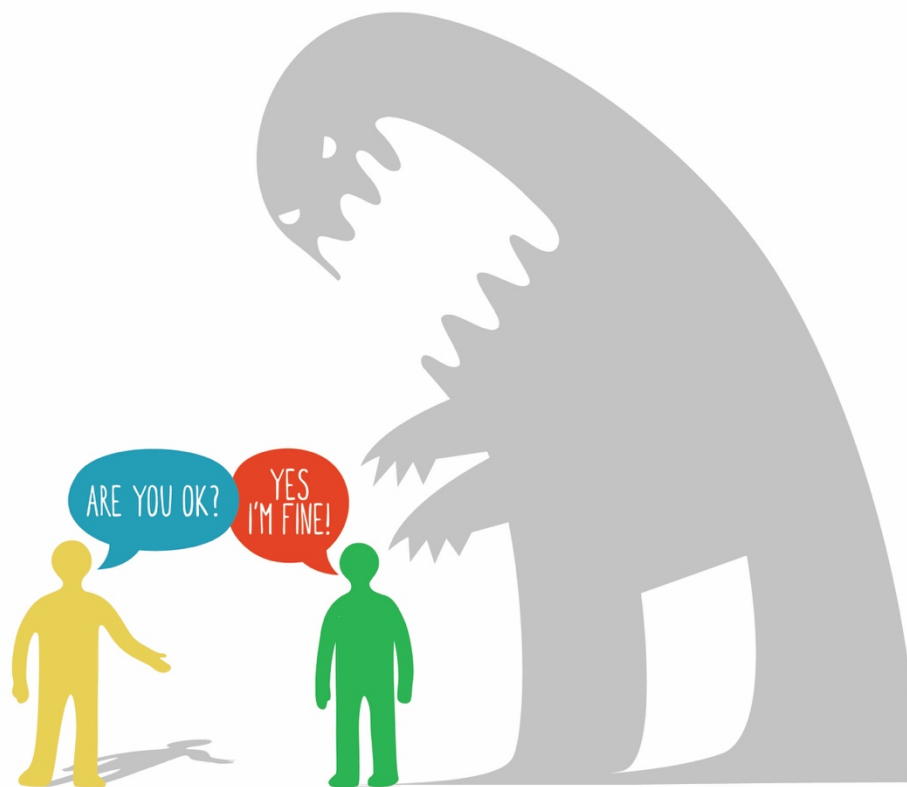


# How are you feeling?

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It's easy to pretend we're feeling fine when actually we feel worried or sad or angry or some other big feeling.

What are things that you aren't saying when someone asks you how you are? Can you write them down? Sometimes it helps to get them out of your head, even if you don't feel like you can talk about them at the moment.



# Pros and cons of changing

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Sometimes it can help to think of the pros (good things) and cons (bad things) about making a change.

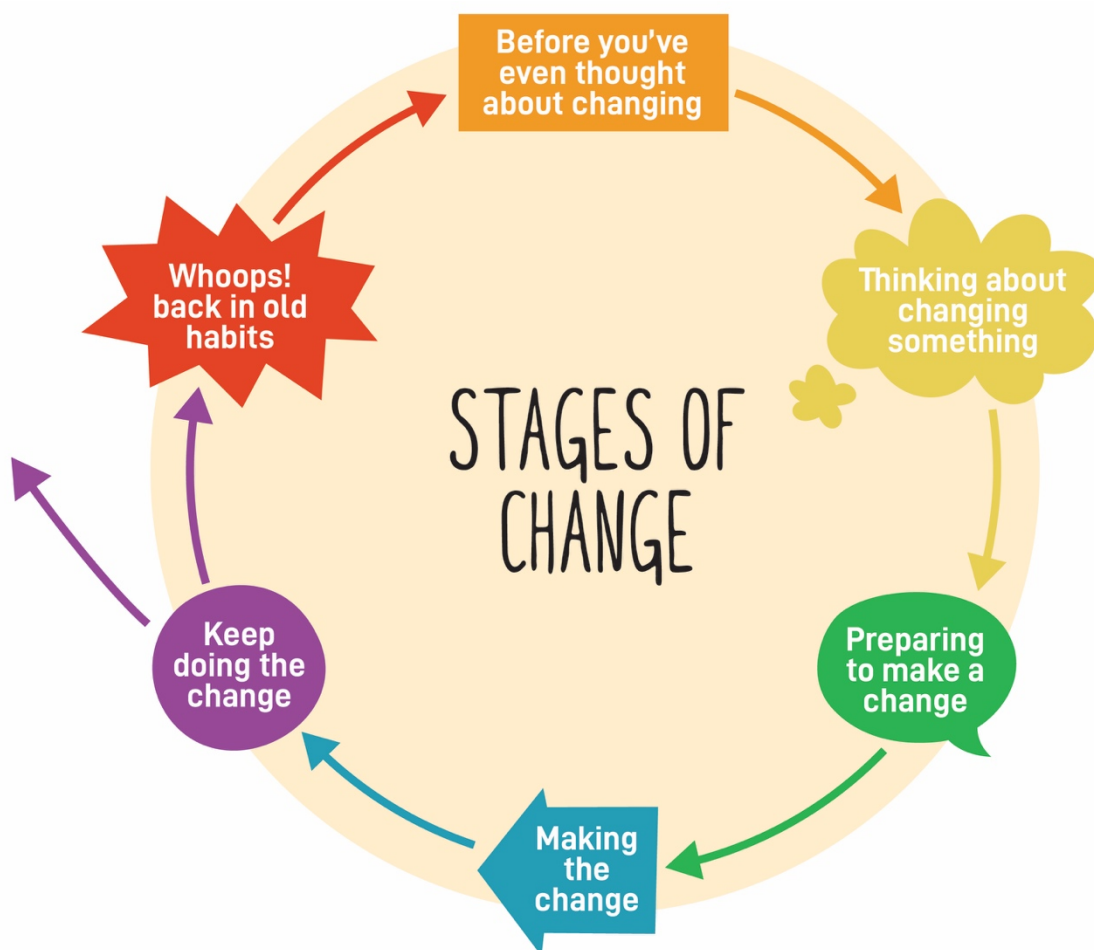
Often the pros and cons are different in the long term and the short term.

