

# Physical and Mental Health

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Australia

# Acknowledgement

- I acknowledge the traditional owners of this land, past and present - the **Wiradjuri**

New South Wales Area Health Services Aboriginal Nations Map



NSW HEALTH

Disclaimer: This map indicates only the general location of larger groupings of people, which may include smaller groups such as clans, dialects, or individual languages in a group. The boundaries are not intended to be exact. This map is not suitable for use in native title or other land claims.

(HSP) 090321

# Acknowledgement

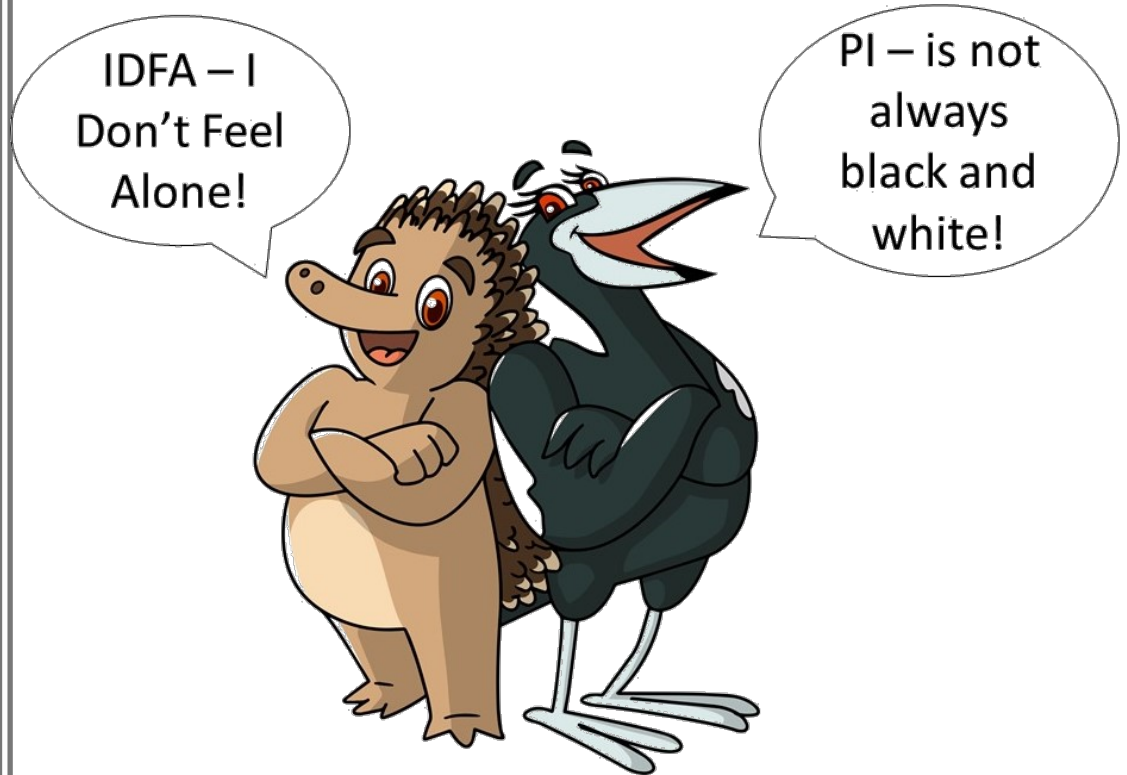
- This presentation contains information from IDFA's staff presentations.
- Chloe Appleton – Support Officer
- Emma Joseph – Health advocacy & communications

# About IDFA

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IDFA is the peak  
patient body  
providing support for  
people with  
Primary & Secondary  
Immunodeficiencies  
in Australia

[www.idfa.org.au](http://www.idfa.org.au)



Sid and Maggie.Pi



**1:1200**  
 suspected number of people  
 with a genetic  
 immunodeficiency that  
 significantly impacts their  
 health



**300**  
 different types of PI exist



**70-90%**  
 of PI patients remain  
 undiagnosed

IDFA is the patient  
 organisation raising  
 awareness, advocating and  
 supporting people affected by  
 PI in Australia. Membership is  
 free to patients, families &  
 Healthcare professionals.

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**IDFA**  
 Immune Deficiencies Foundation  
[www.idfa.org.au](http://www.idfa.org.au) Australia

REQUEST A  
 RESOURCE PACK AT  
[info@idfa.org.au](mailto:info@idfa.org.au)  
**TODAY**

# WORLD PI WEEK

## 10 WARNING SIGNS

- 1 Eight or more ear infections within one year
- 2 Two or more serious sinus infections within one year
- 3 Two or more months on antibiotics with little effect
- 4 Two or more pneumonias within one year
- 5 Failure of an infant to gain weight or grow normally
- 6 Recurrent deep skin or organ abscesses
- 7 Persistent thrush in mouth or elsewhere on skin after age one
- 8 Need for intravenous antibiotics to clear infections
- 9 Two or more deep seated infections such as sepsis, meningitis or cellulitis
- 10 Family history of primary immunodeficiency



# Primary Immunodeficiency



q. is there a history  
cancer, organ  
transplant,  
chemotherapy, certain  
medications, other  
disease (SECONDARY  
IMMUNE DEFICIENCY



Immune Deficiencies Foundation  
[www.idfa.org.au](http://www.idfa.org.au) Australia

**sid the Echidna shows  
the benefits of early  
diagnosis and access to  
treatment for those with  
secondary immune  
deficiency**

**Better  
health  
outcomes!**



**SYMPTOMS  
include:**  
Frequent,  
unusual, or  
unresponsive  
infections



**EARLY  
testing and  
diagnosis is  
essential**



**ACCESS to optimal  
treatments for patients**



©Idfa



# About Me

- Board member of IDFA.
- sit on various committees in Australia for Immunoglobulin use, Leadership, Immunology, Autoimmunity and the not for profit sector.
  - Board member and Treasurer of IPOPI (International Patient Organisation for Primary Immunodeficiencies).
  - the only Fulltime staff member of IDFA.
- have a background in business and education.

ROLE: Communications, Fundraising, Operations, Finance, Advocacy, Support.

*I am passionate about improving quality of life for patients and carers because it's personal!*



1990



1999



2004



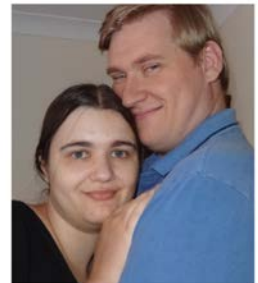
2002



2006

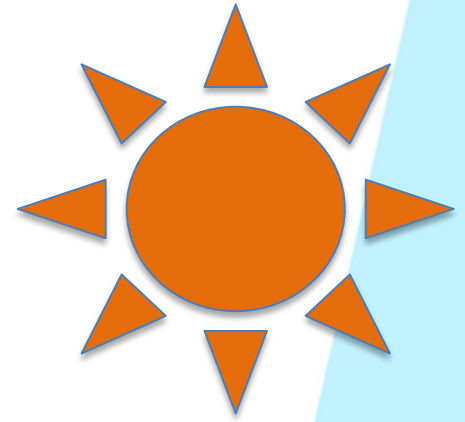


2017





I am a wife, mother,  
daughter, grandma, friend,  
manager, carer,  
and a patient



I like:

**1. Albert Einstein's Three Rules of Work.**

They are great guidelines for Life.

