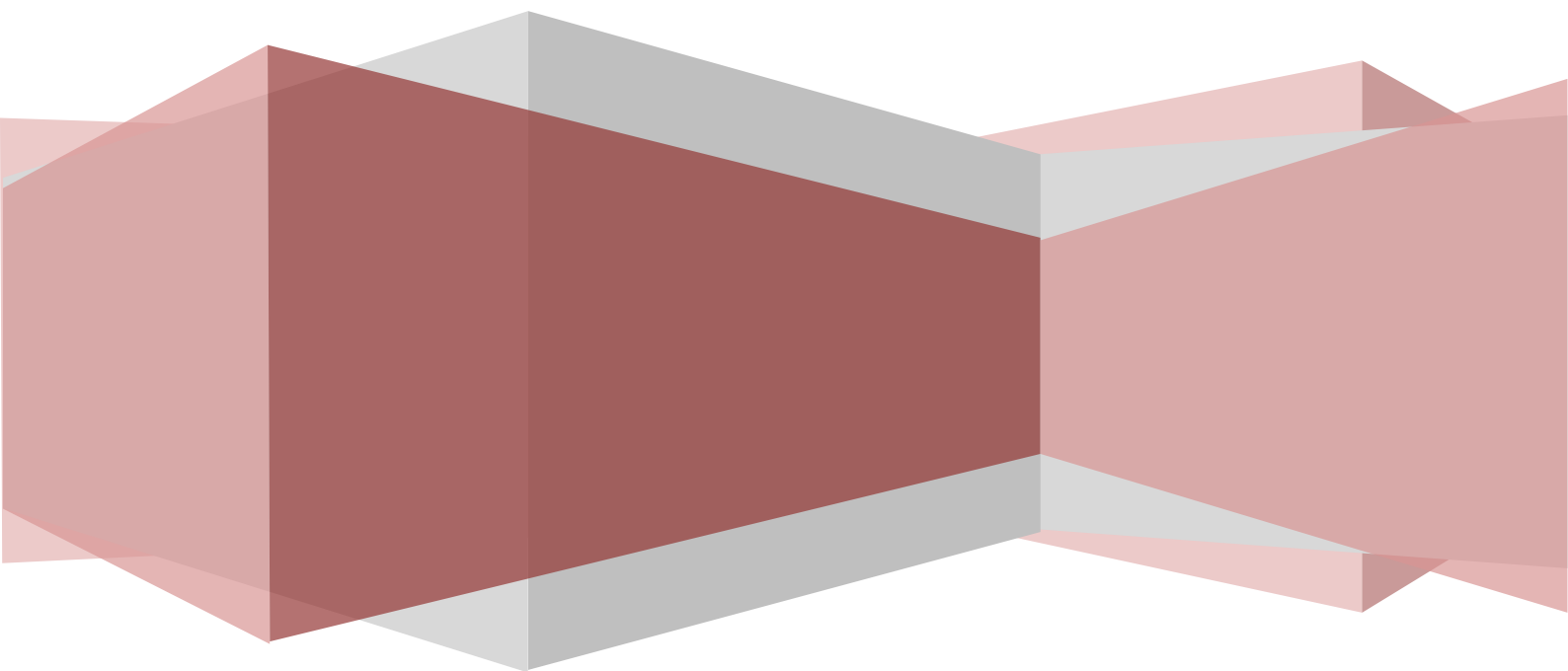


Serenity

Programme

Outline





This document is intended for those introducing participants to the Serenity Programme. You can use this outline to provide an overview of the nine modules during introductory meetings.

Section 1 - INTRODUCTION

- Notes
- Using the DASS (Depression, Anxiety and Stress Scale)

Section 2 - UNDERSTANDING ANXIETY

- Consider the results of DASS
- Introduction to anxiety
- What kinds of situations affect you? (triggers)
- What makes you feel better / worse?
- Positive thinking

Section 3 - CHANGING OURSELVES

- Recovery goals – friend / helper
- What do you want to change?

Section 4 - BEST APPROACH – Behaviour, Emotions, Sensations, Thoughts

- Relationship between thoughts, emotions, physical sensations and behaviour
- Different perspectives
- Your own perspective
- Changing our thoughts and feelings
- Negative Automatic Thoughts
- Core beliefs
- Panic

Section 5 - RELAXATION

- Techniques
 - Passive Neuromuscular Relaxation
 - Breathing
 - Tense and release
- Graded exposure
- Relaxation record

Section 6 - DIFFICULT FEELINGS

- Ways of dealing with emotions
 - Panic
 - Feeling-action statements
- Facing up to our fears
 - Graded exposure
 - WASP
- Feeling toolkit
- Benefits of exercise – 30 minutes for 3 days a week

Section 7 - DIFFICULT THOUGHTS

- Influence of our thoughts
 - Worry
 - Procrastination
- Techniques
- Unhelpful ideas
 - Drivers
- NLP

Section 8 - PROBLEM SOLVING

- Dealing with problems
- Being specific (SMART)
- Chunking up and down
- Goals, plans and solutions

Section 9 - STAYING WELL

- The grounding meditation
- Dealing with lapses
- Key advice
- Exercise
- Eating well
- Sleeping well

Intended audience: Serenity Programme helpers working with the Parabl partnership or Mind Aberconwy

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