

*Healthy*

# HEADSPACE

SERIES

**HOW TO BUILD RESILIENCE**  
USING CBT (COGNITIVE BEHAVIOURAL THERAPY)

*with*

**Caroline Corkery**

PSYCHOTHERAPIST (MA)



TO BE FULLY ALIVE,  
FULLY HUMAN AND  
COMPLETELY AWAKE,  
IS TO BE CONTINUALLY  
THROWN OUT OF THE NEST

PEMA CHODRON

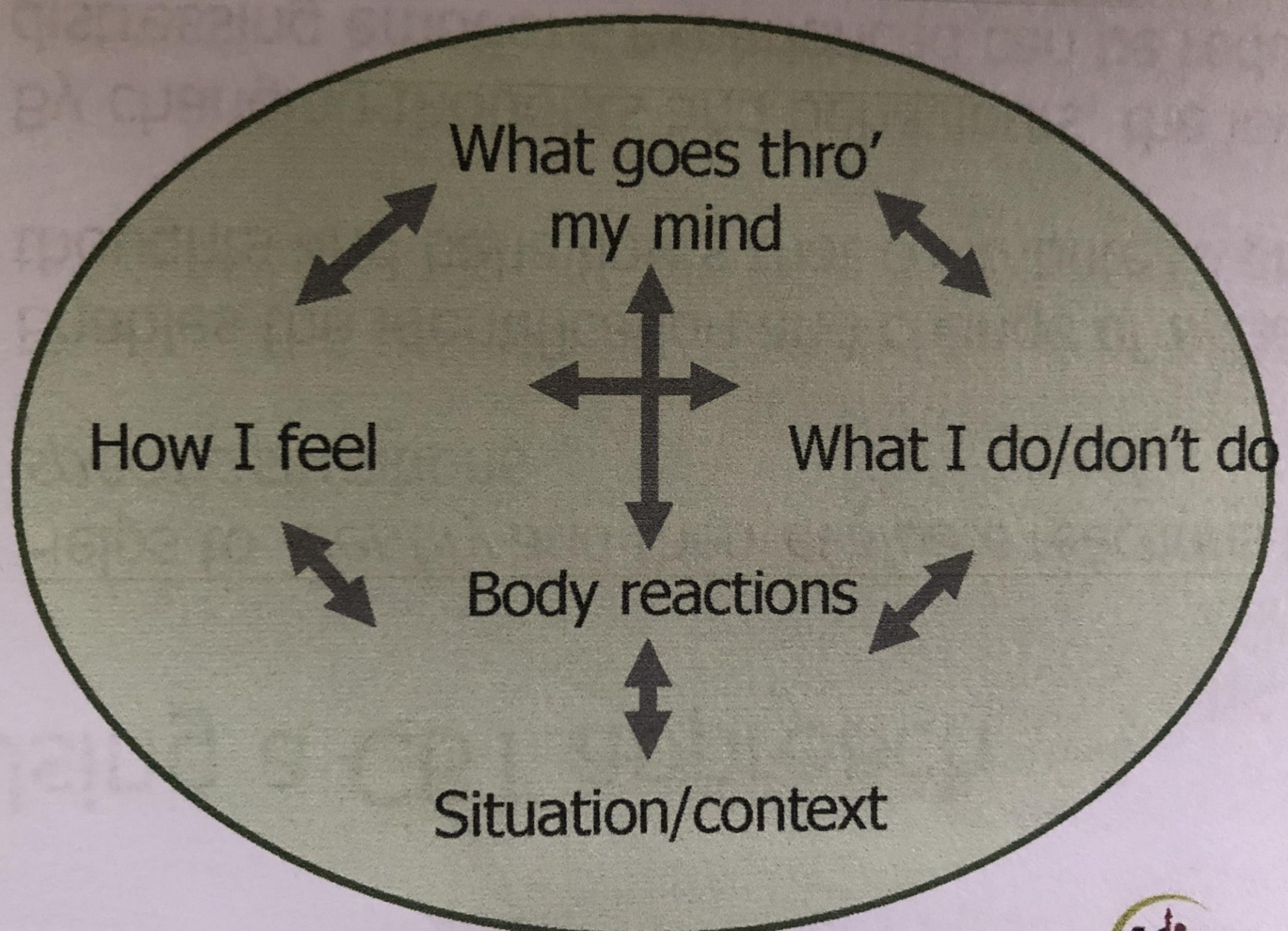
@headplusheart

# Resilience & Cognitive Behavioural Therapy (CBT)

# Principles of CBT

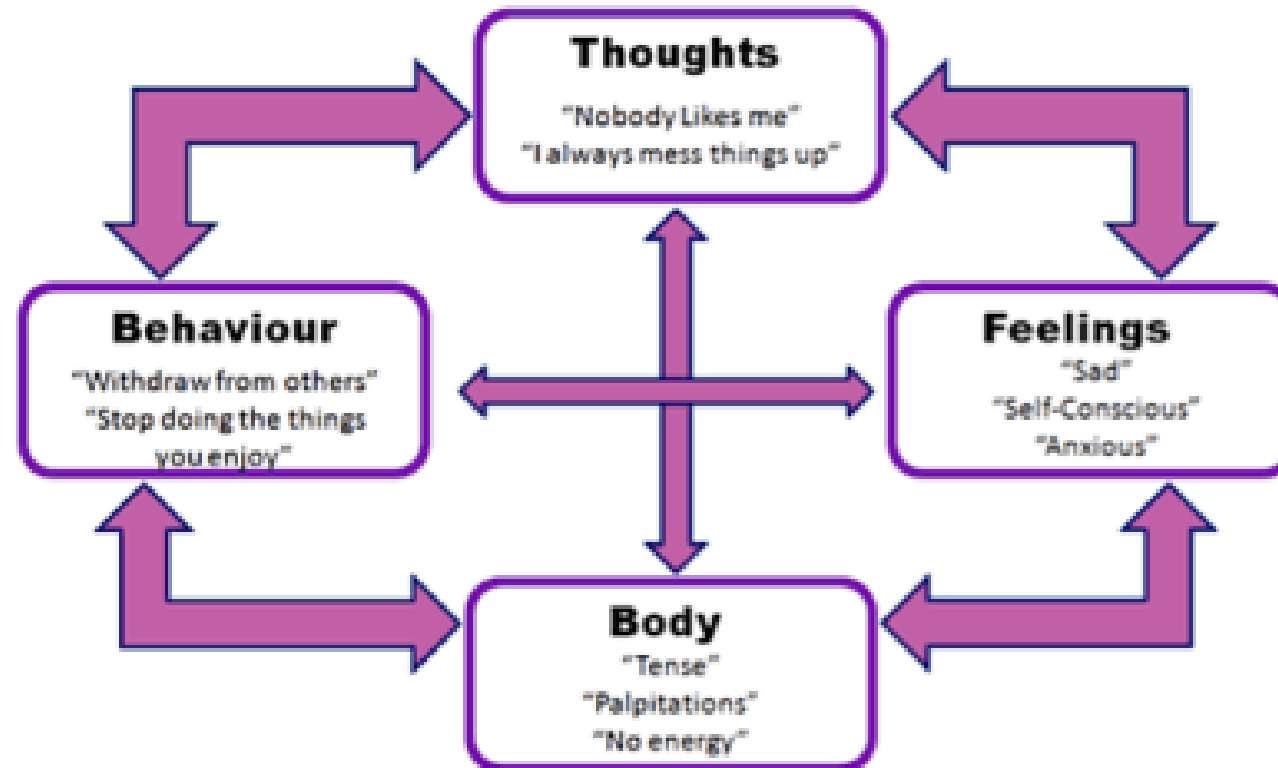
How People *Think* in specific situations,  
affects how they *feel* emotionally & physically,  
and how they *behave*





# Principles of CBT

- CBT is based on the idea that how we think, how we act, how we feel and what goes on in our bodies all interact together.
- Specifically, our thoughts strongly influence our feelings and behaviours
- Therefore any unhelpful, unrealistic or negative thoughts can be a major source of distress.





# CBT Cycle

- Thoughts: includes fears and beliefs about their problems and images – what was running through your mind?
- Feelings: Key distressing emotions associated with the event
- Behaviour: Helpful and unhelpful behavioural factors including safety behaviours and avoidance – defense mechanisms
- Physical reactions – how did you feel physically
- Background/environmental factors – what else is going on in your life



## **Thoughts**

Pain 'catastrophising'; unhelpful beliefs about the best way to cope with pain (e.g. I should always rest)  
Hypervigilance (constant thinking or worrying about pain)  
Low self esteem & self criticism

## **Feelings**

Low mood  
Anger and frustration  
Anxiety and worry

## **Behavioural factors**

'Pain behaviours' e.g. Sighing, groaning, talking about pain  
Reduced activity; excessive rest  
Social isolation and withdrawal  
Avoidance behaviours designed to eliminate pain

## **Physical symptoms**

Pain, weakness and stiffness  
Lethargy and fatigue, Poor sleep  
Anxiety-related symptoms  
Side effects of medication

# How we perceive the world

- The way people perceive the world and interpret events leads to behavioural reactions
- A person who perceives the world as hostile, unsafe and unpredictable will tend to be more hypervigilant (until they exhaust the stress response system)
- A person who perceives the world as generally good and believes they have the ability to deal with challenges as they arise will be able to allow their stress response system to function normally.