- ▶ Out of clutter, find simplicity
- ▶ From discord, find harmony
- ▶ In the middle of difficulty lies opportunity

**2. To learn a new thing every day**

*My goal is for you to learn something new  
today!*

# Carers

- Carers **provide unpaid care and support** to family members and friends who have a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged.
- *Carers Australia webpage*
- *As a carer, we often take second place to those we are caring for*

## Unpaid work

### *People aged 15 years and over*

	Wagga Wagga (C)	%	New South Wales	%	Australia	%
Did unpaid domestic work (last week)	35,258	71.0	4,127,723	67.7	13,143,914	69.0
Cared for child/children (last two weeks)	14,393	29.0	1,659,250	27.2	5,259,400	27.6
Provided unpaid assistance to a person with a disability (last two weeks)	5,728	11.5	709,415	11.6	2,145,203	11.3
Did voluntary work through an organisation or group (last 12 months)	10,861	21.9	1,103,790	18.1	3,620,726	19.0

In Wagga Wagga (C) (Local Government Areas), of people aged 15 years and over, 71.0% did unpaid domestic work in the week before the Census. During the two weeks before the Census, 29.0% provided care for children and **11.5% assisted family members or others due to a disability, long term illness or problems related to old age ... 2016 CENSUS**

# The definition of “Fine”

How are you?

**I'M FINE...**

**F**rustrated..

**I**solated..

**N**eglected..

**E**mootional..





# Physical and Mental Health

- Definition of “health”
- Fatigue & management strategies
  - Physical wellness
    - Stress
- Mental health & strategies for coping
- How can health be a more positive concept?
- Cognitive Behavioural Therapy

# Definition of Health

**The WHO (World Health Organisation) definition of health:**

Health is a **state of complete physical, mental and social well-being** and not merely the absence of disease or infirmity.

Being unhealthy is the opposite of being well

**PHYSICALLY**

- not having good health; showing a lack of good health

- He looked poor and unhealthy.
- unhealthy skin
- His eyeballs were an unhealthy yellow.

**LIFESTYLE**

- harmful to your health; likely to make you ill/sick

- unhealthy living conditions
- An unhealthy diet/lifestyle



**MENTALLY**

- not normal and likely to be harmful

synonym unpleasant

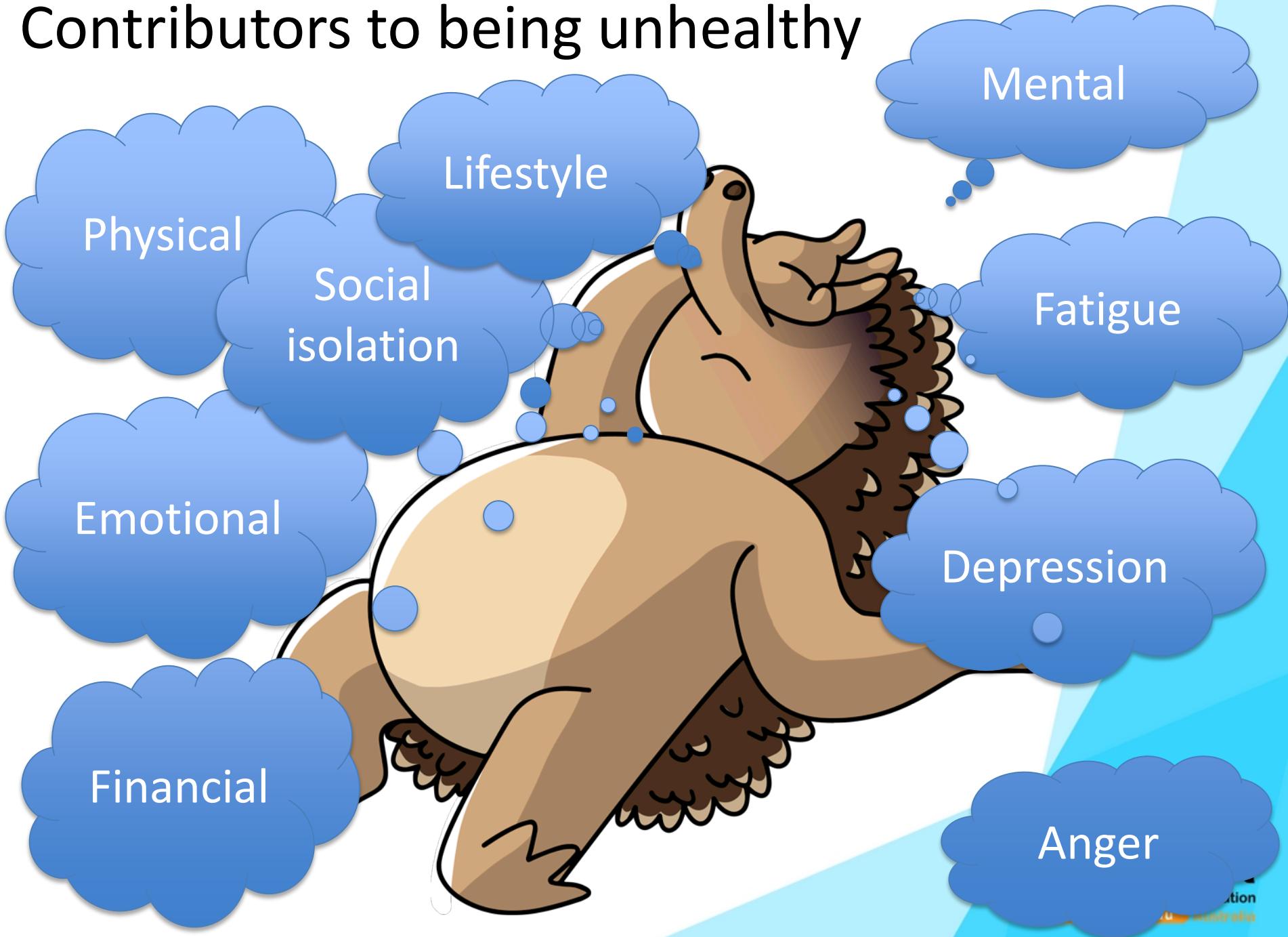
•having trouble with everyday life.

- Disturbing thoughts or actions

Contributors to being unhealthy

What are the  
contributors  
to being  
“unhealthy”?

# Contributors to being unhealthy





# Back to “I’m Fine”

How are you?

**I'M FINE...**

**F**rustrated..

**I**solated..

**N**eglected..

**E**mootional..



# You say you are fine, but are you really???

- Dietrich Bonhoeffer defined health as ‘**the strength to be**’.
- Bonhoeffer says that **health is the ability to pursue our life story without insurmountable obstruction to illness or disability (or circumstance)**.. Unless I am an Olympic skier I can be healthy even after the loss of a leg. I can regain health — I can still flourish — by seeking the courage to rewrite my life script.
- Thus **health can be seen as the ability to flourish without being unduly impeded by illness, disability (or circumstances), AND, by overcoming illness, disability (or circumstances)**..
- *Dietrich Bonhoeffer, (1906–45) German **theologian**. A Lutheran pastor, he opposed the rise of fascism in Germany. Arrested by the Nazis in 1943, he was executed for treason after documents linked him with a failed conspiracy to assassinate **Adolf Hitler** in 1944.*

# How is your “health”?

- Are you in a state of “**complete physical, mental and social well-being**” ?
- Do you have “**the strength to be**”?
- Do you have “**the ability to pursue your life story without insurmountable obstruction from your circumstances...**”?
- Are you able “**to flourish without being unduly impeded by your circumstances ...**”?

How many  
can truly  
answer YES  
to these  
questions?



