



**Directory: ‘Life!... and how to survive it’**

Welcome to *LIFE! …and how to survive it*. This YouTube channel has been set up to help us get through a period where we find ourselves feeling stressed, overwhelmed and needing some help. The channel has been created by NHS Lothian. The videos were written and presented by the East Lothian Psychological Therapies Service, and you will find videos in here that you can use to guide you through difficult times. Some playlists contain videos that are made by other creators. All videos by NHS Lothian open with a clear introduction of the logo.

There are 9 playlists, each one discussing different aspects of life, stress and overcoming difficult times. We designed the videos in the playlists to all be only a few minutes long, so people have the chance to watch them while they’re in the bath, laying in bed, sitting on the bus, or anywhere that’s easiest for you. Whenever you’re most likely to get a quiet 10 minutes to yourself, is a good time to set aside for coming to this channel. You can jump in anywhere you choose. We’ve designed the videos in the playlists to follow each other in sequence, so you can watch them as if you were attending one of our groups at the Hospital. But it isn’t necessary to start at the first video in playlist 1 and watch them all. You can select any video that sounds most helpful to you and start with that. We would like you to get something invaluable from these videos and possibly something that will change your life in an important way. Enjoy the films.

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|  Play with solid fill Playlist  | Content  |
| [LIFE! ...and how to survive it](https://www.youtube.com/watch?v=5GyOYLbPJ_Q)  | 1. [**LIFE! ...and how to survive it**](https://www.youtube.com/watch?v=5GyOYLbPJ_Q&list=PLsgtd4q8hmwXZ2lLObItirDS933G5ZN5m)

