

Greenwich Time to Talk: Who we are and what we do

- Greenwich Time to Talk is an NHS Talking Therapies service
- We support people with common mental health difficulties such as anxiety, stress and depression
- The types of treatment we offer are Cognitive Behavioral Therapy and Counselling

How to refer:

- You must live in the Greenwich borough and be over the age of 16
- Ask your GP or self-refer online at <http://oxleas.nhs.uk/gttt>
- Call 0203 260 1100

If you don't live in Greenwich, use this link to find your local Talking Therapies service:

<https://www.nhs.uk/service-search/mental-health/find-a-psychological-therapies-service/>

Resilience Star

Each of the sections below is related to one of the 5 domains of resilience. Assess each statement and give yourself a rating out of 3 to indicate how much you agree with it (a score of 3 meaning that you strongly agree).

Once you have given each statement a score, add up your totals for the 5 sections. You can then mark your result in the corresponding sections of the resilience star on the next page. Plotting out your results in this way will give you a visual representation of how things are going in your life, at the moment and will show you which sections of your life you may need to work on.

Purpose

- /3 I have clear purpose and goals for my life.
- /3 I understand what is important to me and what I enjoy most in life.
- /3 I have a good balance in my life between my relationships, my work and my own personal projects
- /9**

Mind

- /3 I have an optimistic outlook and tend to see the positive side of things.
- /3 I am grateful for the good aspects of my life.
- /3 I take actions to solve problems.
- /9**

Body

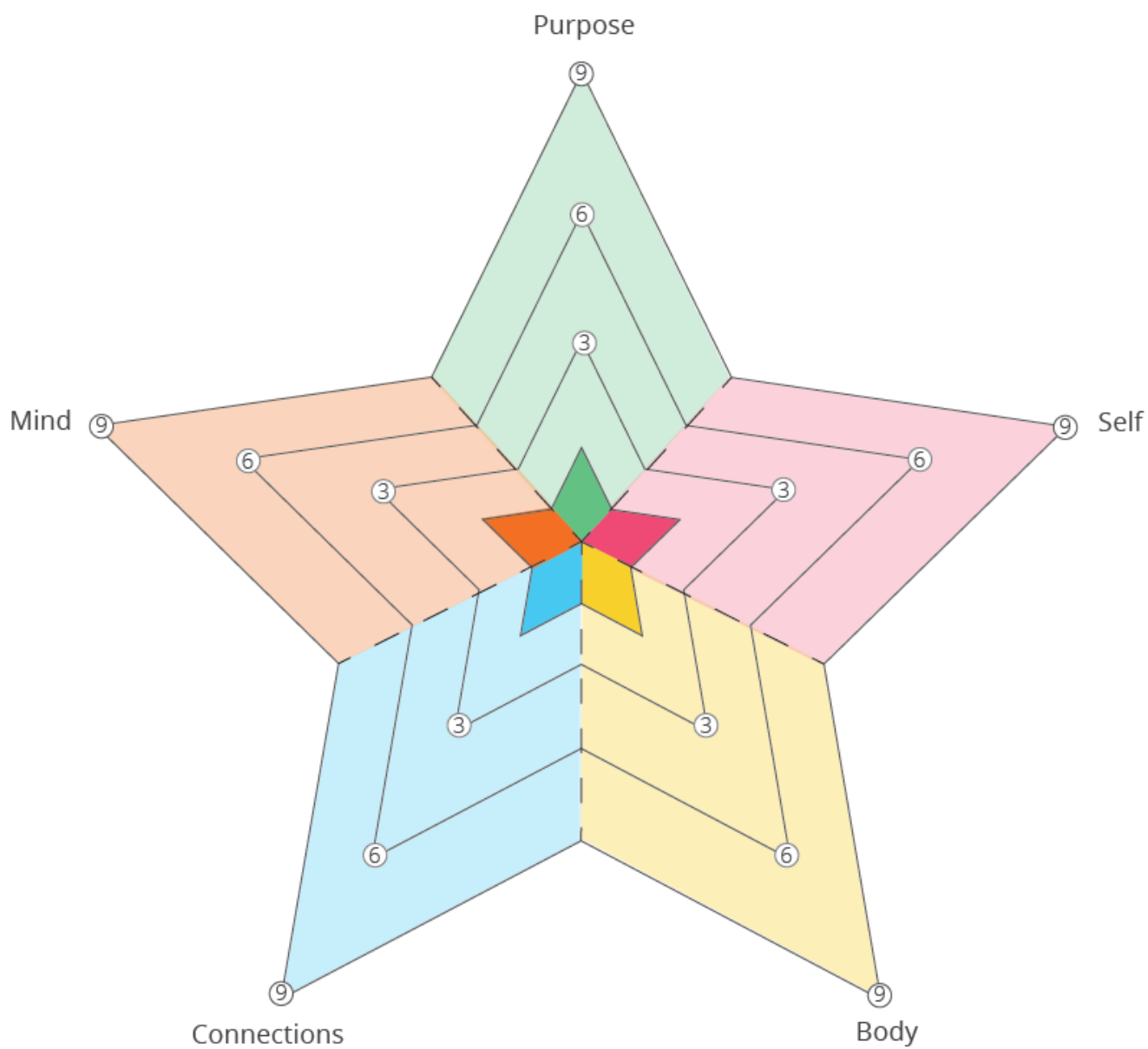
- /3 I eat healthy and nutritious food.
- /3 I can relax and sleep well at night.
- /3 I am physically active and feel fit.
- /9**