**Exercise:** Think of or write down 3 aspects of your wellbeing you consider unhealthy (can be physical, mental, emotional, lifestyle related)

**01**

**Fatigued**

**02**

**Do very little exercise**

**03**

**Stressed**

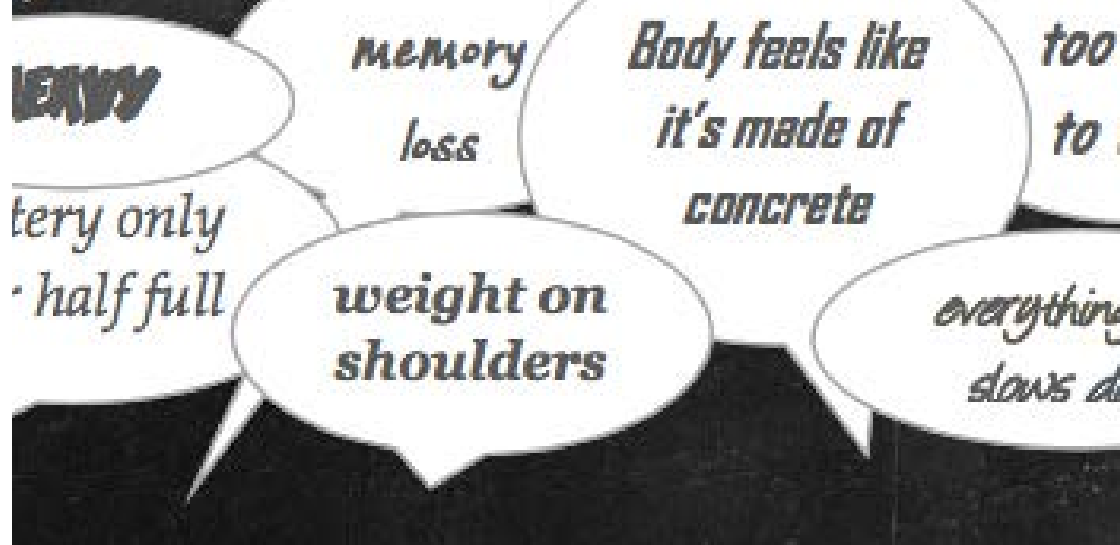


Lets talk  
about  
**fatigue**

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understanding of your own fatigue symptoms will help  
understand how to manage and cope with your fatigue. E  
some more examples of how members describe their  
igue.



- Fatigue is a feeling of **constant tiredness and weakness** which can be **physical, mental, or a combination of both**.
- Fatigue can be very debilitating and frustrating.

# What is Fatigue?

# Fatigue

- Patients experience fatigue

- IPOD

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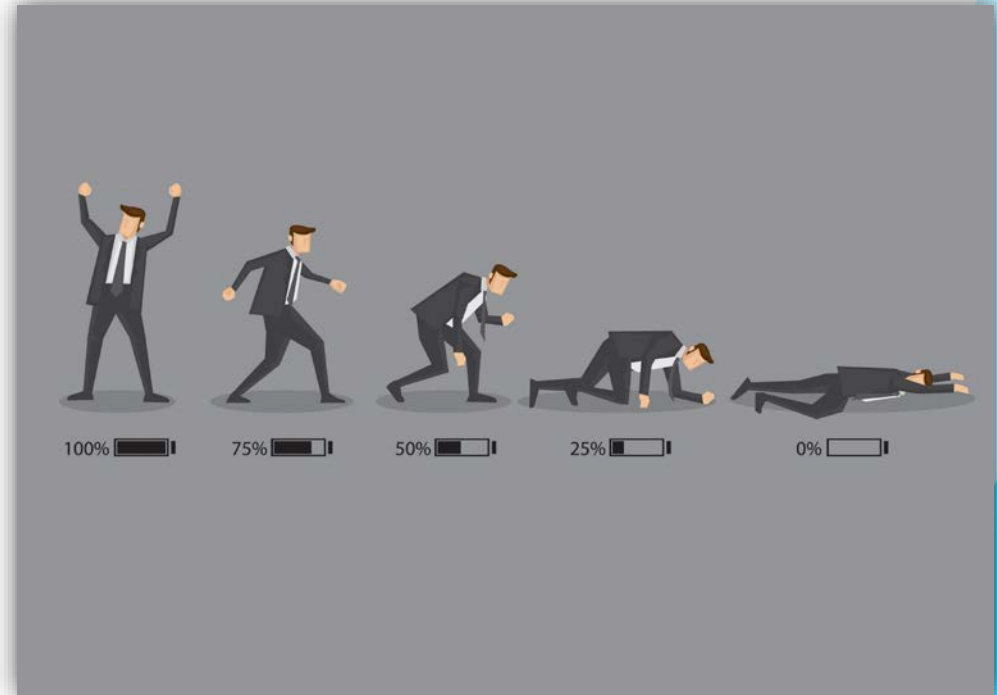
2014

How many of  
you feel  
fatigued?

MOVING.

# Management of Fatigue

- Pacing
- Resting
- Sleeping
- Exercise
- Lifestyle
- Emotional
- Stigma
- Preserving Energy



# PACING

**Pacing** is a key skill to learn in energy management. It involves pacing your exercise and daily activities to avoid “crashing” or “burnout”. It is also a great way to increase strength and general physical function.

- Pacing reduces the risk of burnout
- Can be frustrating, especially when you just want to “get things done”
- Pacing can help reduce the roller coaster ride of fatigue



# Resting

**Resting**, together with pacing, is crucial to fatigue management. When you take a break and rest you help recharge your batteries so you can keep going.

Resting includes; having a tea break, laying down or sitting in a comfortable position for a time, trying not to think of anything for a few minutes or being too stimulated.



- Plan rest and recovery times
- Remind yourself its OK to rest!

# Sleep

- Practicing good sleeping habits is known as **SLEEP HYGIENE**
- Not as easy as counting sheep
- Poor sleep means more fatigue
- Avoid daytime naps if possible (I know! also easier said than done)
- Erratic sleep patterns can have negative effects on the immune system *IDFA Patient and Family Handbook, 2013*



## IDFA Member tips

*Warm milk (with honey!)* Meditation Rain App on phone *soft music* no caffeine after lunch humidifiers Bedroom is clean and comfortable breathing exercises heat/cold pack *calming tea (like chamomile or lavender)* a relaxing bath

# Exercise

- Important to know your limits when exercising
- A little is better than none, but running a marathon is only for some!
- Discuss with your GP what exercises are appropriate for you



# Healthy Eating

- Too tired to shop for food let alone eat!
- No energy to prepare healthy meals!



# Stigma

STIGMA = A mark of **disgrace** associated with a **particular circumstance**, quality, or person.

When a person is labelled, they are seen as part of a stereotyped group. Negative attitudes create prejudice which leads to negative actions and discrimination.

"I'm tired  
of being  
ignored"



## How to overcome stigma

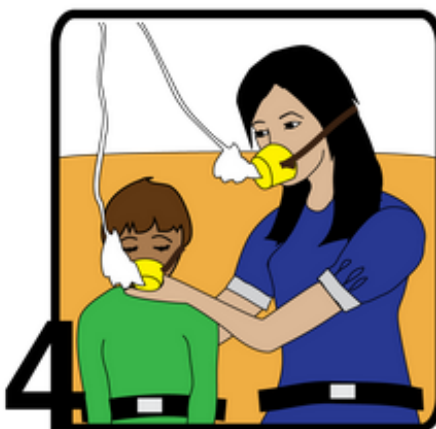
**Strangers:** be assertive and don't waste energy getting angry

**Social Circle & community:** Educate, explain what you're going through, provide resources

# Preserving your Energy

- Don't use it all at once!
- Know your limits, how much can you spend today, what is most important?
- Don't waste energy on rude peoples comments (instead use that energy for something you enjoy)
- Priorities
- Be smart with your energy
- Learn to say "NO"
- If you burnout, rest and recover

# Take care of yourself



- Consider for a moment the advice you are given when you fly on a plane. The flight attendant instructs you to **“put on your own oxygen mask first, before helping others”**. *Self-care is you putting on your oxygen mask first.*

# In summary..

- Fatigue is a feeling of **constant tiredness and weakness** which can be **physical, mental, or a combination of both.**
- **FATIGUE MANAGEMENT** includes:
  - Pacing
  - Resting
  - Sleep hygiene
  - Exercise
  - Healthy eating
  - Stigma management
  - Preserving Energy
  - Self care



# Let's talk about physical wellness



- Best definition:
- “**Physical wellness** promotes proper care of our bodies for **optimal health** and functioning. There are many elements of **physical** wellness that all must be cared for together. Overall **physical** wellness encourages the balance of **physical** activity, nutrition and mental well-being to keep your body in top condition.”
- <https://shcs.ucdavis.edu/wellness/physical>

# Exercise

- Exercise is a vital aspect of self-care and the healing process. Always check with your doctor or specialist.
- The benefits of exercising on a regular basis have positive long term effects compared to exercising 'on a good day'. Tiredness or over whelming feelings may exist, but the movement of the body is a good tip to get through the day.
- Yes, there can be limitations on exercising when you are a carer, however that depends on each individual's circumstance.