Life is fluctuating and going through tough times is normal – this can be difficult to cope with.  |
| [LIFE...And How To Talk About It](https://www.youtube.com/watch?v=6WSk4rjsKHU&list=PLsgtd4q8hmwXRPw0_mCgTg2ubrjBYpAui) The videos in this playlist cover these life events that are often too difficult, if not impossible, for us to fully put into words and talk about. Only watch these videos with someone there to watch them with you. | 1. [**LIFE...And How To Talk About It - YouTube**](https://www.youtube.com/watch?v=6WSk4rjsKHU&list=PLsgtd4q8hmwXRPw0_mCgTg2ubrjBYpAui)
2. **The Impact of Early Emotional Neglect**
3. **Childhood Trauma and the Brain – UK Trauma Council**
4. **Adverse Childhood Experiences – NHS Health Scotland**
5. **Depersonalization vs Derealization**
6. **The Psychology of Post-traumatic Stress Disorder – Joelle Rabow Maletis**
7. **How to Overcome Trauma**
8. **Grounding Techniques for PTSD**
9. **12 Signs you Might Be Suffering from PTSD**
10. **The Problem of Shame**
11. **Hypervigilance and How to Overcome it**
12. **What is Emotional Neglect? And how to Cope**
13. **Learn how to stop PTSD Nightmares with Dr Justin Havens**
14. **Understanding Flashbacks and Nightmares**
15. **How Childhood Trauma Affects Health Across a Lifetime – Nadine Burke Harris**
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| [Head Full...To Mindful](https://www.youtube.com/watch?v=b0sN7BIjzQM&list=PLsgtd4q8hmwWaXJDGWYZ5lrElzB2UUUky)Mindfulness meditation has been passed to us here in Scotland, from the Buddhist communities in Asia. It’s accepted now, that we can learn Mindfulness meditation, without following a Buddhist teaching, or any spiritual path. People of any religious faith, and people with no spiritual beliefs, have adopted a Mindfulness practice, to experience life from a deeper perspective, that supports them to grow and find something important, that is already there inside us, but often lost under all the clutter of our crazy hectic modern lifestyles. This playlist will give you the basics of incorporating mindfulness into your life in a way that is simple. Unlike a technique or a tool to manage stress, mindfulness can be viewed as a change of lifestyle that can develop your awareness of your own mind.  | 1. **Learn Meditation in 5 Minutes with Dan Harris**
2. **Why Mindfulness Is a Superpower: An Animation**
3. **Meditation 101 – Learn how to Meditate in our Beginner’s Guide Animation**
4. **Meditation is Easier than you Think**
5. **How to Train your Monkey Mind**
6. **DBT Mindfulness Skill: An Overview of Wisemind and the What & How Skills**
7. **How to Clear your Head**
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| [Emotional Intelligence...and How to Expand It](https://www.youtube.com/watch?v=DtWkMvH3QV0&list=PLsgtd4q8hmwXwtPzRnBx75apHduear6kT) This playlist can help expand our awareness of the crucial parts of being human, which are often over-looked, under-valued and miss-understood. The videos here are mostly in the form of short stories, and parables, which are the best way to understand the points they’re making. Many of these stories are timeless, handed down through generations, but each one telling a fundamental truth, about being human. They’re designed to provoke us, jolt us out of our normal way of thinking and looking at the world, to give us a deeper, truer and maybe wiser awareness of what it means to be given a human life on this planet. Some of the videos might just catch your attention and trigger your curiosity to consider your life from a new perspective.  | 1. [**Emotional Intelligence...and How to Expand It**](https://www.youtube.com/watch?v=DtWkMvH3QV0&list=PLsgtd4q8hmwXwtPzRnBx75apHduear6kT)
2. **What is Emotional Intelligence?**
3. **How to Test your Emotional Maturity**
4. **5 Ways to Spot Emotional Immaturity**
5. **If by Rudyard Kipling – Inspirational Poetry**
6. **The Story of your Life – A Motivational Video**
7. **Desiderata – Explore. Dream. Discover – Inspirational Life Changing Poem**
8. **How to Let Go – A Buddhist Story**
9. **Quotes to Help you Stay Positive**
10. **Gratitude – The Short Film by Louie Schwartzberg**
11. **Curiosity**
12. **DBT Skills: Mindfulness and Radical Acceptance**
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| [Other People!...and how to understand them](https://www.youtube.com/watch?v=2WuKOL7rTzE&list=PLsgtd4q8hmwXzQFgx5SQMspiffMLs1DJA) The videos you will find in this playlist can help you reflect upon the way, the people around us make us feel. There are also tips in here on ways we can change our relationships, to improve them, and to make sure the people around us get the best of us, and how we get that back from them in return. | 1. [**Other People!...and how to understand them**](https://www.youtube.com/watch?v=2WuKOL7rTzE&list=PLsgtd4q8hmwXzQFgx5SQMspiffMLs1DJA)
2. **What is your Attachment Style?**
3. **The Challenges of Anxious-Avoidant Relationship**
4. **The Seret of Successful Relationships: Rupture and Repair**
5. **The Capacity to Give up on People**
6. **Can People Change?**
7. **How to Recognize Toxic Relationships**
8. **The Three Requirements of Good Relationship**
9. **Two Reasons People Are Immature**
10. **Transactional Analysis1: Ego States (Parent, Adult & Child Plus Subdivisions)**
11. **Transactional Analysis 2: Complementary, Crossed and Ulterior Transactions**
12. **Transactional Analysis 3: Karpman Drama Triangle and the Winner’s Triangle**
13. **The Secret of Other People’s Relationships**
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| [Your Relationship ...with yourself](https://www.youtube.com/playlist?list=PLsgtd4q8hmwXy2VS4lHPVI5ElMgbj27WX) The videos in this playlist will give you a chance to think about your relationship with yourself, how this might be fuelling the way you feel, and how you might want to alter this. | 1. [**Your Relationship ...with yourself**](https://www.youtube.com/playlist?list=PLsgtd4q8hmwXy2VS4lHPVI5ElMgbj27WX)
2. **How to Learn to Love Oneself More**
3. **Alfred & Shadow – A short story about emotions (education psychology health animation)**
4. **The quiet power of introverts – BBC Ideas**
5. **Self Compassion**
6. **On Disliking Oneself**
7. **Stop Hating Yourself – Russel Brand**
8. **How to Tame a Pitiless Inner Critic**
9. **How to Tell You Are an Introvert**
10. **How to Know Yourself**
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| [Being Your Own Therapist](https://www.youtube.com/playlist?list=PLsgtd4q8hmwUu3ZGo42knNyZtTRETNSaG) In this playlist, you have videos demonstrating a range of self-therapy techniques. There are steps we can all follow, if we want to manage the way our life feels, rather than just forcing our way through each day hoping it somehow gets better or easier. From tips on how to stop worrying, achieve a more restful sleep, through to learning how to properly relax, let go and breathe like a Zen monk. You might benefit from any of them, or you might want to just concentrate on perfecting one, before moving onto another. You’ll need a note pad for these videos, to write down the techniques that you want to practice and master. This note pad is effectively you creating your own self-help manual. | 1. [**Being Your Own Therapist**](https://www.youtube.com/playlist?list=PLsgtd4q8hmwUu3ZGo42knNyZtTRETNSaG)
2. **The One Question We Need to Ask Ourselves When We Feel Anxious**
3. **What causes insomnia? - Dan Kwartler**
4. **How to Cope With Depression**
5. **Neuroscientist Sam Harris – If You’re Struggling with Anxiety, You Need to Watch This**
6. **Sam Harris’s Quick Advice for Lost and Depressed People**
7. **What causes panic attacks, and how can you prevent them? - Cindy J. Aaronson**
8. **Anxiety Attack Relief: How to Stop an Anxiety Attack**
9. **How to reduce stress with the 2:1 breathing technique**
10. **How to Get Out of a Despairing Mood**
11. **When We Worry All the Time and How to Cope**
12. **The Best Way to Face Difficult Times**
13. **On Feeling Stuck**
14. **How Stress Affects your Brain – Madhumita Murgia**
15. **Sleep, Anxiety, and Insomnia: How to Sleep Better When You’re Anxious**
16. **Cognitive Distortions: 8 Negative Automatic Thoughts Explained**
17. **CBT Self Help for Anger**
18. **CBT Self Help for Generalised Anxiety Disorder & Worry**
19. **CBT Self Help for Health Anxiety**
20. **CBT Self Help for Panic**
21. **CBT Self Help for OCD – Obsessive Compulsive Disorder**
22. **CBT Self Help for Social Anxiety**
23. **CBT Self help for Stress**
24. **STOPP – CBT in a nutshell**
25. **How to get through a panic attack – Lifehacker**
26. **When Someone we love has died**
27. **The Grieving Process: Coping with Death**
28. **Understanding Depression and How to Manage it**
29. **How childhood trauma affects health across a lifetime – Nadine Burke**
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| [Being Human ...And What Does That Mean](https://www.youtube.com/playlist?list=PLsgtd4q8hmwUWepZ-Bpik5b3cCTWXl19D) This video introduces a playlist which looks at all the challenges and hurdles that come with being alive, growing up, moving through our lives, and why it can feel so hard at times. | 1. [**Being Human ...And What Does That Mean**](https://www.youtube.com/playlist?list=PLsgtd4q8hmwUWepZ-Bpik5b3cCTWXl19D)
2. **The Mind – Alan Watts**
3. **Alan Watts – What is love?**
4. **The meaning of life – Sam Harris**
5. **This Speech will Change Your Life – Carl Sagan**
6. **Your life has a purpose...**
7. **How culture makes us feel lost – Dr. Gabor Mate on finding your true self again**
8. **I had a back dog, his name was depression**
9. **Why Maslow’s Hierarchy of Needs matters**
10. **Developing a Compassionate Mind**
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| [Short Steps ...to feel better](https://www.youtube.com/playlist?list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg)  The videos in this playlist are simple, easy skills we can learn to quickly alter how we’re feeling, whatever feeling has swept us up, and whatever situation we find ourselves in. | 1. [**Short Steps to Feel Better**](https://www.youtube.com/watch?v=WwcKFHFvgQA&list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg&index=1)

