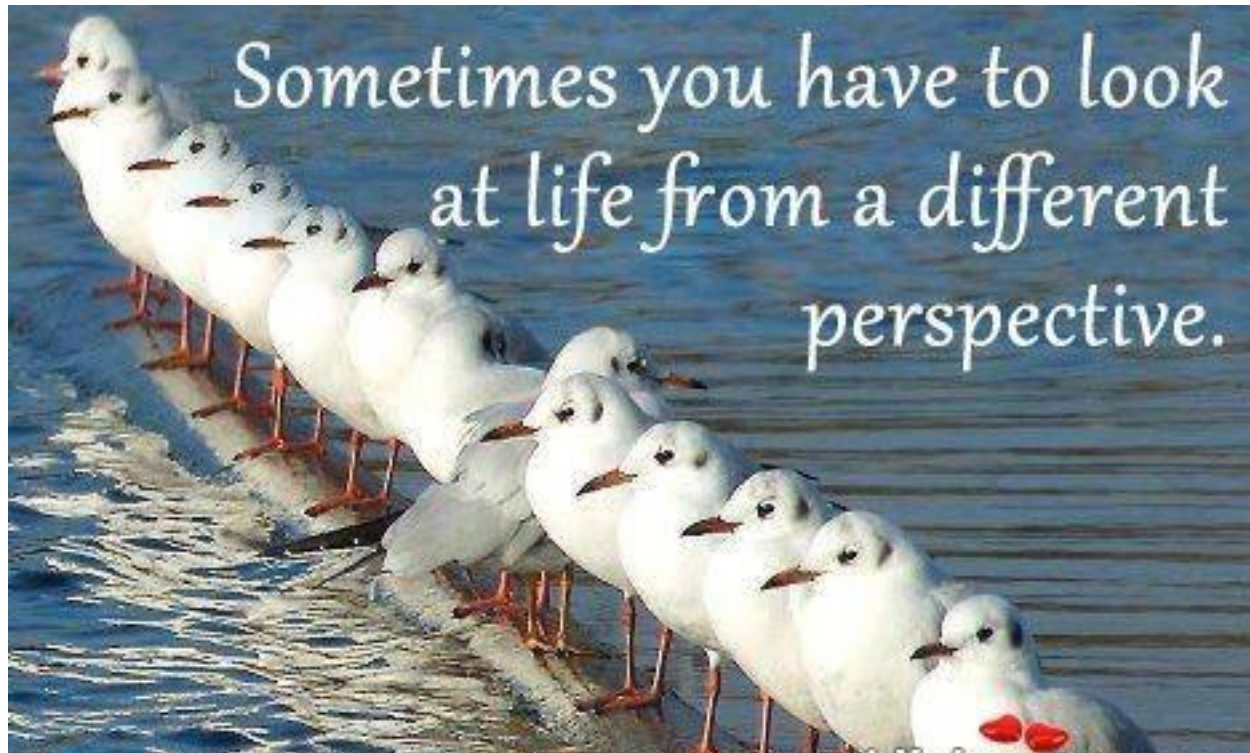
# Thoughts

- Our thoughts aren't facts!
- I might think the sky is pink but that doesn't mean it really is
- We can see how our thoughts are powerful and can be the start of a vicious circle
- We can learn to identify, challenge and update our thoughts



# Thought Challenging

- When you notice a change in your emotions, backtrack and try to identify the thoughts that went before
- Think about these thoughts – are they helpful and realistic?
- Did I fall into a thinking trap?
- Update them to make them more realistic/helpful



Sometimes you have to look  
at life from a different  
perspective.

# Unhelpful (self defeating) Belief

- Rigid and Absolute Must's, Should's, Have To's, Ought's
- + 1 or more Derivatives
  - The end of your personal world
  - 'I can't stand it'
  - I am worthless, you are no good

# Helpful ( rational) Belief

- Flexible Wishes, Wants, Preferences and Desires
- + 1 or more Derivatives
  - Battered but not Shattered
  - I can stand it but I don't like it
  - Never rate yourself or others, only behaviors or traits

# Emotions

Feelings are like waves. You cannot stop them from coming but you can decide which ones to surf.





# Negative Emotions

## Unhealthy

- Anxiety
- Depression
- Guilt
- Shame
- Hurt
- Anger (at a person)

## Healthy

- Concern
- Sadness
- Remorse
- Disappointment
- Sorrow
- Anger (at behaviour)

# Emotions

- Reduce vulnerability to distressing emotions with “PLEASE”
- These act as your “baseline” to wellbeing

treat **Physical** illness

balance **Eating**

avoid **mood-Altering** drugs

balance **Sleep**

get **Exercise**

# Helpful Hints

- Try to get some fresh air every day
- Exercising 20min every day is just as effective as anti-depressants
- Make time for sleep (don't nap during the day and avoid "screen time" 1 hour before bed)
- Avoid caffeine and alcohol
- Don't have lunch at your desk
- Regular breaks (10 mins every 2 hours) are better than fewer longer breaks

# Behaviour

THIS WEEK...

---

---



MAKE SOMETHING MONDAY

---



TIME TO READ TUESDAY

---



WHAT'S COOKING WEDNESDAY

---



THOUGHTFUL THURSDAY

---



SOMEWHERE FUN FRIDAY

---

# Activities

- When we are stressed our activities tend to be just achievement and routine based – but that's no fun and makes us feel worse!
- Make sure each day has a balance of the following:

## **Pleasurable Activity**

*(Favourite TV programme, get a massage, go shopping.)*

## **Achievement Activity**

*(Doing the weekly shop, paying the bills, writing a birthday card)*

## **Routine Activity**

*(Shower, brush teeth, collect the mail)*

## **Interpersonal**

*(Phone a friend, go out for dinner)*

# Physical

**TAKE CARE OF  
YOUR BODY.**

It's the only place  
you have to live.

-Jim Rohn



# Self-Soothe



- Be kind to yourself using your senses when under extreme stress
- Vision – holiday photos, favourite movie
- Hearing – happy music, sound of nature
- Taste – a piece of chocolate
- Touch – stroke the cat, hand massage
- Smell – favourite perfume, fresh bread

# Be in the present (mindfulness)

- Try noticing the things we don't normally notice because our heads are in the future or the past
- We might go into the garden and think "I should have cut that grass last week", "those hedges need to be trimmed back"
- A key skill is learning to control our focus of attention

***"Yesterday is History,  
Tomorrow a Mystery,  
Today is a Gift,  
That's why it's called the  
Present"***



# What I have learned as a counsellor

- People can learn at every stage of life that they can change their thoughts and thereby change the outcome of a situation
- It is empowering to know that you have that choice, that you are not depending on circumstances, other people or previous experiences
- CBT offers you tools and techniques to 'break the cycle'

## **Other Reading / Sources**

- Boundaries – McCloud and Townsend
- Assertiveness – Chris Williams Workbook

# Boundaries

- ‘When to say yes, when to say no’, to take control of your life
- They are personal property lines that define who you are and who you are not, they influence all areas of your life (physical, mental, emotional, spiritual boundaries)

# Assertiveness

- The difference between being passive, aggressive, assertive
- Being assertive helps to stand up for who you are in a healthy way without putting others down