

Upstream CBT – focusing on emotions to help create more positive thoughts and actions. Often emotions (feelings) are operating out with our conscious realisation. By reflecting on the audios and these exercises below, you can help bring to the fore your internal processes which can help you understand yourself more and so aid the process of positive change.

The 2 tables below have ideas for self-reflection after listening to the audios in Feeling Good for Life module. You may think of others too.

TABLE 1 – Audio track reflections for Feeling Good for Life module

Track	Summary of track	Reflection suggestion
1. Deep muscular relaxation	This teaches you to breathe deeply and to recognise and relax your muscles	<p><u>Reflection 1 –</u></p> <p>Tune in to your body throughout the rest of the day. Your body is always talking to you – what is it saying? Is it tense, tired? Are your muscles relaxed or tight? Has there been any change to your sleep or appetite? How are your energy levels?</p> <p>What behaviour changes might you plan to help your body to feel better (and in turn your mind)? Here are a few suggestions:</p> <ul style="list-style-type: none"> Move more Get outside more Yoga (stretching/breathing/mindfulness/posture) <p>Be aware of your:</p> <ul style="list-style-type: none"> Alcohol Diet Caffeine Sleep <p>... and how they may impact on your mood. You can use a mood journal to help you track this.</p> <p><u>Reflection 2- Body awareness of others</u></p> <p>An interesting way of getting good at noticing how the body and mind/mood are interrelated is to observe it in others. What does the body of a child do when they are delighted? It is open, extended, expansive and relaxed. What does the body of someone who has received bad news do? It closes in, slumps and contracts.</p>
2. Body scan	This develops a short-cut to relaxation	<p><u>Reflection - Body awareness</u></p> <p>Throughout your day, can you become aware of when your body tenses – perhaps your jaw, your shoulders, a knot in your stomach, a scowl on your face? Simply noticing this is often enough to naturally release some tension – exercise, laughing, yoga and chatting with family and friends can naturally release tension in the</p>

		<p>body. When you release the tension, can you observe any positive change to your mood?</p> <p><u>Exercise</u></p> <p>Are you noticing that you are using the techniques from the app without thinking? For example the clenching the hand, or taking a deep breath and breathing slowly? Try and introduce these yourself, practicing at times when you need these skills less.</p>
3. Inner safe place	Link your body calm to mental calm with visualisation	Can you find that calm place even in the midst of daily activity, when you are not listening to the app? Set yourself some small challenges. Start easy – maybe while you’re in the shower or walking in nature or waiting for the kettle to boil. If that goes well, perhaps when walking on a busy street or out shopping – even just remembering that safe and calm place, even if you can’t quite feel it – will help to settle your mind and your body.
4. Access deep calm	Helps you to find easier ways to find body/mind calm	Build on your inner safe place – try putting in an object – eg a vase of flowers and focus on the detail of this. Try this with your eyes open too. Note – only do this when you don’t need to stay alert.
5. Self-confidence	Builds positive self-belief in your ability in yourself and applies this to a future event	<p><u>Reflection 1</u></p> <p>Challenge yourself to schedule some simple activities that you know you can handle. If possible, these will be ones that you will enjoy and that will give you a sense of satisfaction.</p> <p>Schedule them into your week, and set reminders on your phone.</p> <p>Start your day with seeing yourself achieving your positive outcomes: see it, feel it, hear it, smell it, taste it; get all your senses involved. Train your mind and body to expect this positive outcome.</p> <p>Keep a journal, recording the outcome of your activities.</p> <p>As you complete each activity, plan a new one.</p> <p><u>Activity</u></p> <p>Find a picture of yourself as a young child, and smile at this child.</p>
6. Problem-solving / meet challenges	Rehearse doing something in the	<u>Reflection</u>

