***Stress Management Training***

Session Six.

***Challenging Negative Thinking Habits and Autogenic Relaxation Training –* Cognitive Behavioural Therapy (2)**

Session Plan.

1. **Recap.**
* You should now be familiar with the practice of the Full Breath and Square Breathing Exercise, using the Breathing Log and Daily Relaxation Log as points of reference.
* You should also have been practicing the use of ‘triggers’, placed in prominent locations, to prompt you to practice the Square Breathing exercise three times.
* Continue to practice this until you find you no longer need the visible ‘triggers’ – this will probably take a month or two.
* As before, practice muscular and mental relaxation and breathing exercises as coping skills in your daily life.
1. **Information Giving Lecture on** **”*Challenges to Negative Thinking Habits”***
* This information is provided as both a written script and a voice recording, so use it according to your own preference.
1. **Negative/Positive Mood Log – Example (form S6.a)**

Read through and note;

* This illustrates how negative beliefs about a situation create negative feelings which lead to negative behaviour.
* Positive Beliefs about a situation create positive feelings which, in turn, lead to positive behaviour.
* Both negative and positive behaviour also have consequences for the future.
* In the first example on the form, the negative consequence is rhat rhe individual is in danger of never speaking to their neighbour again.
* In the second example, in behaving negatively, the person, not only passes up the opportunity of a job, but also creates the basis of a pattern for future avoidance of job interviews.

 Purpose:

* To help you to see the dangers associated with negative thinking and that there are alternatives to negative thought patterns.
* To encourage you to start developing positive patterns of thinking and behaviour.
1. **Relaxation Exercise –** *Autogenic Relaxation Training*

 This exercise is provided in written format and as a voice recording

 As before, you should practice this exercise daily until your next session, lying or sitting somewhere comfortably with your head supported. Remember to use muscular relaxation, mental relaxation, the breathing exercises, triggers and autogenic training as coping skills in your daily life.

1. **Homework.**

Complete the Negative/Positive Mood Log (form S6.a) for Session Six, a Breathing Log , and a Daily Relaxation Log in advance of your next session.