# Impact of Thinking Errors (Fight or Flee)

- Emotional upset

- Depression
- Anxiety

Behavioural

Withdrawal

Addictions

Sleep problems/changes

Eating changes

Physical

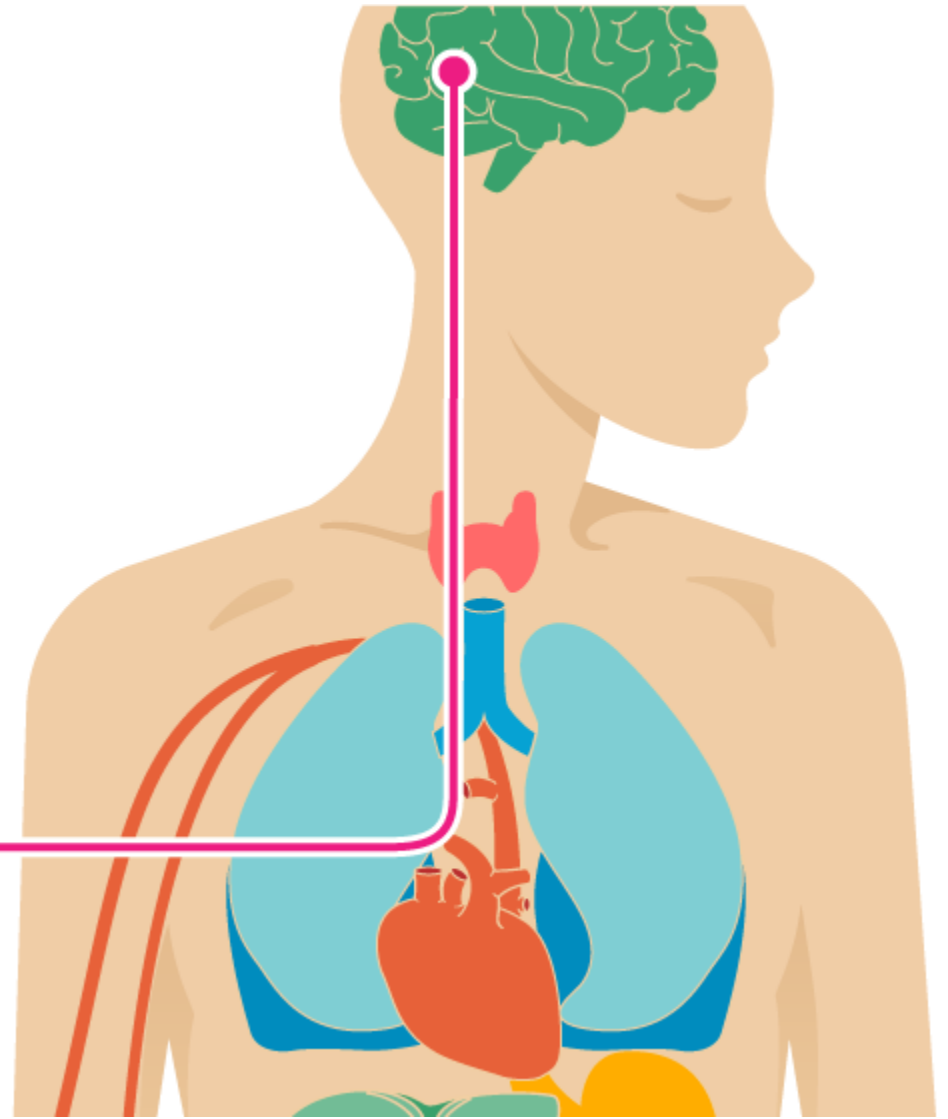
- stress-relates illnesses
- Headaches
- GI Distress

Social

- irritability/impatience
- withdrawal

*The Effects of*  
**Anxiety**

ON YOUR BODY





### a sense of doom

Anxiety can cause frequent feelings of impending doom. You may also have difficulty concentrating.