What

# What do you do for exercise?

- S
- W

- 
- Gym
- Resistance

# What counts as Exercise?

- Stretching
- Walking
- Yoga/Tai Chi
- Pilates
- Swimming
- Dancing
- Cycling
- Running
- Gym workout
- Resistance bands

# BENEFITS OF EXERCISE

What are the benefits of exercise?

- Improves sleep patterns
- Reduces stress and anxiety
- Promotes lung function
- Improves mood
- Allows for teamwork, communication and a feeling of being normal if an individual is struggling with isolation.

# SIGNS TO MONITOR WHILE EXERCISING

- Difficulty recovering post workout
- Feeling faint during or after exercising
- Feeling “wired up” and weak at the same time

# TIPS WHILE EXERCISING

- Go at your own pace
- Listen to your own body
- Choose low impact exercises
- Include a warm up & cool down
- Limit the frequency
- **Keep hydrated**
- Get adequate rest
- Ensure you are eating healthy to assist with recover and energy





# 30 minutes of exercise a day

**10 + 10 + 10**

Break up  
your daily  
**30 minutes**  
of physical  
activity into  
10 minute bouts!

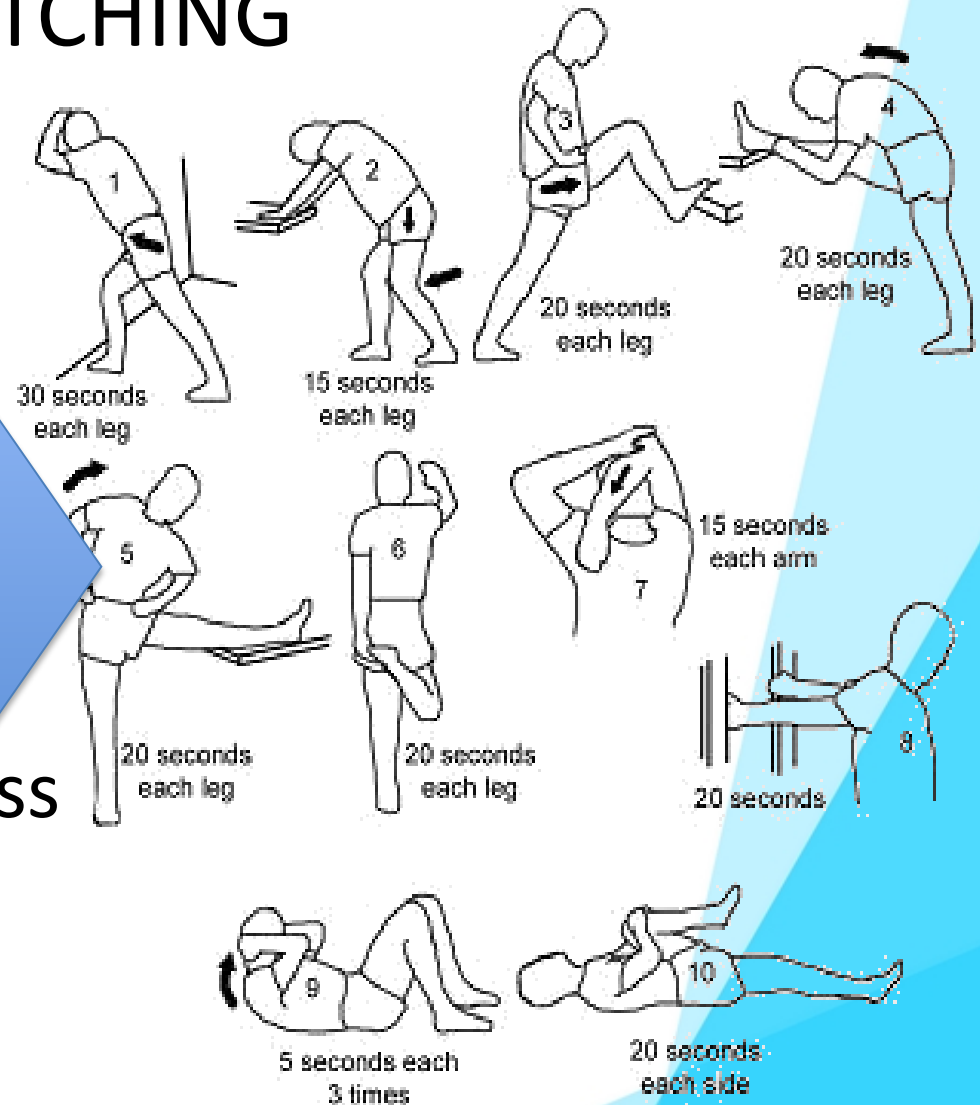
- 2 minutes' walk/jog/dance
- 1 minute jumping jacks
- 2 minutes' walk/jog/dance
- 1 minute each:
  - Squats
  - Push-Ups
  - Scissor Kicks
  - Plank
  - Sit-Ups

Substitute: High Knees, Lunges,  
resistance band

# STRETCHING

- Relieves str

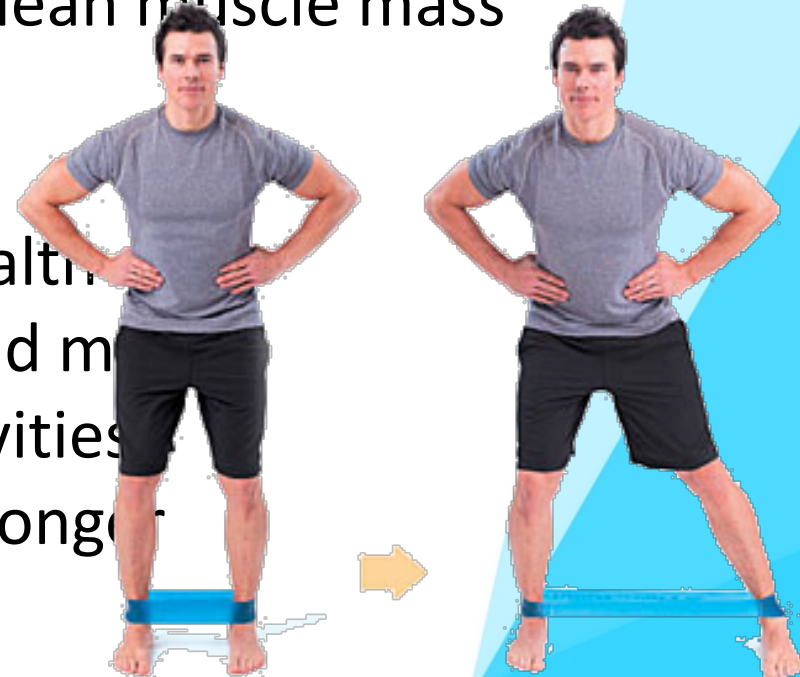
Don't worry – I  
am not going  
to make you  
do these!!