	Pros of making a change	Cons of making a change
Short Term		
Long Term		

# Stages of change

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It's hard to make a change. It's normal to have to try several times to change a habit.



These stages are based on Prochaska & Diclemente's work on motivation to change.

# Stress bucket

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Everyone has a stress bucket. What fills yours up?

What things help you to punch holes in the bottom and let some stress out?

Is there anything that seems to help but actually funnels the stress back in later on?



Downloadable for free from [www.lucymaddox.co.uk/resources](http://www.lucymaddox.co.uk/resources)

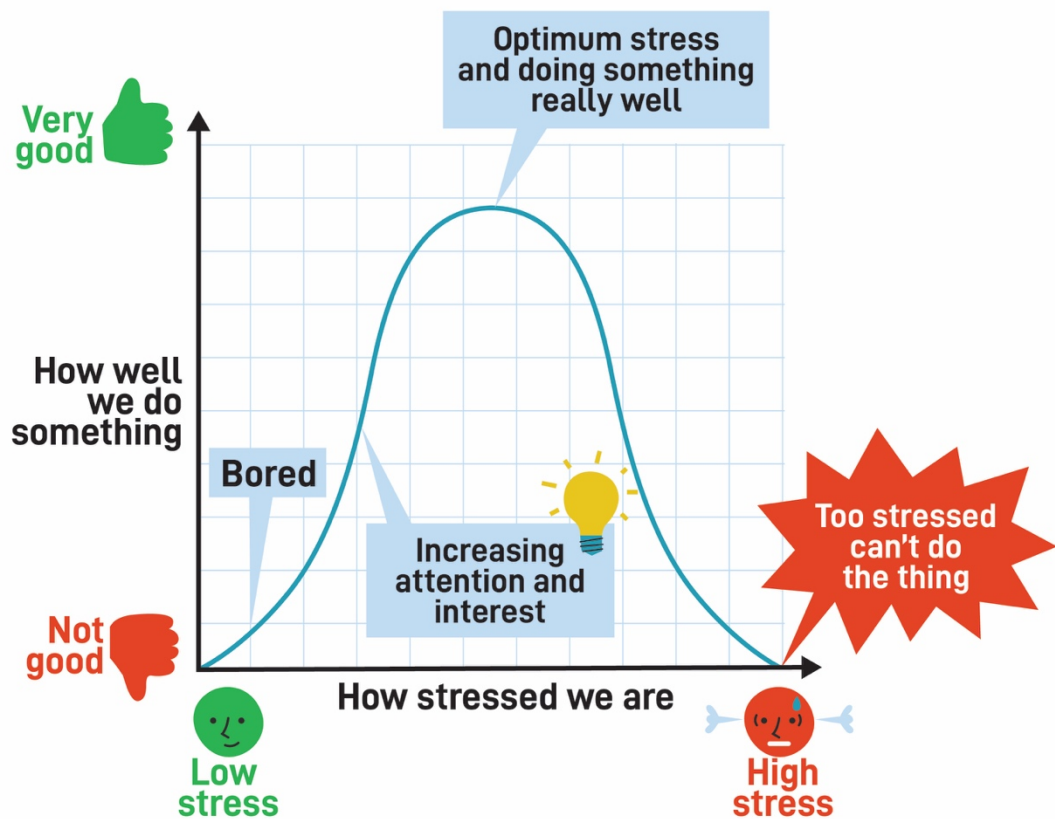
Created to accompany the book 'What is Mental Health?' by Dr Lucy Maddox

# Stress Curve

A little bit of stress can help us focus. Too much stress can get in the way of what we want to do.

Where are you on the stress curve?