### panic attacks

Panic attacks from anxiety can lead to a number of physical symptoms, including heart palpitations, chest pain, and lightheadedness. You may even feel warmer than normal.

### depression

Chronic anxiety can increase your risk for depression. Symptoms include social withdrawal, loss of interest in activities you once loved, and feelings of guilt or hopelessness.

### headaches

Headaches from constant worry and stress are common.

### irritability

Constant worry can increase your overall feelings of irritability.

### pounding heart

Heart palpitations occur with panic attacks, but they can also happen with anxiety more generally. You may feel like your heartbeat quickens in pace and intensity.

### breathing problems

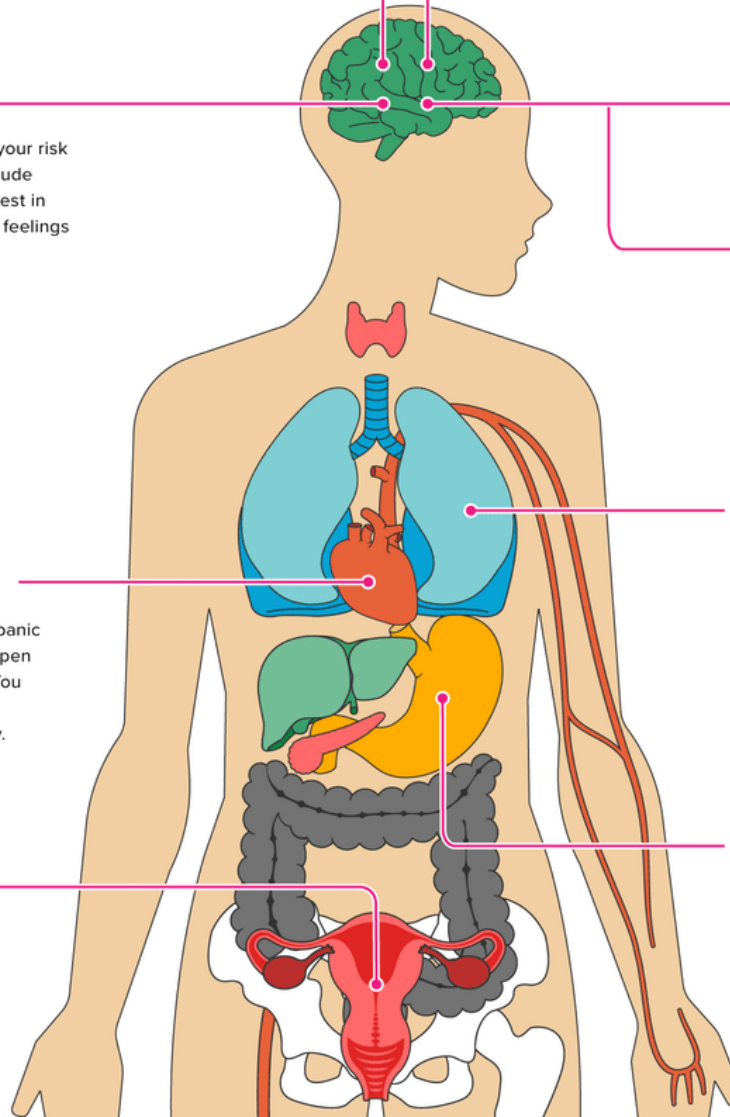
Anxiety can cause rapid, shallow breathing. These symptoms are more intense when you're having a panic attack.

