Living life to the full in recovering communities

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Key issues

Global pandemic – not yet in control
Uncertainty: how to respond- flu models
Modelling caused a sudden rush to lockdown + social distancing
Behavioural scientists feared adherence
Strategies: Mix of recommendations/legal/public health legislation/patriotic duty (Save the NHS) and used fear to change behaviour
24 hour news cycle/errors/reinforce uncertainty
As R drops policy decisions have changed ("Stay alert" vs "Stay at home")
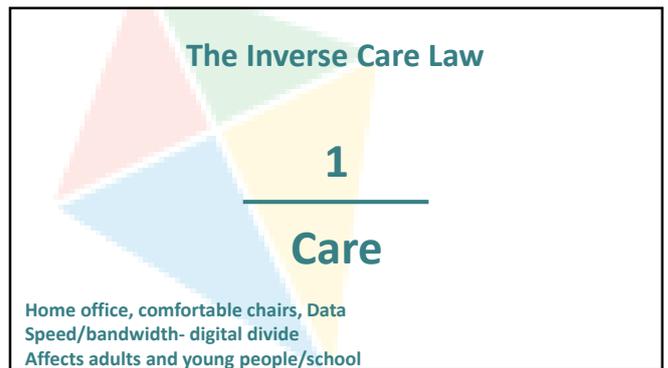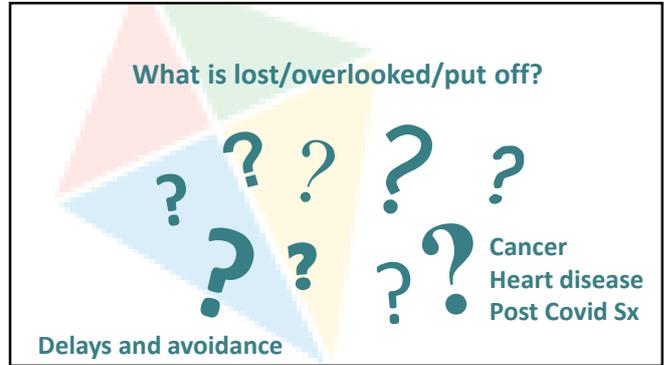**Different reactions:** Bournemouth beach/street parties vs **stay inside**

Fear that hospitals would be overwhelmed

Introduction of lockdown and social distancing

How do we decide risk eg 2m>1m>>0m - but is 3m>2m - what about 5, 10 and 100m?

Hospitals move largely to Corona "war footing"
Switch to remote access – GPs/clinics etc

Train Station
30 mins

P

£7.50/Hour

FULL

Bus stop
15 mins

Infection risk a
compelling reasons for
technological solutions

What is lost/overlooked/put off?

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Cancer
Heart disease
Post Covid Sx

Delays and avoidance

A challenge: Attending appointments

Scary people

The Inverse Care Law

$$\frac{1}{Care}$$

Home office, comfortable chairs, Data
Speed/bandwidth- digital divide
Affects adults and young people/school

Stress and low mood make it even harder

- Travel/meeting people can be scary

Buses terrify me   I'll collapse   I don't feel safe
The trains are always so crowded
It's too far away