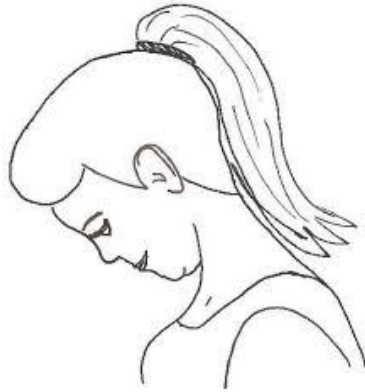


- Prevents in
- Improves energy levels

# Resistance bands

- **Benefits of Using Resistance Bands** for a strength-training routine will:
- Enhance posture
- Increase physical strength and lean muscle mass
- Increase circulation
- Improve balance
- Increase bone strength and health
- Improve your mental health and mood
- Improve your ability to do activities
- Increase your chance of living longer
- Decrease risk of diseases
- Decrease chance of injury
- Talk to your physio for exercises
- Online: <https://greatist.com/fitness/resistance-band-exercises>





Neck stretches



# Arm stretches

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# Back and Glutes stretch

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# WALKING

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Walking is a low impact exercise, requires no equipment, can be done wherever and whenever and be done at each individuals own pace. Walking is a good type of exercise for all levels. Benefits of walking:

- Reduced risk of heart disease and stroke
  - Improvement of management of disease
  - Stronger bones
  - Increase in muscle strength
  - Increase in fitness levels
  - Normalise breathing
- 
- IDEAS: walk the dog, walk the shopping centre, walk around the block





# SWIMMING

Recreational swimming is a low-impact activity and is a good tool to use for relaxation. It benefits physical and mental health.

Benefits of swimming:

- Relaxing for some
- Alleviates stress
- Provides good low-impact therapy for other injuries or conditions
- Improves flexibility, coordination, balance and posture
- Improves breathing

# CYCYLING

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Riding a bicycle regularly is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle. Cycling low-impact exercise that can be enjoyed by people of all ages. Benefits of cycling:

- Decreases stress levels
- Reduces anxiety and depression
- Increase cardiovascular fitness
- Increase muscle strength and flexibility



# Changing your routine

- Firstly consult your GP and/or Specialist's before changing your usual routine
- Discuss with other individuals and research experiences.

# In conclusion

- Fitness, in some way, should be a part of your normal routine, and is important for many reasons.
- Low impact sports and activities are ideal.
- Listen to and know your own body.
- Consult your Specialists.
- Pace yourself.

Let's talk  
about  
nutrition

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# Basics

- Choose a balanced and varied diet
- Reduce fats, salts and sugar
- Read the labels on foods
- Drink plenty of water
- Snack wisely!

# 5 Food groups

- A well balanced diet includes all the nutrients our bodies need to function properly. It will include foods from each of the five major food groups:
  - **Cereals** such as bread, cereals, rice, pasta and noodles, preferably wholegrain
  - **Vegetables and legumes**
  - **Fruit**
  - **Dairy products** such as milk, yoghurt and cheese
  - **Lean meat, fish, poultry, eggs, nuts**



# Tips for healthy eating

Your tips??

- Know your portion sizes
- Choose lean proteins
- Lite 'n' low fat products
- Avoid processed meats
- Choose whole grains
- Limit sugary drinks
- Limit alcohol
- Buy frozen or pre-bought meals

# Let's talk about Stress

- Stress is primarily a physical response. When stressed, the body thinks it is under attack and switches to 'fight or flight' mode, releasing a complex mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical action.

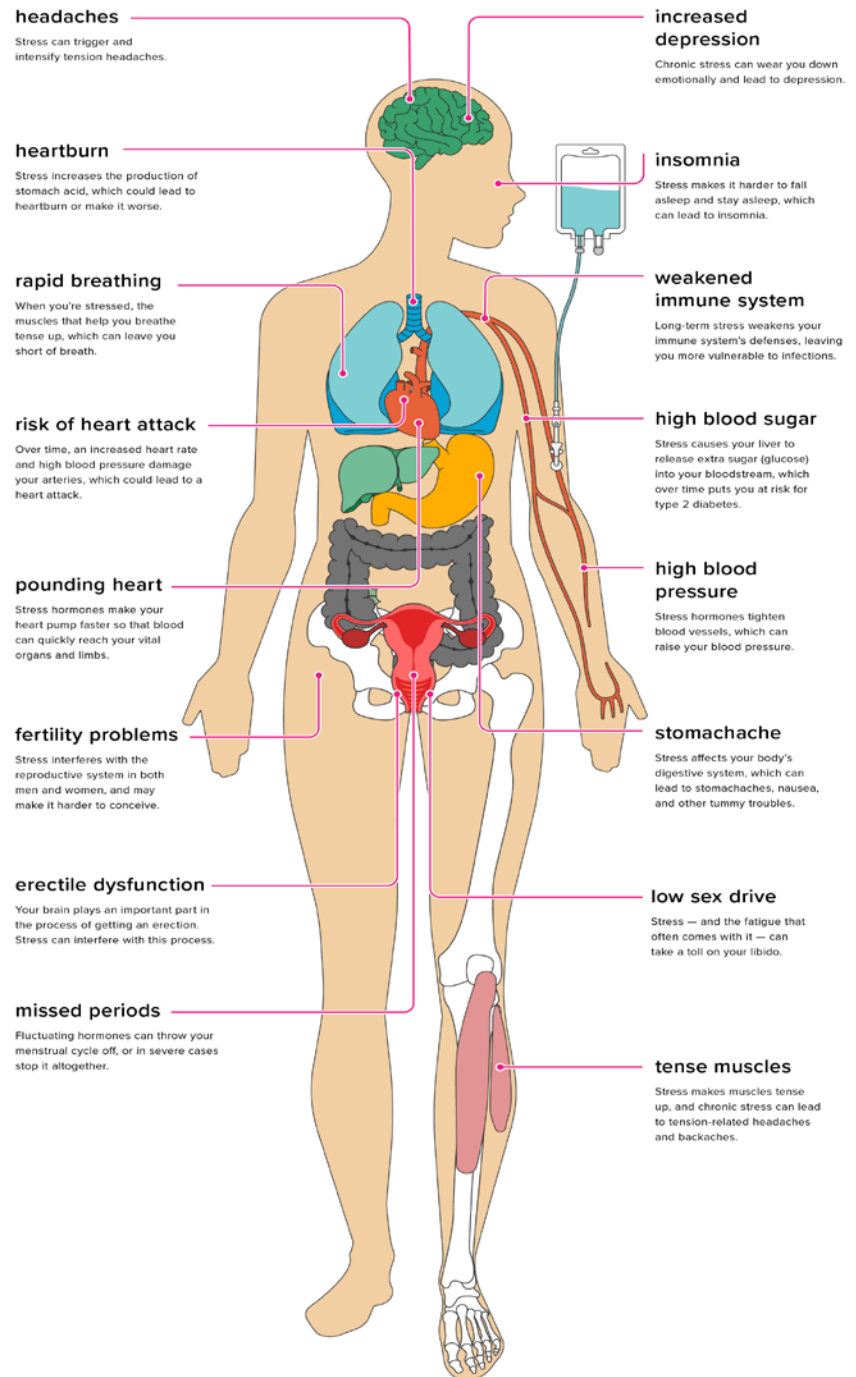


Effect of  
stress on  
the body

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What  
physically  
happens to  
you when  
you feel  
stressed?

# Effect of stress on the body



Let's talk  
about Mental  
Health  
Strategies

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# What is mental health?

- Mental Health = *“a state of well-being in which an individual realizes his or her own potential, can cope with the normal stressors of life, can work productively and fruitfully, and is able to make a contribution to the community”* (WHO,2017)
- Mental Health Issues are referred to as:
  - Mental Health Conditions
  - Mental Illness
  - Mental Disorders



Can you name some  
mental health  
disorders?