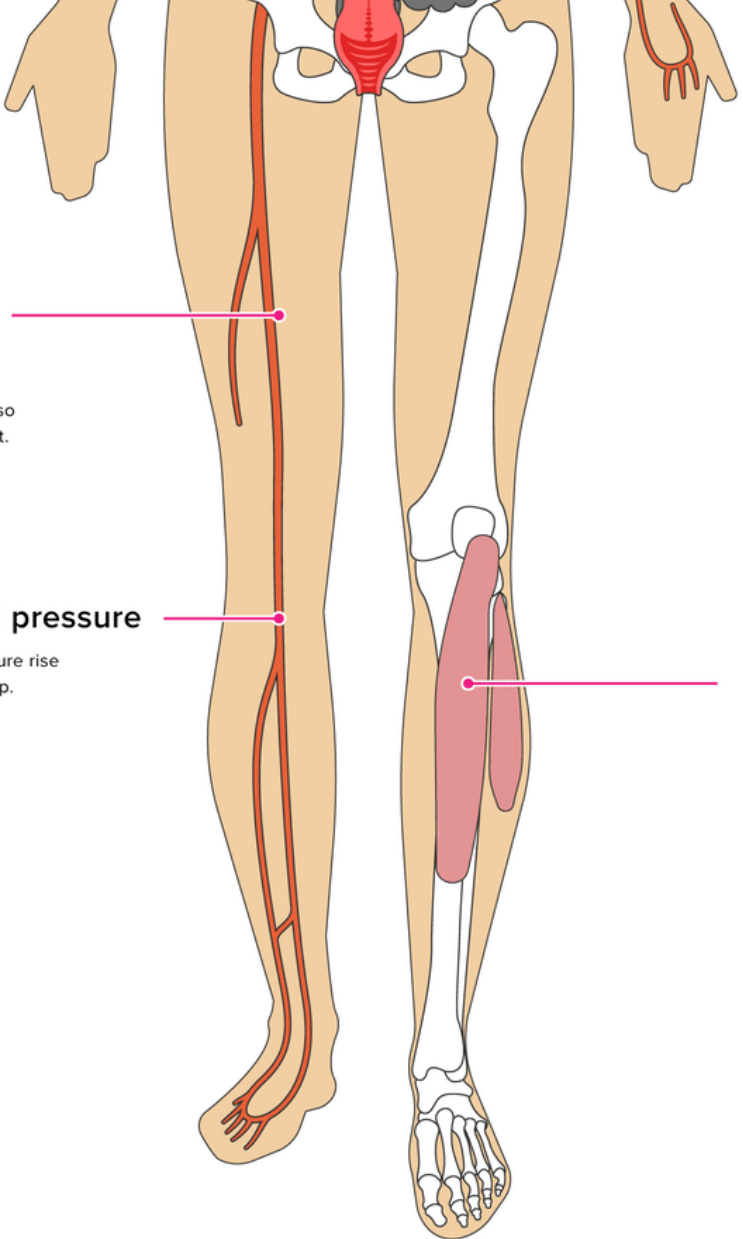
### loss of libido

Anxiety can decrease your sexual desire.

### upset stomach

Stomach pains may be accompanied by nausea and diarrhea.





### **extreme fatigue**

Anxiety can leave you feeling wiped out at various points throughout the day. You may also have problems sleeping at night.