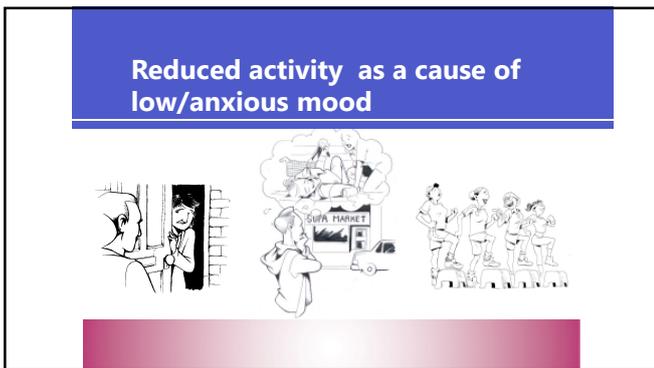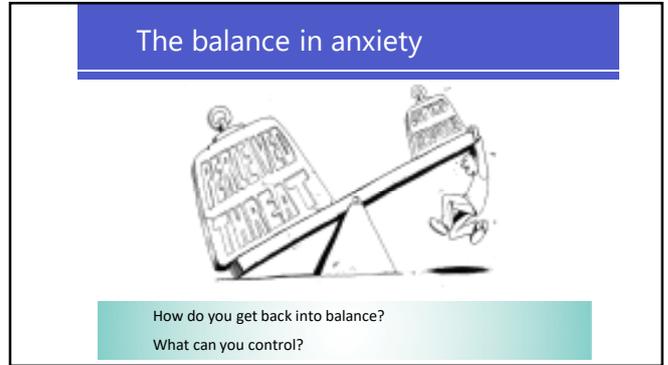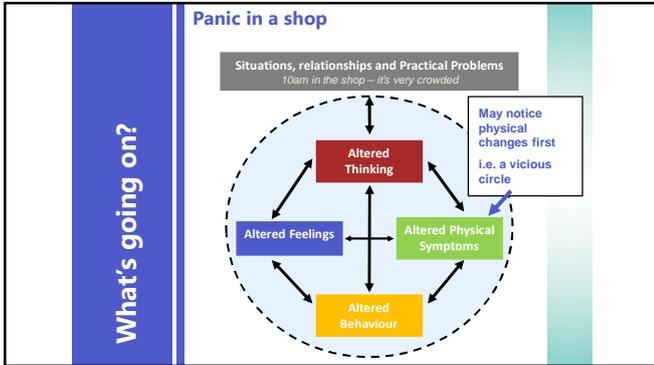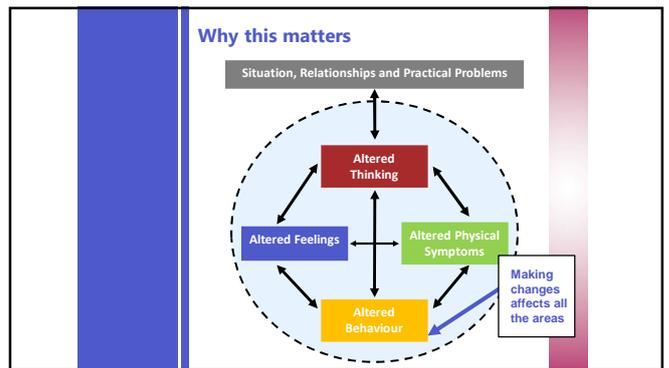Understanding anxiety: Lost wallet/purse
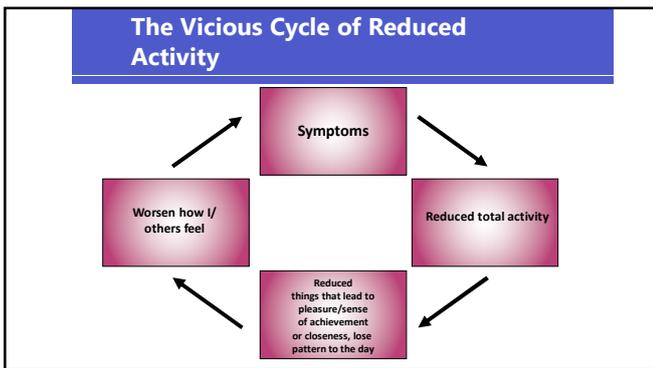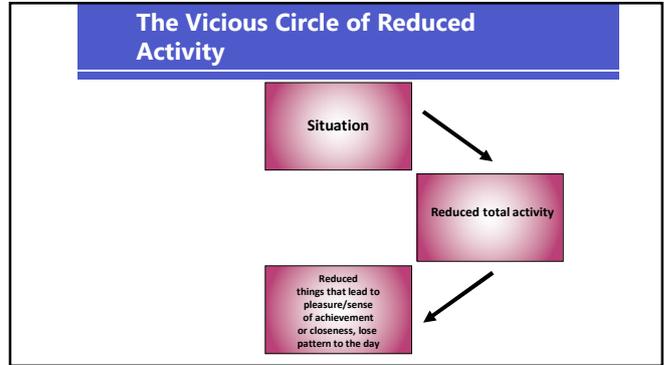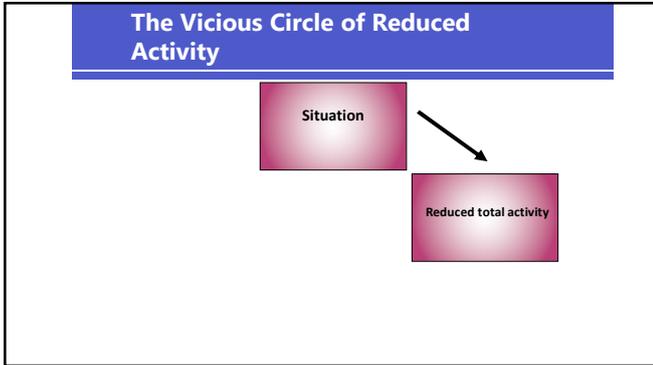

