

# Back from the Bluez

## Module 9

### **Self-Management**

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# Maintaining Your Gains and Staying Well



into your lifestyle.

Congratulations on making it to the end of this information package! We're glad you stayed on with us. If you haven't read all the modules, it might be good to go back to the ones you missed. However, the most important thing for you now is to keep practising some of the strategies you might have learned through reading the modules in this info-pack. This means continuing to apply all of the useful skills and insights about yourself you might have gained. If you continue practising the concepts and skills you have learned, they will become like habits that have been integrated

There are also some important things you will need to do in order to make the most of what you have learned to stay well or gain that extra improvement. The easiest way to summarise this is by looking at the "Healthy Me" worksheet on the next page. It shows the main areas of your life that you should give some attention to in order for you to continue maintaining your gains.

You will notice that on the "Healthy Me" Worksheet, each heading has spaces left blank for you to write in what you will need to attend to. For example, under Self-Care you might write: "I will shop every week and purchase fruit and vegetables, and avoid eating take-out. Under Social Activities you might write: "I will visit friends at least once each week." You may want to update this worksheet on a regular basis when you need to extend your goals or modify them. We really encourage you to do this, as it will enable you to keep track of things.

There are some important things to remember about monitoring and managing yourself.

## 1. Expect Slip-Ups and Down Days

Slip-ups in progress can happen at any time and are to be expected. Try not to fall into the trap of believing that you are 'back to square one' as this will only make you feel worse. Use your skills of challenging your thinking to help when this situation occurs. It might be useful to remind yourself that most people have 'down days' or days where life's hassles are harder to deal with – its part of being human! Also, you can use setbacks as a way of learning something new about yourself to help avoid similar problems in the future.

## 2. Social Support

It is wise to find someone with whom you can sit down and have a good talk. This doesn't mean a therapy session where you pour out your heart but rather just a chance to talk through what's going on in your life, what your goals are, and generally just to ventilate with someone you trust. Often, problems seem bigger than they really are when a person tries to deal with them on their own. Hearing yourself talk through something can help to put it into perspective. Socialising is also fun and will help you to keep on track with scheduling of pleasant events.



Remember – progress may be a bumpy road at times but it will be a rewarding journey on the whole!

Balanced Thoughts

Social Activities

Pleasant Activities

Healthy



Exercise

Relaxation

ME

Self-Care

Goals

Social Support

## Module Summary

- It is important that you keep applying and practicing the strategies you learned through reading the modules in this info-pack
- Consistent and continuous practice will enable you to integrate the strategies into your lifestyle
- Slip-ups and down days are part and parcel of life – expect them and challenge any unhelpful thoughts that might get in the way of your progress
- Find some friends with whom you can be with and talk to. A group of friends can be a source of social support and good company for social activities

We hope that you have found this information package to be of benefit to you and that you will maintain all the gains you have made. If you have questions about medication or psychotherapy for depression, do go and see your doctor or an appropriate mental health practitioner. For now, it's goodbye from us at CCI. Take care!

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## About The Modules

### BACKGROUND

This module was created in the early 2000s by Clinical Psychologists at the Centre for Clinical Interventions, under the supervision of the Centre's Founding Director, Paula Nathan.

The concepts and strategies in these modules have been developed from evidence based psychological practice, primarily Cognitive-Behaviour Therapy (CBT). CBT for depression and anxiety is based on the approach that depression and anxiety are the result of problematic cognitions (thoughts) and behaviours.

### REFERENCES

These are some of the professional references used to create the modules in this information package.

Beck, A. T., Rush, A. J. , Shaw, B. F., Emery, G. (1979). Cognitive Therapy of Depression. New York: The Guildford Press.

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Clark, M.D. & Fairburn, C.C. (1997) Science and practice of cognitive behaviour therapy. Oxford: Oxford University Press

Dobson, K.S., & Craig, K.A. (1998) Empirically supported therapies: Best practice in professional psychology. Thousand Oaks: Sage

Hawton, K., Salkovskis, P.M., Kirk, J., & Clark, D.M. (1989) Cognitive behaviour therapy for psychiatric problems: A practical guide. Oxford: Oxford University Press

Nathan, P.E. & Gorman, J.M. (2002) (Eds.) A guide to treatments that work (2<sup>nd</sup> ed.) New York: Oxford University Press.

### “BACK FROM THE BLUEZ”

This module forms part of:

Nathan, P., Rees, C., Lim, L., & Correia, H. (2003). *Back from the Bluez*. Perth, Western Australia: Centre for Clinical Interventions