# Mental health disorders

- Anxiety disorder
- Depression
- Bipolar disorder
- Borderline personality disorder
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Psychosis
- Schizophrenia
- Traumatic events
- Eating disorders



# What are the signs of mental health issues?

Signs

# Signs of Mental Health Issues

- Less involved/interested in things they normally enjoy
- Trouble sleeping and oversleeping
- Easily irritated, quick to anger
- Aches, pains, cramps, digestive issues without clear physical cause
- Loss in motivation
- Loss of libido
- Difficulties in memory, concentrating and making decisions
- Weight or appetite changes
- Alcohol and drug abuse
- Inability to cope with daily problems or stress
- Low energy and fatigue
- Excessive fears, worries, or extreme feelings of guilt
- Feeling empty and worthless
- Thoughts of death and suicide, self harm

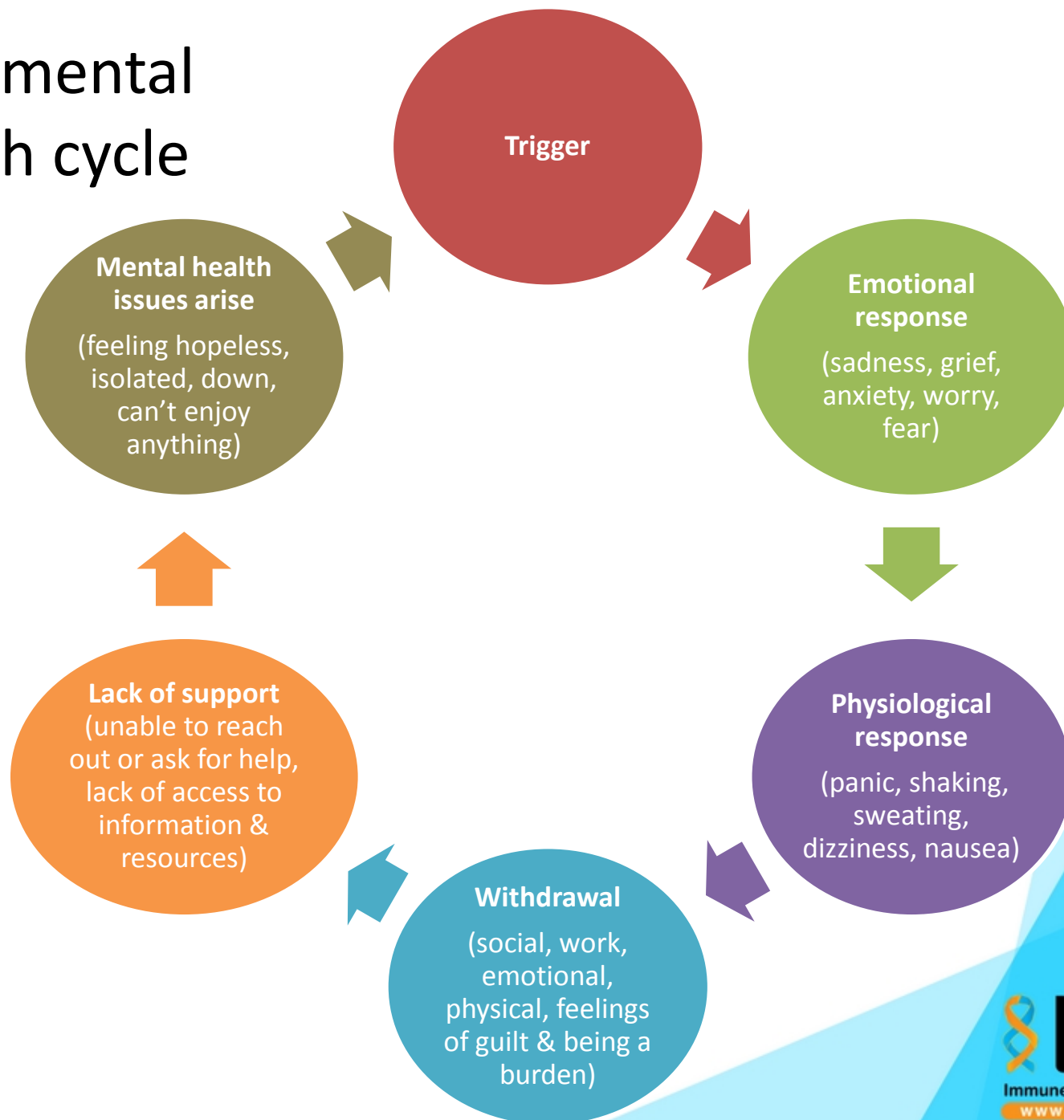
# Mental Health and Chronic Physical Illness

Carers, elderly, rural, ethnic minority groups, financially disadvantaged, adolescents and young people have a higher risk of depression and anxiety<sup>5,6,7</sup>

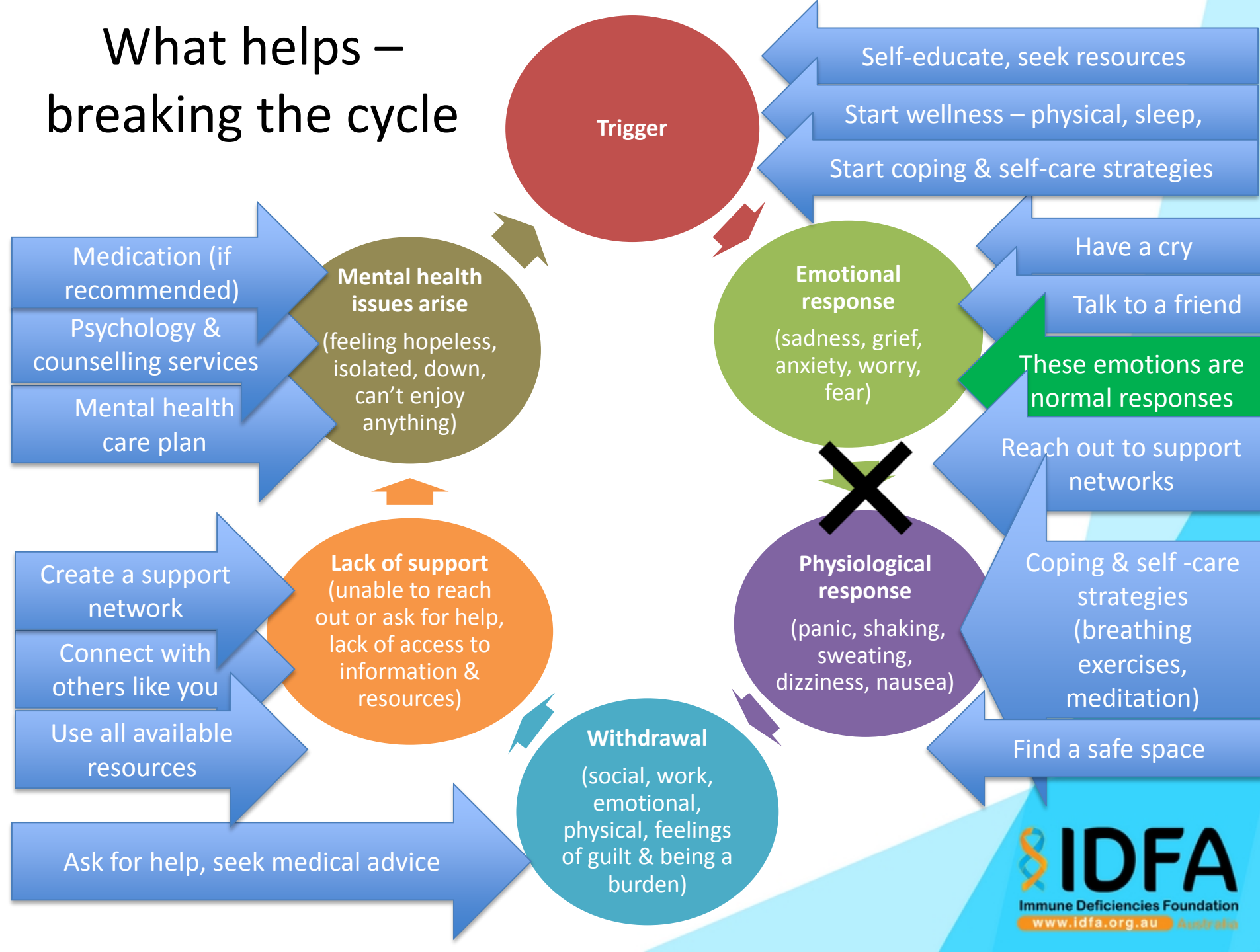
People with a chronic medical condition have a higher risk of depression and anxiety<sup>1,2,3,4</sup>

