

## Beat those Blues

## Day 10 – Celebration and Self Help

Well done, you got there! What changes have you seen? Keep your notebook handy because you will see further positive change as you continue to use the tools and techniques you've learned over the past 10 days; the positive change will just creep in over the coming weeks and months.

We haven't talked about setback; they do and may happen. What is important is that you now have the tools to help yourself to ensure you reach your goal or change. We are going to reflect on all the tools and techniques we've shared so you have the information in one place if you need it.

You have all the tools you need available to succeed and tackle any future problems that may come your way.



Tool/Technique	Description
Your Notebook	Keep reflecting on the changes that have taken place over the last 10 days and what you did to achieve those changes. This is your ultimate self-help tool.
Article - Do you really want to change <a href="http://www.yourwellbeinguk.com">www.yourwellbeinguk.com</a>	If you are struggling to reach your goal or make that change revisit the article on 'Do you really want to change'?  We upload free resources and articles regularly, keep revisiting our website to make best use of these. If you feel you need the extra support then we also offer one to one treatment; you may have a negative state or limiting belief stopping you from reaching your potential, we can help with that.
Meditation	Keep up with the meditation; it really has a positive effect. Keep looking on our website as we are constantly adding free meditation recordings. There are also lots of free meditations on You Tube.
Excuses	Look back on Day 2 and make sure you are not making excuses for setbacks.
Unhelpful Thinking	You can continue to use your <b>Thought Record Sheet</b> , the <b>ABC Log</b> and <b>Dealing with Negative Thoughts</b> to note down any unhelpful thinking patterns and reframe them. You can also continue to look at the <b>unhelpful thinking</b>

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	<b>patterns</b> we discussed on Day 3. Check yourself regularly to make sure that your thinking patterns are not unhelpful.
Keep Checking In	Use the <b>Mood Diary</b> the <b>Thought, Emotions, Behaviours Log</b> and the <b>Cartesian Questions</b> to continue to check your thoughts and beliefs whatever the problem.
Positive Mental Attitude	Are you making sure that you give yourself positive affirmations; do not let doubt creep in? Wake up and make sure that your first thoughts are positive thoughts; set your day up for success. Make sure that you give yourself credit and praise for any success, no matter how small.
Exercise and Things You Like	Go back to Day 7 and make sure you give yourself time to do the things you like and the things that have made a difference. Use the Mood Diary to help you understand what has a positive impact and start doing it more!
Ring of Confidence	Are you using your 'ring of confidence' enough? Do you need to make a 'ring of happiness' or a 'ring of motivation'?
You	Are you being hard on yourself? Take a look back at Day 9 to make sure you are still grounded and to make sure that what you do and how you think has a positive impact.
Booster Session	You will be invited to a booster session in 3 months time.

As an extra measure we have included the Multimodal Treatment Plan. This is something you can continue to use to help you understand what actions work for you for particular problems. You can carry this with you wherever you go as a gentle reminder of all the things you have learned.

[http://media.wix.com/ugd/fec33e\\_0312aede4dfd45c68fd09fa6266e33e5.pdf](http://media.wix.com/ugd/fec33e_0312aede4dfd45c68fd09fa6266e33e5.pdf)

Remember that you need to continue to practice, practice, practice. It is understood that to change a bad habit or instil a good habit takes at least 21 days of either not doing the 'bad thing' or doing the 'good thing'. We are here if you need any further support.

We are what we think, so make those thoughts as positive as you can.

I have created a special guided meditation specifically for you all. The meditation has been written to help cement your positive thinking. I hope you enjoy it and listen, really listen to it time and time again (positive emotions meditation).

<https://www.yourwellbeinguk.com/just-for-you>

Today we would like you to:

- Start using the positive emotions meditation. Keep swapping between meditations if you like. The key here is to keep meditating

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- Keep practicing re-framing your negative thinking. The more you practice the more it becomes a conscious act
- Is there anything else you need? If there is, as always, just ask

We will be in touch in the coming months.



With Love xxxx

We would love to hear your feedback on the course. Please could we ask that you email me with any comments you may have on:

- How you found the course – what did you like and what didn't you like, what would you add?
- Would you recommend the course to other people – and include any appropriate comments you have for your response?

Feedback is valuable to us because we can use it to help others. Every month there's a special treat for the most inspiring story (your journeys) so look out for an email giving full details of how to be in it to win it. Remember to keep on visiting our website because I do upload free resources and articles regularly.

We hope you enjoyed participating in this course as much as we enjoyed creating it. Good luck with your future endeavours and for those of you still on your journey keep us posted on progress.