

## Workbook Descriptions

### Creating community-based self-help strategies to improve mental health for all



#### 1. Starting out ... and how to keep going if you feel stuck

This workbook helps you learn more about this program, how best to use it, and what to do if you feel stuck.



#### 7. Understanding panic and phobias

Learn about what panic and phobias are and whether they are impacting your thoughts, feelings, emotions, and behaviours.



#### 2. Understanding low mood and depression

This workbook helps you understand more about low mood and depression and why you feel the way you do.



#### 8. Understanding worry and stress

Understand the impact of anxiety, worry and stress and identify the areas you need to deal with to overcome your own anxiety problems.



#### 3. Doing things that boost how you feel

Begin to learn how low mood and stress cause you to do less, as well as some step-by-step techniques to incorporate helpful activities back into your life.



#### 9. Understanding how we respond to illness

Feeling down and anxious comes hand in hand with physical health problems. In this workbook, you will look at how you respond to illness, as well as helpful and unhelpful things you can do that impact how you feel.



#### 4. Noticing extreme and unhelpful thinking

Find out more about patterns of thinking that you may have and how to identify the ones that cause you to feel worse and affect what you do.



#### 10. Facing fears and overcoming avoidance

Find out why you feel like avoiding things that seem scary and learn how avoiding things can make you feel worse.



#### 5. Changing extreme and unhelpful thinking

Learn effective ways to challenge and overcome unhelpful and upsetting thoughts.



#### 11. Overcoming sleep problems

This workbook focuses on sleep, particularly, how to overcome sleep problems and improve the quality of your sleep.



#### 6. Practical problem solving

Life throws things at you that are expected or unexpected—learn a 7-step plan to overcome these practical problems.



#### 12. Being assertive

Learn the differences between passive behaviour, aggressive behaviour, and assertiveness.



### 13. Building relationships with your family and friends

Often, when you feel down, anxious or irritable, it's easy to take it out on those who are closest to you. This workbook helps you think about how the way you feel can affect your relationships with those around you.



### 14. Using exercise to boost how you feel

Keeping active can help improve how you feel instantly. Learn how to use exercise to reduce feelings of stress and anxiety and discover how exercise can help you feel fitter, more active, and better about yourself.



### 15. Helpful things you can do

Learn about helpful things you can do that give you a boost and plan some ways that you can do these things, even when you are busy or under stress.



### 16. Unhelpful things you do

In this workbook, you will find out why and how you sometimes act in ways that backfire.



### 17. Alcohol, drugs and you

Learn some useful facts about drugs and alcohol, discover how drugs and alcohol affect you/your family and plan next steps to bring about change.



### 18. Understanding and using anti-depressant medication

Anti-depressant medication can be helpful as part of a package of care. Find out more in this workbook.



### 19. Planning for the future

The aim of this workbook is to help you manage how you feel moving forward.



### 20. Information for families and friends—how can you offer the best support?

Learn about this program and how the person you are supporting is using it, as well as helpful and unhelpful things you can do.

## Reclaim your life (from illness, disability, pain, or fatigue)

Your life is more important than your illness. Even if you are bed-bound, depressed, chronically fatigued, or unable to see or get around, this book will help. If you've received a diagnosis that frightens you, or if you're struggling after years of impaired mobility, this workbook can help you feel a little better every day.

### Enjoy your baby (postnatal depression)

You were hoping for a fairy tale, but what you got was poo. 14 days, 14 changes—just two weeks to getting better. Every time you turn a couple of pages in this workbook, you will find a suggestion to make one change in your life, your thoughts, your routine or your relationships. There are 14 fun changes altogether.

## Core depression workbooks

- Starting out ... and how to keep going if you feel stuck
- Understanding low mood and depression
- Doing things that boost how you feel
- Noticing extreme and unhelpful thinking
- Changing extreme and unhelpful thinking
- Practical problem solving

## Core anxiety workbooks

- Starting out ... and how to keep going if you feel stuck
- Understanding panic and phobias and/or
- Understanding worry and stress and/or
- Understanding how we respond to illness
- Facing fears and overcoming avoidance
- Noticing extreme and unhelpful thinking
- Changing extreme and unhelpful thinking
- Practical problem solving

## Optional workbooks

- Overcoming sleep problems
- Being assertive
- Building relationships with your family and friends
- Using exercise to boost how you feel
- Helpful things you can do
- Unhelpful things you do
- Alcohol, drugs and you
- Understanding and using anti-depressant medication
- Planning for the future
- Information for families and friends—how can you offer the best support