- Anxiety, fear and grief (normal)
- Ongoing anxiety, fear and grief that is impacting on your wellbeing and participation in life (mental health issues)

# Poor mental health cycle



# What helps – breaking the cycle



# Others not helping -Unhelpful advice

- ***“Pray about it.”*** Although I’m Christian and love my God, people don’t seem to realize it’s a real thing. I need medicine to keep my head from spinning.” — Skylar L.
- “being told to ***think of the positive and be thankful for everything you have***. Most of the time that only makes me feel more guilty for feeling this way because I do have a lot of wonderful things in my life.” — Ashley S.
- ***“Just use your logic. What you’re feeling is ridiculous, you should know that. If you tell yourself that, the anxiety will go away.”*** As if I don’t already understand that what I’m feeling is illogical, it doesn’t stop me from feeling anxious, it just makes me feel worse about myself and my situation. — Liss W.
- ***“Yeah, I’ve been stressed out too. Just remember there are others who have it worse than you. Be happy for what you have.”*** — Adriana R.
- ***“Get over it”***
- ***“Take a chill pill”***

# YOU not helping YOU!

- Exertion (pushing yourself too hard)
- Avoidance
- Making too many commitments
- Comparison to others
- Self-criticism and self-blame
- Alcohol and drug abuse
- Withdrawing
- Inappropriate medication and treatments
- Not engaging in any self-care or coping strategies
- Poor diet, poor sleep hygiene
- Exercising too much, or too little

# Things that can help!

## Coping Strategies

(May need some outside help)

- Coping strategies are methods you use to deal with stressful situations or a crisis
- Recognise what types of situations are difficult to manage (write them down)
- List strategies on what you can do to manage the situation better, then evaluate what works and what doesn't (everyone's strategies will be different)
- Take ownership and be proactive
- Examples?

(Asking a friend or family member for support, writing down how you're feeling, positive self talk, reducing your load, considering the big picture "how important is this? Will it matter in the long run?", learning to forgive and let go of anger and negative feelings, practicing gratitude, seeking out support services, having an "action plan" for when you're in a crisis.)



# Things that can help!

## Self Care

(things you can do yourself)

- Self care is anything you do that helps maintain your physical, mental and emotional health. Things like exercise, relaxation, hanging out with pets, doing the things you love
- Make time for it, learn how to 'switch off', have a prepared Self Care list ready to go for when you are feeling frazzled
- Examples?

(cooking, RELAXATION, reading, music, gardening, meditation, hanging out with pets, journaling, art therapy, gaming, breathing exercises, walking, organizing your medications, participating in sport, yoga, 5 minutes of YOU time)

# Asking for help

## Why people don't ask for help

- Fe
- I

Why don't  
people ask for  
help?

time

get

# Asking for help

## Overcoming these issues

- **Its OK to ask for help**
- Getting help is a sign of strength, not weakness, you are taking control
- Talk to a friend or family member that you trust
- Talk to a healthcare professional
- Talking helps problem-solving
- Talking it out helps let go of guilt and anger
- Remembering that people like to help (when someone asks you for help, what is your default response?)
- If you see someone struggling, listen, empathize, discuss goals together, check in regularly
- Access a mental health care plan, online resources, eligibility for financial support, or any support that is available to you already
- Make the time for your mental health as it will benefit you and those around you in the long run
- Take ownership and be proactive

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Could health be a more positive concept?

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Can we go beyond **facts** and admit **values** into our concept of health and wellbeing?

- Dietrich Bonhoeffer defined health as **the strength to be.**
- Bonhoeffer says that **health is the ability to pursue our life story without insurmountable obstruction from our circumstances.**
- Thus **health can be seen as the ability to flourish without being unduly impeded by our circumstances AND overcoming our circumstances**
- *Dietrich Bonhoeffer, (1906–45) German **theologian**. A Lutheran pastor, he opposed the rise of fascism in Germany. Arrested by the Nazis in 1943, he was executed for treason after documents linked him with a failed conspiracy to assassinate **Adolf Hitler** in 1944.*

# Re-writing your life-script

- What are your **core values**?
- **Core values** are your **fundamental beliefs**. They are **guiding principles** that dictate your behaviour and usually help you understand the difference between right and wrong.
- Dietrich Bonhoeffer believed **it is our highest values that create and become relative** to how we **interpret our reality**.

What are  
your core  
values?

- Core values - examples:

- Honesty
- Integrity
- Perseverance
- Honour
- Respect
- Accountability
- Discipline
- Diligence
- Dependability
- Reliability
- Loyalty
- Commitment
- Open-mindedness
- Consistency
- Efficiency
- Inclusion
- Responsibility

# Beliefs

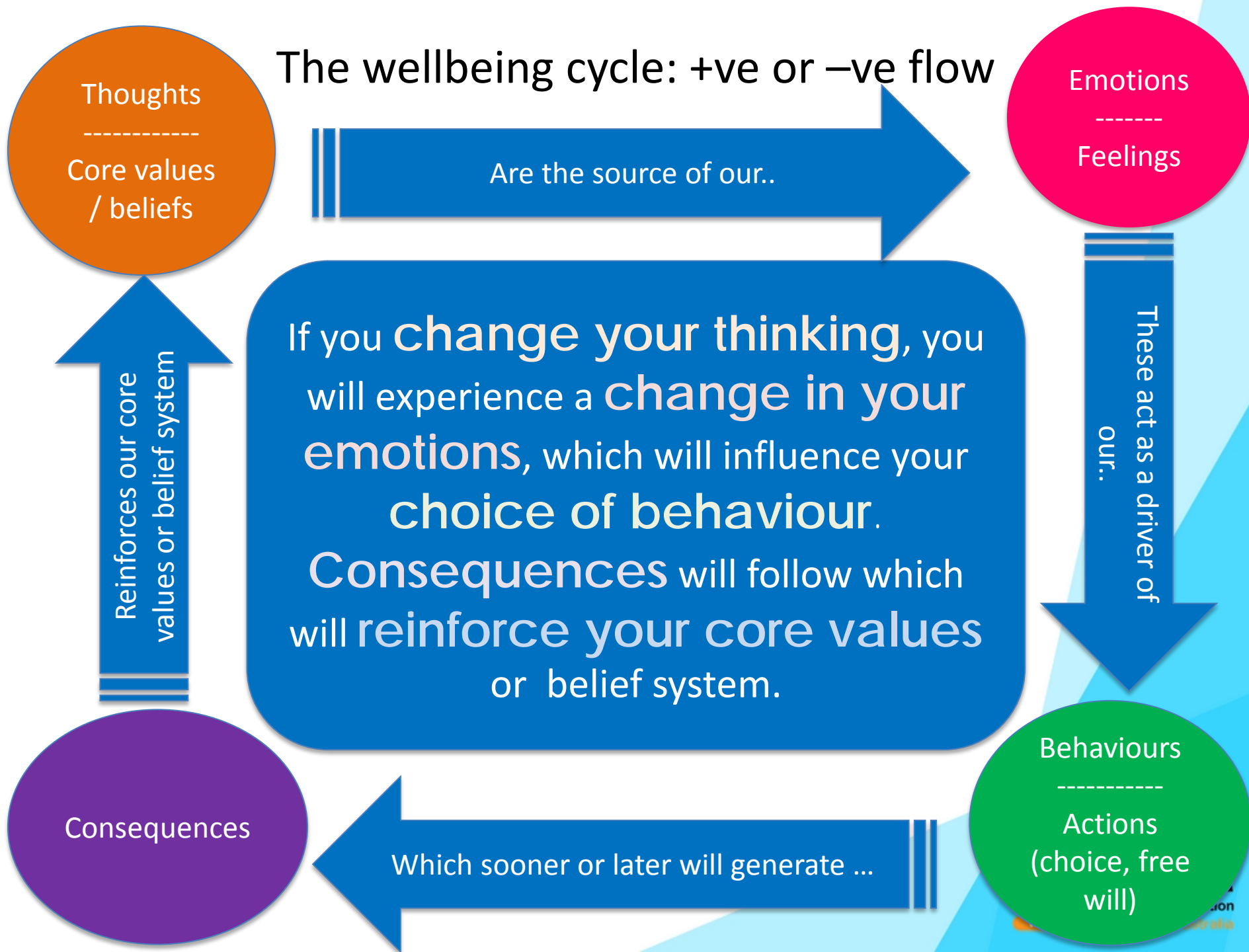
- A belief, or lack thereof, in **God** or an affiliation with a religious/spiritual institution
- A belief that **family** is of fundamental importance
- A belief that **honesty** is always the best policy and that **trust** has to be earned
- A belief in being a **good steward** of resources and in exercising frugality
- A belief in maintaining a healthy **work/life balance**



