

Take a PositiveStep to improve your mental health



Spotlight on CBT

What is CBT? CBT stands for Cognitive Behavioural Therapy. Sounds very technical doesn't it? It's actually very simple.

CBT looks at the way our thinking can affect our actions. How we deal with the problems in our lives is very much determined by our perception of them in the first place. Problems can lead to negative thoughts. This, in turn, makes us feel worse, leading to a defeatist attitude towards our problems, which leads to more negative thoughts and we land up in a cycle of negative thoughts, feelings and behaviour. CBT encourages us to think more positively about ourselves and our lives, thus breaking the cycle of negativity and allowing us to perceive ourselves and our lives in a much more positive light. This makes it easier to solve not only our present problems but also those we may have in the future.

This is by no means a new concept. It was first thought of in the late 1950s. Since then CBT has been developed and found to be effective in the treatment of many mental health problems including: low mood, low self-esteem, stress, general anxiety disorder, obsessive compulsive disorder, post-traumatic stress disorder, health anxiety, social anxiety, panic attacks, phobias, eating disorders, sleeping problems and other psychological disorders.

New Course - Positive steps towards coping with diabetes

Thursday 12th June 10am at The Coast Resource Centre, Weston

Living with type 2 diabetes can be stressful. Adjusting to the diagnosis and changes in your life can be demanding.

This course aims to help you explore the emotional and psychological side of living with **type 2 diabetes** and think about ways you can self-manage your condition. It provides information on the medical management of diabetes, as well as ways to improve your mood and manage stress. The course is run by a member of the psychology service with input from a diabetes specialist nurse and dietician.



To book a place on the diabetes course please visit www.positivestep.org.uk

What is Mindfulness?

Many people find it hard to cope with the pressures of modern living. And when times are hard, it can be difficult to see the light at the end of the tunnel.



Mindfulness is a way of paying attention to the present moment. It helps us become more aware of our thoughts and feelings so that instead of being overwhelmed by them, we're better able to manage them.

Mindfulness asks us to simply notice what we are experiencing and accept that experience without judgment. And in finding a way to listen to ourselves without judging we can find a new sense of peace and relaxation.

Practising mindfulness has many benefits. It can help us to better understand our emotions, improve attention and concentration and boost relationships. It's proven to help with stress, anxiety and depression and can even have a positive effect on physical problems.



Volunteering with PositiveStep

This what Jess, one of volunteers had to say about the service:

I have been a volunteer with Positive Step, North Somerset for about two years. I applied to become a volunteer because I wanted to learn more about how psychological therapies worked in a group, and to support people through the course. I was lucky enough to be accepted. The induction and training was great, especially having the chance to talk to a current volunteer about what to expect.

I was nervous the first session I facilitated but the course leader was really supportive and encouraged me to be involved as much or as little as I was comfortable with. This has been true for all the courses I have assisted on. Volunteering has helped me feel more confident supporting people in groups. It's rewarding to see each group form bonds and start to reflect on how what they are learning is impacting on their lives.

Comings and going....

Goodbye to Tara who is now training in Bristol to be a CBT Therapist

Congratulations to Vienna on her upcoming marriage

Welcome to Simon, a new Wellness Advisor

Welcome to Gemma our new Volunteer Coordinator

Welcome to Jess who has gone from being a volunteer to becoming a Wellness Advisor

Welcome to Lindsey our new psychologist who will be with us for maternity cover

Quote of the Month...

"When we are no longer able to change a situation - we are challenged to change ourselves"

Victor E Frankl

PositiveStep Coffee Morning

Monday June 9th at 10am

Locking Castle Church,
Worle, Weston-super-Mare

We warmly invite you to join
with friends from Positivestep
for an informal coffee morning



Courses starting in June/early July

- ⇒ Stress and Mood Management at The Campus, Worle from 10am on 5th June
- ⇒ Anxiety Management at Windmill House, Kenn from 10am on 6th June
- ⇒ Anxiety Management at Windmill House, Kenn from 6.30pm on 10th June
- ⇒ Low Mood at the Coast Resource Centre, W-s-M from 6.30pm on 17th June
- ⇒ Low Mood at the Coast Resource Centre, W-s-M from 4pm on 23rd June
- ⇒ Stress and Mood Management at the Coast Resource Centre from 6.30pm on 1st July
- ⇒ Low Mood at Windmill House, Kenn from 4pm on 8th July
- ⇒ Anxiety at Windmill House, Kenn from 10am on 18th July

To book a place on these or any of our courses, please visit our website

www.positivestep.org.uk or call 0800 688 8010