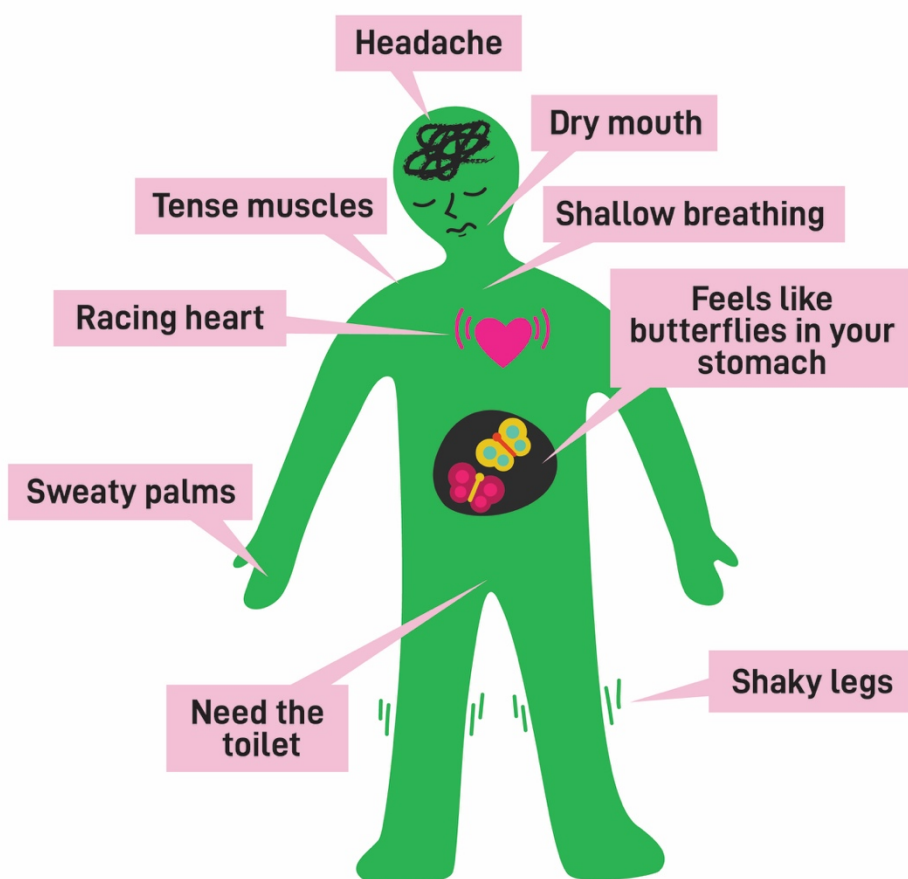
What would help you be where you want to be?



# Stress signature

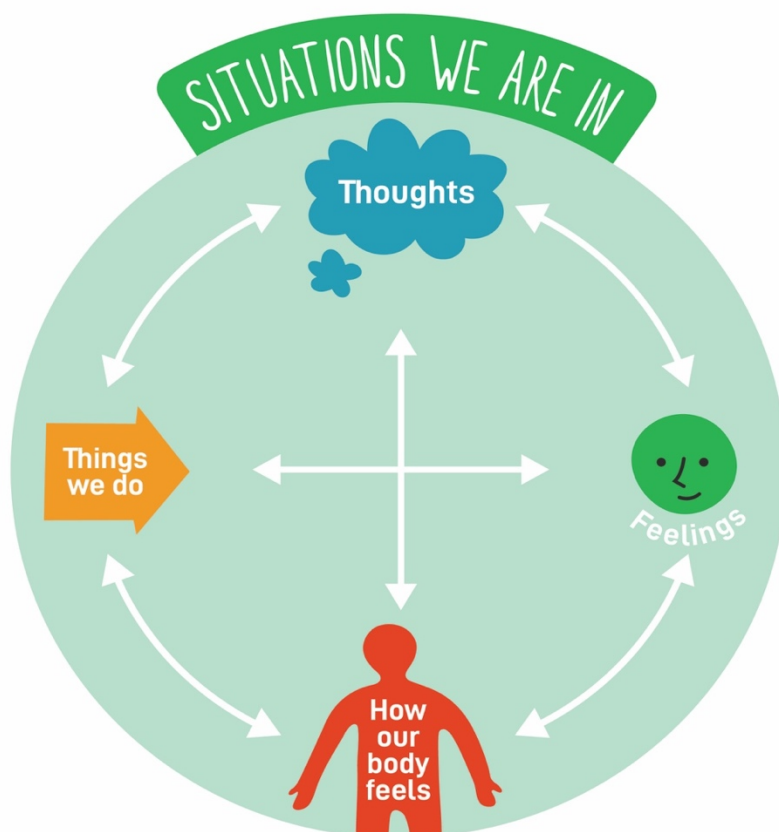
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Everyone has a stress signature. It's just where we feel stress in our body. These are some common things that people feel. Which ones do you feel when you are stressed? Are there any others you want to add on?



# The CBT Hot Cross Bun

This is one way of thinking about how our thoughts, feelings, actions and how our bodies feel are all interlinked. If you change one thing you can change all the others.



You can fill in your own thoughts, feelings, body sensations and actions, if you'd like to. Sometimes changing one bit of the cycle can make a big difference. For example, the same situation can result in different thoughts, which can make us feel different emotions.

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# What's up?

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These questions might help you think about what's going on for you at the moment. It can sometimes help to talk these questions through with someone else.