# Core Values

- Can your core values be a tool to help you with your overall health and wellbeing?  
(thoughts, physical and mental health)
- Can we change our thoughts to help with our overall health and wellbeing?

# The wellbeing cycle: +ve or -ve flow



# Exercise – opinion or fact?

	OPINION	FACT
I'm a bad person	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sam told me she didn't like what I said	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I failed the test	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I'm ugly	<input checked="" type="checkbox"/>	<input type="checkbox"/>
He shouted at me	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nothing ever goes right	<input checked="" type="checkbox"/>	<input type="checkbox"/>
No-one loves me	<input checked="" type="checkbox"/>	<input type="checkbox"/>

# How do we change our thoughts and behaviours?

**Cognitive distortions** are inaccurate thoughts that reinforce negative thought patterns or emotions.

They are faulty ways of thinking that convince us of a reality that is simply not true.

# Cognitive distortions

Many of the most popular and effective Cognitive Behavioural Therapy (CBT) techniques are applied to what psychologists call “cognitive distortions” (Grohol, 2016). Cognitive distortions are faulty ways of thinking that convince us of a reality that is simply not true.

This is all my fault

Everybody hates me

I'm sure he thinks I'm  
ugly



# Cognitive distortions (faulty thinking)

- **Filtering**
- Focusing solely on the negative and ignoring all the positive.
- **Polarized thinking**
- Black and white thinking, not seeing the grey.
- **Overgeneralization**
- Assuming all experiences and people are the same, based on one negative experience.

- **Catastrophizing**
  - Assuming the worst case scenario, magnifying the negative and minimizing the positive.
- **Control fallacies**
  - Thinking everything that happens to you is either all your fault or not at all your fault.
- **Blaming**
  - Pointing to others when looking for a cause of any negative event, instead of looking at yourself.
- **Jumping to conclusions**
  - Being convinced of something with little to no evidence to support it.

- **Personalization**
- Believing that you are at least partially responsible for everything bad that happens around you.
- **Fallacy of fairness**
- Being too concerned over whether everything is fair.
- **Shoulds**
- Holding tight to your personal rules on how people ought to behave.
- **Emotional reasoning**
- Believing “If I feel it, it must be true!”



- **Fallacy of change**
- Expecting others to change to suit your needs or desires.
- **Global labeling / mislabeling**
- Generalizing one or two instances into an overall judgment, using exaggerated and emotionally loaded language.
- **Heavens' reward fallacy**
- Believing that any good act on your part will be repaid or rewarded.
- **Always being right**
- Believing that it is absolutely unacceptable to be wrong.

# Cognitive behavioural therapy (CBT)

- CBT aims to change our thought patterns, the values and beliefs we may or may not know we hold, our attitudes, and ultimately our behaviour, in order to help us face our difficulties and more effectively strive towards our goals.

# CBT Techniques and tools

- Here are nine techniques and tools that are some of the most common and effective CBT practices.

# CBT Techniques and tools

- **Journaling**

- Gathering data about your moods and thoughts – their source, intensity and your responses to them

SUGGESTION: Write it down – do an alternative action formula

- **Unravelling Cognitive Distortions**

- Become aware of the distortions you are likely to be vulnerable of

- **Cognitive Restructuring**

- Challenge your harmful or destructive beliefs and restructure them

# CBT Techniques and tools

- **Exposure and Response Prevention**
- Expose yourself to whatever it is that normally provokes a compulsive behaviour
- **Interoceptive Exposure**
- Expose yourself to sensations you are afraid of and recognise they are not dangerous
- **Nightmare Exposure and Rescripting**
- Identify the emotion caused by a nightmare and cultivate a new emotion to replace it
- **Play the Script Until the End**
- Finish a worst case scenario in your head to see that everything will likely turn out OK

QUESTION: What's the worst that could happen?  
What's the best that could happen?

# CBT Techniques and tools

- **Progressive Muscle Relaxation (PMR)**
- Relax one muscle group at a time until your whole body is in a state of relaxation
- **Relaxed Breathing**
- Bring regularity and calm to your breath and create a sense of balance

# Alternative action formula

## Problems & difficulties

List your problem

### Vulnerabilities

What makes you more likely to experience this problem than someone else?

### Triggers

What made the problem so bad?

### Coping strategies

What do you do to cope with this problem? What makes you feel better, at least temporarily?

### Effects of coping strategies

How do these strategies make you feel in the short-term, and in the long-term? What are the advantages and disadvantages?

### Alternative actions

If your current solution is not completely effective, what else could you try?

Think back to your 3 aspects of wellbeing you considered unhealthy at the beginning of the session. Do you feel you have some strategies/tools/techniques to address these?



The image shows three numbered sticky notes stacked vertically on a light gray background. The top note is blue and labeled '01', the middle note is red and labeled '02', and the bottom note is green and labeled '03'. Each note is slightly offset to the left, creating a layered effect. The background has a torn paper texture.

01

02

03

If so, you are on the path to **re-writing your life script! You are beginning to flourish!**



# Summary

- We have discussed:
  - Definition of health
  - Fatigue and ideas to manage it
  - Physical wellness – exercise and ideas to get started
  - A little about nutrition
  - Signs of mental health issues
  - Poor mental health cycle and strategies to cope
  - The idea of health as a more positive concept
  - Cognitive behavioral distortions and techniques to address them
  - The use of our core values, beliefs and various strategies to address issues in our thoughts, health and general wellbeing can help us become more positive and give us:
    - **The strength to be**
    - **The ability to pursue our life story without insurmountable obstruction**
    - **AND the chance to flourish without being unduly impeded by our circumstances**



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Accomplish what you can today  
and don't stress over what you  
couldn't or didn't do.  
Tomorrow is another day..

# Useful Groups and Resources

- IDFA
  - Beyond Blue
  - Headspace
  - Reach out
  - Lifeline
  - Carersnsw.org (counselling)
  - Mycompass.org (modules)
  - Mental health line 1800 011 511 (24/7 response team)
  - Sane.org
  - Blackdoginstitute.org
  - Petrea King (a Quest for Life)
  - Mensshed.org
- 
- If you are in immediate crisis call Lifeline on 131114

## APPS

- Habu Music (music to match your mood)
- Headspace (meditation app, unrelated to headspace.com)
- Calm (meditation, sleep stories)
- Smiling Mind (meditation and mindfulness)
- Thought Diary (Cognitive Behaviour Therapy App)

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Thank you!