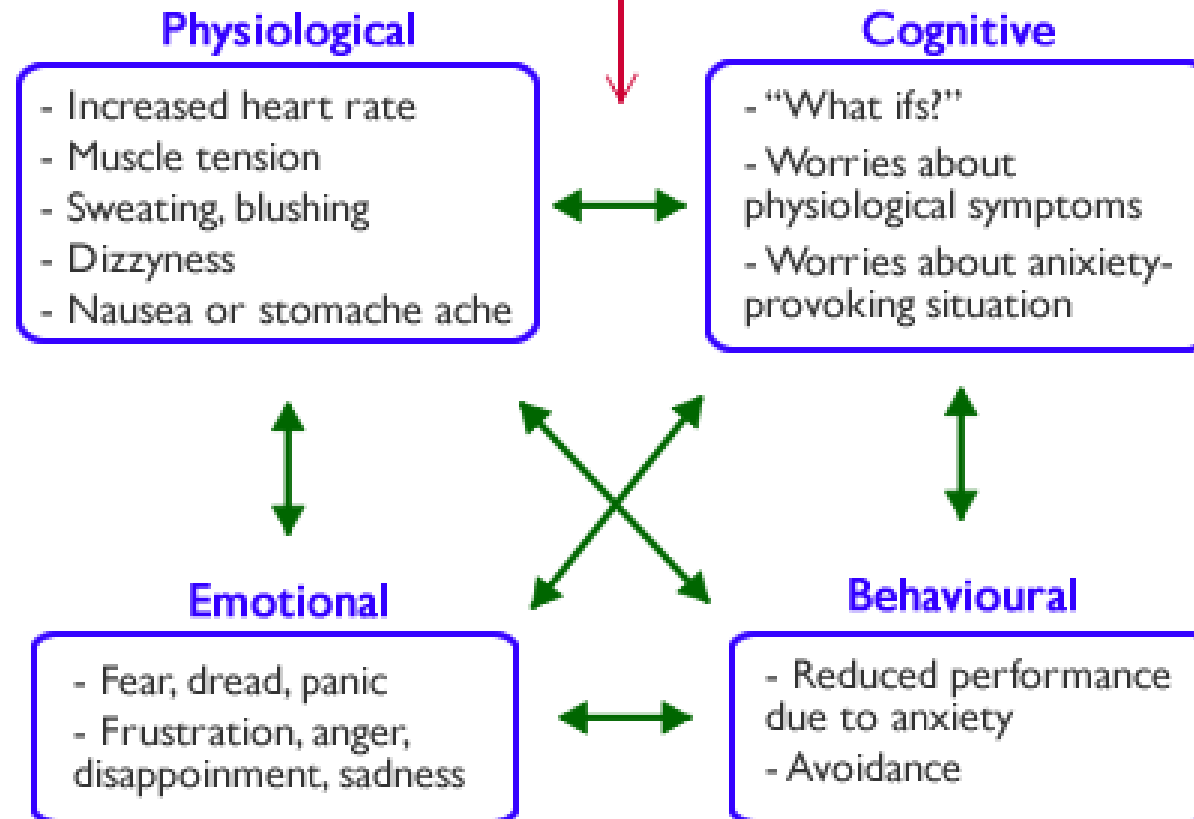
### **increase in blood pressure**

You may feel your blood pressure rise whenever your anxiety flares up.


### **muscle aches and other pains**

Anxiety isn't just felt mentally. Unexplained aches and pains can also occur.

## Anxiety-Provoking Situation



# Levels of Thinking



Automatic  
Thoughts

Rules &  
Assumptions

Core Beliefs





A Thought

WHATEVER YOU ARE  
NOT CHANGING YOU  
ARE CHOOSING.



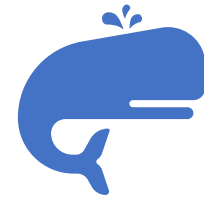
# What are Thoughts



**Words and visual images that pass through our minds including: attitudes, ideas, expectations, memories & beliefs**



**They don't have to be logical/accurate**



**A thought is not a fact**

(though some may be very believable)

# What are Automatic Thoughts

- Automatic (pop into your head)
- Hidden (don't notice them)
- Distorted (ignore evidence)
- Unhelpful (get in the way)
- Reasonable/Plausible (accepted as facts)
- Involuntary (hard to switch off)
- Have consequences in terms of altering our feelings and behaviour





**STOPP**

**TAKE A BREATH**

**OBSERVE:** What am I thinking?  
What am I reacting to?  
What am I feeling in my body?

**PULL BACK:** Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**PRACTISE WHAT WORKS:** What's the best thing to do for me, for others, for this situation?



# Unhelpful Thinking

- All –or-nothing thinking
- Overgeneralization
- Mental filter
- Discounting the positives
- Jumping to conclusions
- Magnification or minimization
- Emotional reasoning
- Should statements
- Labeling
- Personalization and blame



# What are Assumptions

- While automatic thoughts are often states as verbal messages to ourselves, assumptions are not so obvious.
- We frequently must infer them from our actions
- If we put our assumptions in words they can usually be stated as “IF.....Then...” sentences or “Should” statements



# Examples

- If I get close to people, then they will reject me
- If I make a mistake, then I will be punished
- If I don't get everything right, then I am a failure
- If I am always helpful, then no-one will leave me
- If I smile when I am angry then people will not get upset
- If I attack verbally then others will keep their distance



# What are Core Beliefs

- Deepest Level of cognition
  - Absolutistic statements about:
    - Ourselves (I am worthless)
    - Others (Others are dangerous)
    - The World (The world is full of evil)
- Our worldview

The origins of core beliefs and assumptions are generally in our early childhood.

# Examples

## Automatic Thoughts:


- I hope I don't make a mistake
- They'll think I'm stupid
- I don't know what to say

## Assumptions

- if I work really hard then I won't make a mistake
- if I don't go to meetings then there's less chance of me making a mistake

## Core Belief:

- I'm incompetent.



# What is resilience

The definition of **resilient** is someone or something that bounces back into shape or recovers quickly. An **example of resilient** is elastic being stretched and returning to its normal size after being let go. An **example of resilient** is a sick person rapidly getting healthy.

# Thought patterns & Resilience

- The aim is to change the way a person thinks about the issue that's causing concern.
- Negative thoughts can cause self destructive feelings and behaviours.
- Healthy/positive thoughts lead to healthy feelings and behaviours.