When we are stressed, we may react in several ways. This affects our emotions which can have a ripple affect on our interactions with people around us. A lot of the time, we end up feeling incredibly exhausted. This playlist contains simple skills to support coping in stressful situations.1. [**The Stress Rollercoaster**](https://www.youtube.com/watch?v=XSXO2dZGH7A&list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg&index=2)

Stress requires fuel just like fire does. Our reaction to stress can alter the situation. This takes practice and repeated use. 1. [**Feel Better**](https://www.youtube.com/watch?v=eky9_AZMdHY&list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg&index=3)

Helpful ways to reduce stress sometimes mean counterintuitive and uncomfortable actions. This can trigger a physical reaction in our body, further contributing to feeling a particular way. A breathing technique can help with this. 1. [**Feel Better…In a Breath**](https://www.youtube.com/watch?v=5rZd54L0PrY&list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg&index=4)

Naturally, our breathing often mirrors the way we feel. 1. [**Feel Better…In a Minute**](https://www.youtube.com/watch?v=_FglVhRn50g&list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg&index=5)

This simple technique ‘STOPP’ can help us catch hold of when we are feeling stressed, anxious or uncomfortable. 1. [**Feel Better…In a Moment**](https://www.youtube.com/watch?v=CpJgvmgGW7Q&list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg&index=6)

Emotions can be understood through changes in our body. Learning how to relax can help step away from the stress in our life. 1. [**Feel Better…In a Thought**](https://www.youtube.com/watch?v=X5ZfWidFct8&list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg&index=7)

When considering changing the way we feel, thoughts are important to acknowledge. 1. [**Feel Better…In an Hour**](https://www.youtube.com/watch?v=dhsbTQdIrxc&list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg&index=8)