Lost wallet/purse

Impact:

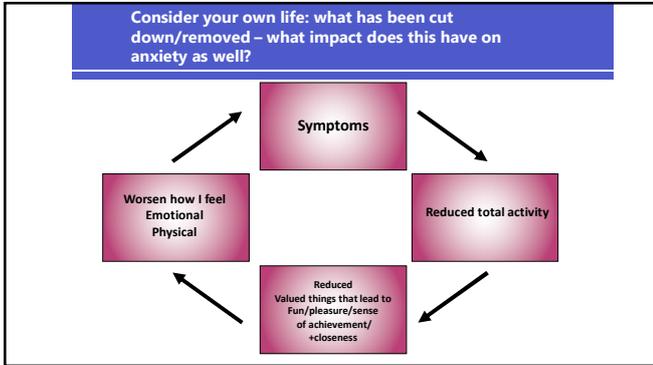**Situations, relationships and Practical Problems**
Missing Wallet

Altered Thinking

Altered Feelings   Altered Physical Symptoms

Altered Behaviour

Anxiety on a bus/train/in a shop

Slide 1

What's going on?

Panic in a shop

Situations, relationships and Practical Problems
10am in the shop – it's very crowded

Altered Thinking

Altered Feelings

Altered Physical Symptoms

Altered Behaviour

May notice physical changes first i.e. a vicious circle

Slide 2

The balance in anxiety

How do you get back into balance?

What can you control?

Slide 3

Reduced activity as a cause of low/anxious mood

Slide 4

The Vicious Circle of Reduced Activity

Situation
Lockdown or poorly

The Vicious Circle of Reduced Activity

Situation

Reduced total activity

The Vicious Circle of Reduced Activity

Situation

Reduced total activity

Reduced things that lead to pleasure/sense of achievement or closeness, lose pattern to the day

The Vicious Cycle of Reduced Activity

Symptoms

Worsen how I/ others feel

Reduced total activity

Reduced things that lead to pleasure/sense of achievement or closeness, lose pattern to the day

Why this matters

Situation, Relationships and Practical Problems

Altered Thinking

Altered Feelings

Altered Physical Symptoms

Altered Behaviour

Making changes affects all the areas

Consider your own life: what has been cut down/removed – what impact does this have on anxiety as well?

Symptoms → Reduced total activity → Reduced Valued things that lead to Fun/pleasure/sense of achievement/ +closeness → Worsen how I feel Emotional Physical

Post illness: what problems could people encounter in "getting going"

- After an MI/cancer treatment/virus could YOU easily cut half a lawn?
- Could you weed half of one flower bed?
- Could you wash half the dishes?
- What causes this problem if it is difficult?

Physical consequences: a possible danger - e.g. post Covid, elderly, arthritis, MI etc

Noticing and changing extreme and unhelpful thinking

6

The key elements of CBT

What you think affects how you feel

Thinking ⟷ Feelings

What you think affects what you do

Thinking ⟷ Behaviour

Self-reflection: What is your first thought?

Scenario:

1) You're late for an important meeting and are stuck in traffic

2) You are at a supermarket checkout and someone walks too close to you.

3) You're invited to the pub by a friend

Why are extreme thoughts so unhelpful?

1. *"They will get me infected!"*
2. *"I'm scared of meeting others"*
3. *"I won't enjoy going for the meal"*

Q: If I believed these thoughts, how would I *feel*?

Q: If I believed these thoughts, what would I *do* differently

Images and Memories

- Images are a form of thought and may be "still" images (like a photograph), or are moving (like a video). Images may be in black and white or be in colour.
- Can show any of the unhelpful thinking styles

They may include:
- Predictions of the **future**: for example of symptoms worsening.
- Memories of **past** events: for example of previous significant problems. Also **Trauma**.
- Thoughts about things that are **currently** happening (for example images of how we think others may see us).

How (not) to respond to unhelpful thoughts: Try not to think about it

- For the next 30 seconds try hard not to think about .... A white polar bear

OCD and getting out again

- Obsessions- thoughts

- Compulsions- behaviours

- Typical themes: cleaning/checking/locks/doors etc

- Avoidance
- Reversing behaviour/Making it right

- Example – a task I have done before in workshops
- What are reasonable targets at the present time?

Make a Plan!
Planner Sheet

How did it go?
Review Sheet

Any questions?

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