# Vulnerable

- When we feel vulnerable, it makes it harder to be resilient.
- Avoid alcohol as this contributes to feeling vulnerable
- Lack of sleep
- Stress
- Unhealthy food
- Negative circle
- Not having own space
- Avoid negative people and negative situations



**The less  
you respond  
to negative  
people, the  
more peaceful  
your life will  
become.**



# Factors that contribute to being resilient

Self awareness

Remain calm

Listen to your body

Accept what is

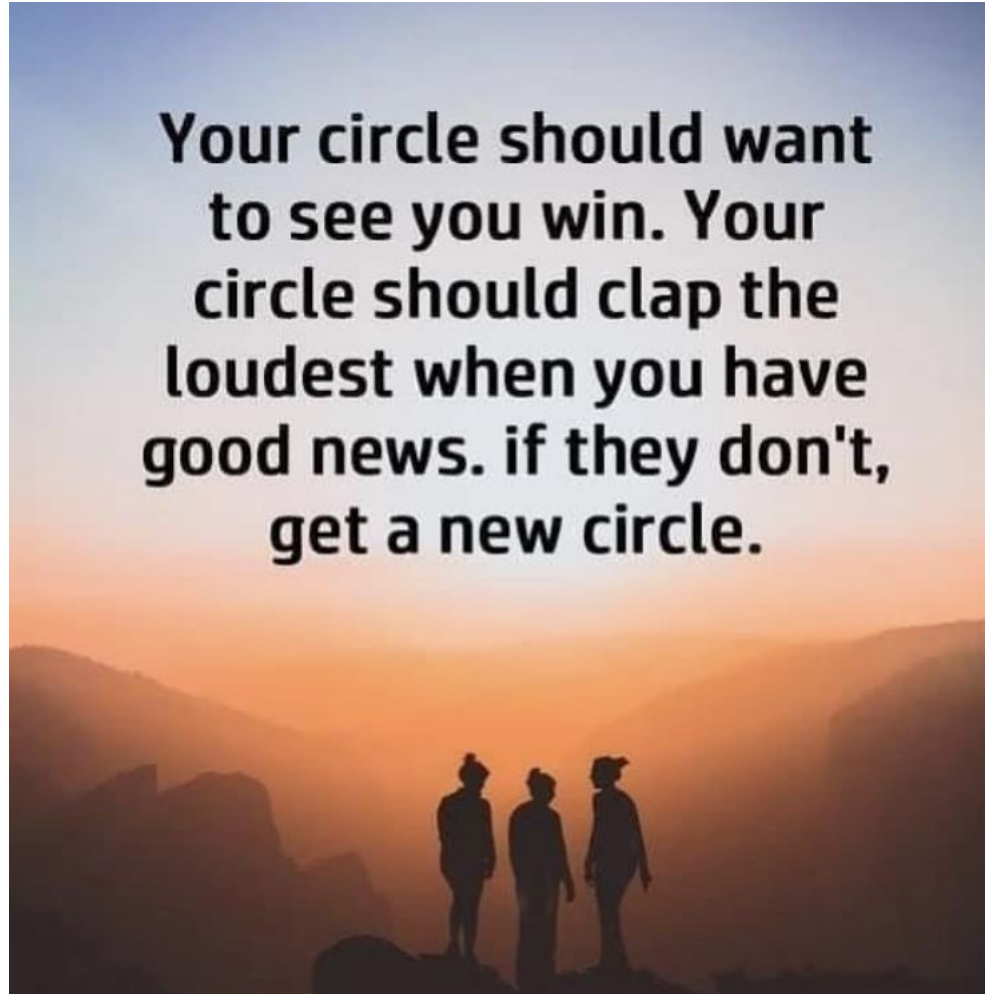
Nourish yourself

Build positive social relationships

Find your purpose in life

Compassion

**Your circle should want  
to see you win. Your  
circle should clap the  
loudest when you have  
good news. if they don't,  
get a new circle.**



# REMEMBER

- Pay attention to your physical, emotional and behavioural response in different situations.

# Developing resilience

- You can **develop resilience** in several ways.
- First, take care to exercise regularly and get enough sleep, so that you can control stress more easily. The stronger you feel physically and emotionally, the easier it is for you to overcome challenges



# Self Care

- Selfless
- Surround yourself with positive people
- Sleep
- Healthy food
- Water
- Exercise
- Take break from TV for a week
- Take a break from social media



# Checklist to a vulnerable situation

- STOPP, and step back from the situation.
- What happened
- How am I reacting
- What is my internal dialogue saying
- Breathe
- How is my body feeling or where do I feel it in my body.