Connections

- /3 I have strong relationships in my life (with family, friends or my community).
- /3 I belong to groups that reflect my values, interests and passions
- /3 I can communicate well with others.
- /9**

Self

- /3 I have a positive view of myself and my abilities.
- /3 I am aware of my strengths and I find opportunities to express them
- /3 I am compassionate to myself when I make mistakes.
- /9**



Values

Our values reflect what we find meaningful in life. They are what you care about, deep down, and what you consider to be important. Everybody's values are different, and they can change over time. They reflect how we want to engage with the world, with the people around us, and with ourselves.

Values are different from goals. Put crudely, goals can be *achieved* whereas values are more like directions that we want to head in. For example we might have the value of *being a good parent* which may require a lifetime's effort, and the specific achievable goal of *getting our children to school on time*. Or we might have the goal of *going for a jog* while placing value upon our *physical health*.

The domains below are valued by some people. There might be values you think are important, and others that don't matter so much to you. There are no 'right' answers. Read the descriptions and think about what makes for a meaningful life that *you* could value.

	Family	<i>What kind of relationships do you want to have with your family? What sort of brother / sister / mother / father / aunt / uncle / niece / nephew do you want to be? How do you want to be in those relationships?</i>
	Marriage / Couple / Intimacy	<i>What kind of husband / wife / partner do you want to be? What kind of relationship do you want to be a part of? What sort of partnership do you want to build? What kind of person do you want to be in a relationship?</i>
	Parenting	<i>What sort of parent do you want to be? What qualities do you want your children to see in you? What kind of relationships do you want to build with them?</i>
	Friendships / Social life	<i>What sort of friend do you want to be? What friendships is it important to cultivate? How would you like to act towards your friends? What kind of social life matters to you?</i>
	Career / Employment	<i>What kind of work is valuable to you? What qualities do you want to bring as an employee? What kind of work relationships would you like to build? What kind of work matters to you?</i>
	Education / Personal growth & development	<i>How would you like to grow as a person? What kind of skills would you like to develop? What matters to you about education and learning? What would you like to know more about?</i>
	Recreation / Fun / Leisure	<i>How would you like to enjoy yourself? What relaxes you? When are you most playful?</i>
	Spirituality	<i>What kind of relationship do you want with God / nature / the Earth?</i>
	Citizenship / Environment / Community	<i>What kind of environment do you want to be a part of? How do you want to contribute to your community? What kind of citizen would you like to be?</i>
	Health / Physical wellbeing	<i>What kind of values do you have regarding your physical wellbeing? How important to you is your health? How do you want to look after yourself?</i>

Values

For each of these domains write a quick summary of your values, for example *"to live a healthy life and take care of my body"* (physical wellbeing), or *"to be a good friend to people who need me, and to enjoy my time with the people I love"* (friendships). Rate each domain for how important it is to you from 0-10 (0=not important).