	future which has been challenging in the past	<p>Notice your body when you are thinking of a challenge, and breathe deeply to release tension, bring in your skills from the earlier tracks.</p> <p>Noticing when your internal dialogue is saying 'I can't do this', or 'I'm not good enough'. In that moment, you can choose to let that thought go, perhaps by taking a few deep breaths and breathing in a positive self statement like for example 'I can do this', 'I am brave' . Make a note of positive self-statement. Keep them short and positively expressed.</p> <p>Purposely challenge negative thoughts by remembering a time when you demonstrated that you are confident and capable. Using a journal can be a useful way of noticing and challenging negative thought-patterns.</p>
7. Mind-body link	Increase your belief that your mind can influence your body	<p><u>Reflection 1</u></p> <p>Remember the power of your mind to impact on your body. Can you practise this skill throughout the day? For example, take a moment to just stop and think about your face. Then, even by just <i>thinking</i> of smiling, can you notice how your whole face, and even your shoulders, begin to soften and relax. Perhaps you can even watch how by relaxing the face in this way, so too will your thoughts soften and your mood lighten.</p> <p><u>Reflection 2</u></p> <p>Choose a physical challenge that you can practise, even going for a run around the block or a few squats at home. Do them as you normally would, and rate on a scale of 1-10 how easy and enjoyable they were. Then practise doing those activities during the audio relaxation. Later, do them in real life once again and compare the outcome on your easiness/enjoyment scale. Feel free to choose any physical activity or skill that's right for you.</p> <p>You can also practise any other goal in your future, and visualise and mentally rehearse an easy and positive outcome.</p> <p>Feel your confidence grow by practising in this way. You have control! Mind over matter is a real thing!</p>
8. Past memories/ trigger the future	Connect with a past positive memory in your life and use this to increase happiness	<p>Identify a current challenge in your life. Find a past memory where a similar challenge/event worked out well, and you felt competent, satisfied and confident. Thereafter, apply these feelings of competence,</p>

	in the present and future	<p>satisfaction and confidence to your future self, easily succeeding in whatever your challenge is.</p> <p>Whenever you find yourself starting to feel uneasy or worried about the outcome of that challenge, remind yourself of the positive emotions you experienced from a past experience, and how you can achieve this outcome again.</p> <p>Using a journal will help you to keep note of your moods/thoughts around this challenge. Return to listening to the audio as often as it feels appropriate.</p>
9. Balloon/ distance and meaning	Gives you an opportunity to see things differently – helping with future goal plans	<p><u>Reflection 1</u></p> <p>Can you remember that sense of being the observer as you go through your day? Remember the humour and lightness that this perspective can give you. Can you find that lightness and humour in day-to-day situations which may otherwise/normally have seemed difficult/challenging/serious?</p> <p><u>Reflection 2</u></p> <p>Can you plan some future goals? Start small, and in time build up to bigger and more challenging goals.</p> <p>If possible, enlist the help of an ‘accountability buddy’ (perhaps a family member or friend) with whom to share your goals, and who will gently encourage you to achieve them.</p> <p>Share with your accountability buddy your desire to feel positive excitement and humour around your future goals. Ask your buddy to remind you of these positive associated feelings if you ever begin to lose them, or if you feel negatively about the future outcome.</p> <p>Use a daily journal to observe your moods and thoughts around the goal. Awareness will allow you to bring yourself back to the goal of lightness and humour. Share your journal with your accountability buddy. This will help your buddy to help you. You can set reminders on your phone to help you to remember to take notes in your journal.</p>
10. Self-esteem	Learn to like yourself better, by accepting yourself more. Positive self-thoughts.	<p><u>Reflection 1</u></p> <p>Every morning, as you look in the mirror, say to yourself ‘I love you’. If this feels a bit too much, at first you can just laugh, but say it anyway, just inside your mind. Alternatively, you can practise imagining saying ‘I love you’ to someone whom you do actually love. Once</p>

		<p>you've practised that, try saying it to yourself in the mirror. Try this every morning for a week.</p> <p><u>Reflection 2</u> Using a journal, or notes on your phone, challenge yourself to collect evidence as to how you can easily make good decisions. These can be any decisions at all – the type of tea you prefer, or which part of the road you choose to cross at. In time, you'll see how making decisions becomes easier for you.</p> <p><u>Reflection 3</u> As you fall asleep each night, and then first thing in the morning before you get out of bed, say to yourself: I trust and believe in myself; I feel secure in myself; I am happy and proud of myself.</p> <p>If you find it helpful, you can record yourself saying it, and then listen to that recording.</p>
11. Creative	<p>Give yourself time to help your mind to find creative solutions. Creative thinking can help us to discover new solutions to life's challenges</p>	<p>Outline any problems and challenges in your life, and begin to practise seeing them as opportunities to practise creativity.</p> <p>Start with a small problem or challenge, and keep a journal. Regularly practise this audio, and begin to notice the creative solutions and ideas. Put those solutions into practice in your life. As you get more confident with this training, you can practise with bigger problems and challenges.</p>
12. Better performance	<p>Use visual rehearsal to improve an activity – whether social or a skill</p>	<p><u>Reflection 1</u></p> <p>Start your day with this audio for a week. Identify your personal vision - get clear about what your goal is.</p> <p>Plan your week so that you have an opportunity to practise this challenge. Practise visualising/remembering your ideal performance. Tell others about it. Write affirmation notes, and set reminders on your phone. The more you can remember the ideal outcome, the better.</p> <p>Keep a journal throughout the week, and notice any positive changes that rehearsing the goal in this way has on the real-life outcomes.</p> <p><u>Reflection 2</u></p> <p>Try practising the 'observers' technique throughout your day, at any time, to allow you space to reflect on and</p>

		improve any behaviour or performance. Start small, perhaps observing how you interact with those with whom you live or work, or with anyone whom you encounter throughout your day. For example, could your tone when you're talking be kinder; could you listen with more patience; could you smile or offer a simple compliment?
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TABLE 2 – Strategies in the app and to help get the most out of the app.