Most organisms thrive through interaction. People are designed to be with people. A vital part of feeling better is to be with others. 1. [**Feel Better…In a Mouthful**](https://www.youtube.com/watch?v=gW3UmFpSI8c&list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg&index=9)

What we eat and drink can impact the way we feel. When feeling low or anxious, we may lose our appetite or over-eat, and this is normal. This can make us feel worthless and insecure. Steps to feel better include thinking about what we eat and drink.1. [**Feel Better…In a Day**](https://www.youtube.com/watch?v=UUKBQ36zlsU&list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg&index=10)

This video includes 5 steps that can help to start feeling better.1. [**Feel Better...By Recharging**](https://www.youtube.com/watch?v=acmTlap8nec&list=PLsgtd4q8hmwVWLsyTD5-b79r91WNBwnNg&index=11)

Humans have a battery that needs to be charged to keep going with the demands of life. Thinking about the things that deplete our battery and those that charge our battery can be a useful step.  |
| [Your Mind (An Owner's guide)](https://www.youtube.com/watch?v=S5dwHPMLf-0) This playlist has been created for anyone that is curious to know more about your own mind, and how that might be contributing to everything you’re trying to cope with. | 1. [**The Timelord**](https://www.youtube.com/watch?v=ALlwfu5DpbM&list=PLsgtd4q8hmwUt7ky0i5nrFFydObXuHvNP&index=2)

Back to our ancestors whose brains were evolutionary designed to adapt to very challenging environment. Begin to understand the type of world our mind was designed for and why it does the things it does now. 1. [**If I Only Had A Brain**](https://www.youtube.com/watch?v=v5lu6-sBB6U&list=PLsgtd4q8hmwUt7ky0i5nrFFydObXuHvNP&index=3)

Adapting of brains over time with different motivations.1. [**Tell Me What You Want, What You Really Really Want**](https://www.youtube.com/watch?v=VuXq6IX4DBo)

At times we are unsure about what we want, and this can be changing quickly. Difficult to know who we are, what we think and how we feel. Our old and new brain can be conflicting with each other: old brain cares about basic needs such as food.1. [**Fight, Flight, Freeze**](https://www.youtube.com/watch?v=k29W1xDxEFE)

Fight/flight/freeze reaction in situations to boost chance of survival. 1. [**Surviving or Thriving**](https://www.youtube.com/watch?v=ucWhsdstbMc)

What we do when confronted with threat: fight, flight or freeze. We don’t get to choose how to react: our old brain makes an instant choice between three choices. Based on being confronted by danger, however, at times we have this reaction when there is no obvious danger around, such as being at home or at work.1. [**Security versus Insecurity**](https://www.youtube.com/watch?v=-2akXb_mJwA)

Fight/flight/freeze reactions in situations that are not obviously threatening or dangerous. Human tribe what keeps us save through protection. However, if tribe is inconsistent, chaotic and unpredictable can make us feel insecure and unsafe. Our need to belong to a tribe that makes us feel safe is as strong as us as it was for our ancestors.1. [**A Bit Clannish**](https://www.youtube.com/watch?v=050TID405-E&list=PLsgtd4q8hmwUt7ky0i5nrFFydObXuHvNP&index=8)

Clans used to be made up of family, whereas now families tend to be smaller and communities such as sport teams and the church fill in the gaps. A threat to our tribe seems like a huge danger and can trigger the old brain which focuses on survival. This is why our fight and flight response is triggered when for instance, feeling rejected and making a fool of ourselves. 1. [**Scottish Mindfulness**](https://www.youtube.com/watch?v=Nq8D2kxkqHY&list=PLsgtd4q8hmwUt7ky0i5nrFFydObXuHvNP&index=9)

In order to understand mindfulness, we need to first understand how our mind works. 1. [**The Mind Field**](https://www.youtube.com/watch?v=0nAr24lvbbk&list=PLsgtd4q8hmwUt7ky0i5nrFFydObXuHvNP&index=10)

Our mind includes everything that our brain is thinking about as well as what we are feeling, plus what we are sensing. This allows us to understand people around us. 1. [**What Goes on In Your Mind**](https://www.youtube.com/watch?v=gv0VMQNQwfQ&list=PLsgtd4q8hmwUt7ky0i5nrFFydObXuHvNP&index=11)

We usually go through a similar cycle. What goes on in our minds and what we are thinking affects how we feel. This in turn has an impact on how we feel in our body, which then impacts our behaviour. The environment that we are in will affect our mind from the outside, while what we are doing or thinking will affect those around us. We might not be able to change what is around us, we are able to make changes to what is going on within us.  |