Physical wellbeing

Family relations

**Marriage / couple /
intimate relations**

**Citizenship /
community**

Parenting

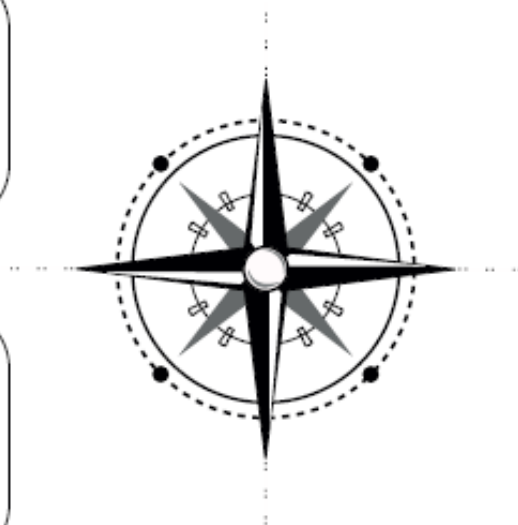
Spirituality

**Friendships / social
relationships**

Recreation

**Education / training /
personal growth**

Employment



Identifying your passions: my List

Start your list by choosing from our suggestions or by adding your own.

Individual Sports (e.g. running, swimming, golf)

Reading

Team sports (e.g. soccer, hockey)

Good conversation with friends

Painting and Art

Playing music

Being creative (making things)

Listening to music

Gardening

Cooking and Baking

Going out with friends

Caring for animals

Entertaining others

DIY/ repairing things

Teaching others

Being an entrepreneur

Writing

Organising projects

Travelling

Learning

Solving puzzles

Gaming

Self-Critical Thought Challenging Record

Cognitive behaviour therapy (CBT) suggests that how we think affects how we feel. Everyone has hundreds of 'automatic' thoughts each day. Unless you pay attention to them, you might not be aware that they're happening.

If you are self-critical, you will tend to ignore your achievements and successes and instead focus on your flaws or mistakes. As a result, you might see yourself as inadequate or wholly bad, attacking yourself with thoughts like "I never get things right" or "I'm such a waste of space". Thoughts like these can be very distressing.

Keeping a thought record can help you become more aware of your automatic thoughts and evaluate whether they are accurate or useful. The *Self-Critical Thought Challenging Record* offers a step-by-step process for challenging your self-critical thoughts and developing a more balanced view of things.



How could this tool help me?

- It can help you to think in a fairer and more balanced way, improving your mood.
- It can help you practise the process of questioning your self-critical thoughts by examining the evidence, rather than accepting them as facts.
- It can help you address unhelpful biases in your thinking.



How should I use it?

It is best to practise completing your thought record with your therapist first. Once you are familiar with the process, fill in the *Self-Critical Thought Challenging Record* whenever you notice a self-critical thought or a sudden change in your mood.

Each column will prompt you to record a different part of your experience.

- **Situation.** Describe the event that triggered a strong response in you.
- **Emotion or body sensations.** What did you feel, emotionally and physically? How strong were those feelings?
- **Self-critical thoughts.** What went through your mind? What were you saying to yourself? What tone of voice did that automatic thought have?
- **Alternative perspective.** How would a good friend make sense of this situation? Is the self-critical thought 100% true or is there another (kinder) way of looking at what happened? Would I be so harsh to someone else?
- **Outcome.** How do you feel after considering alternative perspectives?



Helpful tips

- Practise completing the form with your therapist at least once.
- Try to fill the record in as soon as possible after your automatic thought, while your memory of it is still clear.
- To develop an alternative perspective on your self-critical thought, pretend it is 'on trial' in a courtroom. What facts or evidence would you present against this thought?
- Thought records take time to master: the more you practise, the easier and more helpful they will become.

Self-Critical Thought Challenging Record

Situation Who were you with? What were you doing? Where were you? When did it happen?	Emotions or body sensations What did you feel? (Rate intensity 0-100%)	Self-critical thoughts What went through your mind? (Rate degree of belief in each thought 0-100%)	Alternative perspectives What other ways are there of looking at these thoughts?	Outcome How do you feel now? (Rate degree of belief in each thought now 0-100%)
			What is the evidence that my self-critical thought is true? What am I trying to achieve? Is this way of thinking likely to help me achieve that goal? In what ways could my thinking be inaccurate?	
		If you had an image or memory, what did it mean to you?		

Mind – practicing gratitude (exercise)

Below are 3 gratitude exercises you can try:

1. Identify 1 thing that you feel grateful for and appreciate about your life.
2. Identify 1 thing that you take for granted but are actually very thankful for.
3. Identify 1 thing that you appreciate about yourself.