This table explains how the audios and the exercises and reflections can be helpful.

Learning to recognise triggers for negative thinking, and gaining a better understanding of yourself, building on and knowing how to draw on these skills can help you cope in challenging situations and further develop a greater sense of confidence in your own abilities.

The two key skills in the app are learning to calm your mind and body and visual rehearsal of challenges in a safe way (i.e. from your inner safe place) are effective strategies to help you cope better and feel better about yourself and your future abilities and life.

WHAT IS IT?	DETAILS	WHERE IS IT USED?	WHAT IS THE PURPOSE?
Personal motivation statement for using the app	Choose one or two of these or make your own: By using this app I want to: feel calmer, be more hopeful, be more active, feel better about myself, improve my relationships, enjoy my life more, sleep better, feel in control, be more confident, learn coping skills, be kinder to myself, face my problems, understand my emotions, think more clearly.	At the start of the programme and throughout	To gain clarity as to the motivation for starting the programme and in turn a more 'successful' experience of using the programme
Self-assessment quiz	Questionnaires using GAD-7 and PHQ-8	At the start, 2 weeks and 7 weeks	This will help you to track progress from here

Taking stock of the current situation	Ask yourself – What is bothering the me in any of these areas: My circumstances; my history and experiences; my relationships; their social environment?	At the start	This will help you to find clarity about where they are now, and thereafter to track your progress.
Journal	Using a journal throughout could be an helpful tool to using the programme as it offers a space for you to record and clarify how you are feeling. Some suggested questions for using at the start: What expectations do you have about the programme? Do you have any questions starting out?	Throughout	This will help you to take ownership of the process, and to enhance motivation to continue with the app When you have reached the end of the programme, you can look back and take stock of these expectations and consider the progress they have made.
Reflection after each audio	After each audio – what stayed with you from this?	Throughout	Opportunity to embed learning
Reminders	Set reminder alarms either for listening to audio, or for a practice you have decided to engage in, perhaps taking a few deep breaths throughout the day, or taking a mindful moment to be present with yourself and your surroundings	Throughout	Opportunity to practice the skills, embed and enhance positive therapeutic outcome.

Mood Monitor	Creating a Mood Monitor Tool could help you to keep a record of your moods, emotions and triggers, as they happen. Doing this can allow you to build up a clearer picture of how you are feeling over time, and particularly after making scheduled lifestyle changes.	Throughout	Opportunity to embed and enhance positive therapeutic outcome
Regular use of 'Mindfulness in three minutes'	Regularly using the 'Mindfulness in three minutes' audio can help you to reflect on how you are feeling, while being more mindful of your responses to certain situations. Suggest setting reminders on the phone at suitable moments throughout the day, perhaps first thing after waking up, before a meeting, or during a quiet moment in the day.	Throughout	Opportunity to embed and enhance positive therapeutic outcome
Activity schedule	Planning into your life simple, achievable activities that will boost your behaviour and your mood	Throughout	To take ownership of the process, and to enhance engagement and learning
Warning signs monitoring	Take note of your warning signs and triggers. Warning signs are the early signs that your mood is getting worse, or that you are under stress. Warning signs	Towards end, or after programme completed	To help to maintain the positive outcome of the programme, even once it's 'complete' (and as a reminder to re-visit audios as often as possible)

	<p>might include feeling tired, not sleeping well, or being irritable with loved ones.</p> <p>When you are aware of your own warning signs, you can take action to mitigate the feelings. These warning signs are important messages from your body and mind that you need to take action, reduce stress, and make time to practise your skills.</p>		
Taking stock	<p>When you started the programme, you were asked about your expectations.</p> <p>Now that you have completed the programme, you may find it helpful to reflect on your experiences. You may have noticed changes in yourself over the past few weeks.</p>	Towards the end of the programme	To gain a sense of completion and satisfaction, as well as embedding the learning and the value of the content of the programme
Map of lifestyle choices	<p>Make a daily /weekly habit of recording your lifestyle choices in your journal, noting how they impact on the CBT cycle – mood, thinking, behaviour, physical sensations.</p>	Throughout	To take ownership of the process, and to enhance engagement and learning