# Feel Good Go To

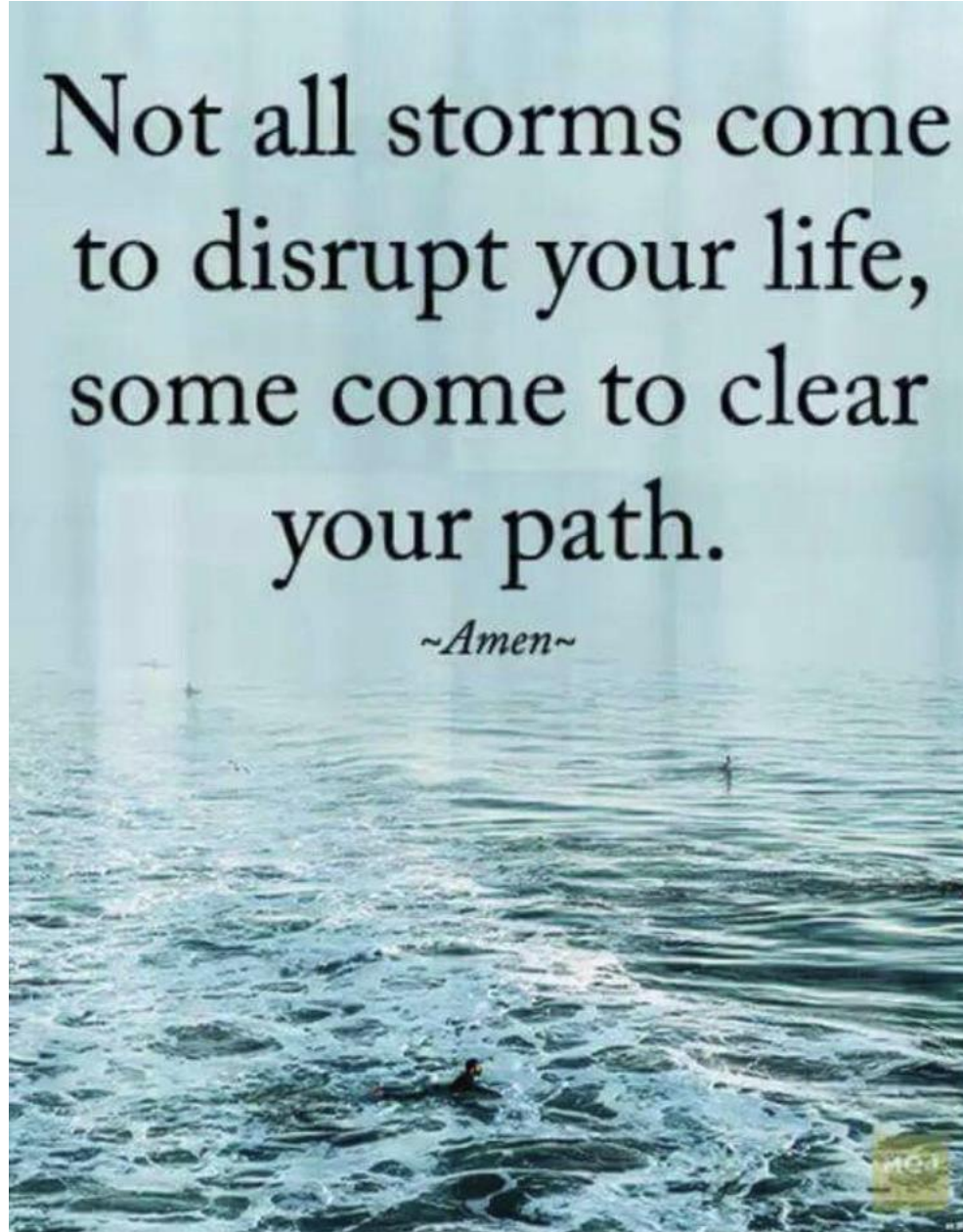
- Make an inventory of all the things that can bring a smile to your face.
- Things you do that make you feel good
- What is your go to if you need to think?
- What people make you feel good,
- Who can you be open and honest with, without being judged.

# Reflection & Journaling

- Journaling
- Are my thoughts positive or negative.
- What did I do for me today
- Have I had enough sleep
- What food have I eaten
- Is my work/home life balanced

Not all storms come  
to disrupt your life,  
some come to clear  
your path.

*~Amen~*





# Gratitude

- Take stock of what you have in your life, the good things, and be grateful for it.





# My Motto

“Do not spoil what you have, by desiring what you have not, remember that what you now have, was once among the things you only hoped for”



The first rule  
of kindness  
is to be kind  
to yourself.

[tinybuddha.com](http://tinybuddha.com)