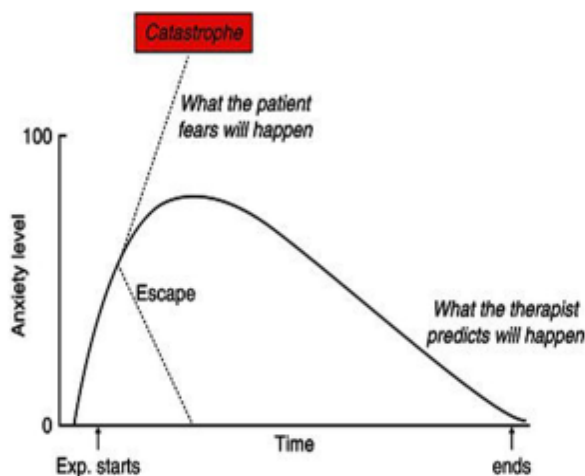


Resources to help manage behavioural symptoms

1. Understanding how avoidance impacts upon us can be helpful. We often think that if we avoid an uncomfortable situation, we are doing the right thing. The problem is avoidance will help us in the short term by making us feel better, however it leaves us with a long-term problem, as we never learn how to manage the uncomfortable situation or update our thinking about that situation.

Avoidance curve



The issue itself remains the same – hidden, intact, and not updated with new information.

- The FEAR remains the same
- The MEMORY remains INTACT

The next time there is a trigger - we feel the SAME, our level of distress is the SAME, beliefs remain the SAME, we use the SAME strategy to cope.

A vicious cycle that is repeated over and over.

2. 'Behavioural activation' is the term used in CBT to help us to re-activate ourselves and challenge low motivation. Please use the tools in the links below to work on this issue:
 - <https://www.getselfhelp.co.uk/docs/IncreasingActivity.pdf>
 - <https://www.getselfhelp.co.uk/docs/BehaviouralActivation.pdf>
 - <https://www.getselfhelp.co.uk/docs/Battery.pdf>
3. 'Pacing and planning' is a term we use in CBT to help people who engage with 'all or nothing' approaches to their lives. It may be that if your having a good day you clean the



whole house – you feel good about this but the following day you feel shattered and low. This may be due to the fact that you have ‘spent’ all of your energy the previous day or you have left yourself with nothing to achieve on the second day or both.

These situations fuel a lowered mood, so pacing and planning can help you with your weekly schedule as discussed in the below link:

<https://www.getselfhelp.co.uk/docs/PACE.pdf>

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