

Session 6

Moving forward

This session will reflect on the last 5 weeks:

- How do you feel about this course ending?
- Identify 3 things you've learned
- What to do in case of a setback
- Maintaining your progress

Choose a practice of your choice to start with:



Soothing rhythm breathing

Mindfulness of an external object



Progressive muscle relaxation

Place of Calm



Ending

Coming to the end of anything, for example this course, a relationship, a college course, can lead to a range of different feelings, such as:

- Hope
- Optimism
- Sadness
- Worry

Spend a few minutes thinking about how you're feeling about ending this course:

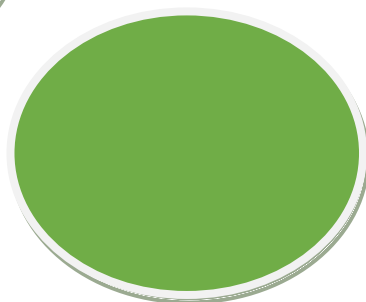
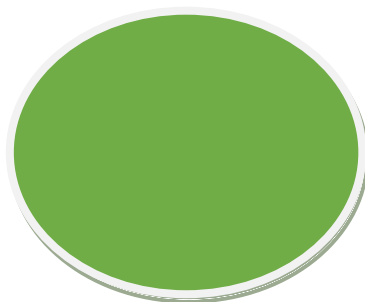
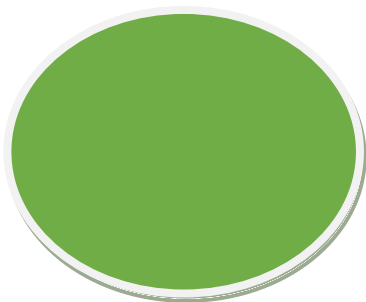


If you're feeling worried or sad, it's likely that your threat system will be active.

Therefore we'd encourage you to pick another audio practice to do *before* moving on to the next task.



Thinking about the whole course, please write down the **3 things you've found most helpful**.



Set backs

We know that *life can be hard* and when things aren't going your way, it can feel as though you're back to *square one*.



However, it's important to remember that no matter what's going on, you *haven't suddenly forgotten everything* you've learnt so far.

SUCCESS IS NOT FINAL
FAILURE IS NOT FATAL
IT IS THE COURAGE TO
CONTINUE THAT COUNTS
Winston Churchill

It's more realistic to expect to have some setbacks along the

way and think about how you might *overcome* them.

Emily preparing for setbacks

What events, situations or triggers may cause me to have a setback?	<i>Others driving badly or being tailgated.</i> <i>Being in or witnessing another car accident.</i>
What are some of the signs (thoughts, feelings, behaviours)	<i>I'm going to be in another accident.</i> <i>Feeling afraid.</i> <i>Avoiding cars.</i>
What can I do to limit a negative spiral from happening?	<i>Talk to my partner.</i> <i>Use my grounding and mindfulness practices.</i>
What can I do, or who can help if I do have a negative spiral?	<i>Talk to my partner.</i> <i>Use this booklet & videos.</i> <i>Take time everyday to work on coping strategies.</i>

Preparing for setbacks

<p>What events, situations or triggers may cause me to have a setback?</p>	
<p>What are some of the signs (thoughts, feelings, behaviours)</p>	
<p>What can I do to limit a negative spiral from happening?</p>	
<p>What can I do, or who can help if I do have a negative spiral?</p>	

Look at the symptoms in the list below. Tick those that have affected you at least twice in the last week.

Your answers can help you to identify areas you still want to work on.

- Upsetting thoughts or memories about the event that have come into your mind against your will
- Upsetting dreams against your will
- Acting or feeling as though the event were happening again
- Feeling upset by reminders of the event
- Bodily reactions (e.g. fast heartbeat, stomach churning, sweatiness, dizziness) when reminded of the event
- Difficulty falling or staying asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Heightened awareness of potential dangers to yourself and others
- Being jumpy or being startled at something unexpected

Trauma Screening Questionnaire (Brewin and colleagues, 2002).

Maintaining your progress

Think about 3 things you want to focus on over the:

Next week



Next month



*Next 3
months*



