

Resources to help manage emotional changes

1. Firstly, it can be helpful to learn more about our emotions and their purpose:

<https://www.getselfhelp.co.uk/emotionregulation.htm>

2. We often refer to STOPP as CBT in a nutshell. Please open the below link to find out more about this tool which can help you to pause and put things into perspective:

<https://www.getselfhelp.co.uk/stopp.htm>

3. The emergency box is a very helpful tool in terms of building your ability to focus upon the now. The box looks at using your senses to focus on the now and positives, find out more below:

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

4. Some helpful tools for learning about sleep and improving our sleep:

<https://www.cci.health.wa.gov.au/~media/cci/mental%20health%20professionals/sleep/sleep%20-%20information%20sheets/sleep%20information%20sheet%20-%202004%20-%20sleep%20hygiene.pdf>

<https://www.cci.health.wa.gov.au/~media/CCI/Mental%20Health%20Professionals/Sleep/Sleep%20-%20Information%20Sheets/Sleep%20Information%20Sheet%20-%202001%20-%20Facts%20About%20Sleep.pdf>

5. Healthy Me is a helpful way to summarise your goals and changes you are striving to make or have made in the main functioning areas of life:

<https://www.cci.health.wa.gov.au/~media/CCI/Mental%20Health%20Professionals/Bipolar%20Disorder/Bipolar%20Disorder%20-%20Information%20Sheets/Bipolar%20Information%20Sheet%20-%202021%20-%20Staying%20Healthy.pdf>

6. Lastly, some helpful tips on improving your mood through food:

<https://www.bda.uk.com/resource/food-facts-food-and-mood.html>

