

5 Steps to Problem Solving

1. Identify the problem.
2. Generate possible approaches to solving the problem.
3. Consider possible advantage and disadvantages of each approach.
4. Consider which approach is the best solution.
5. Put a plan in action.



Problem
Analysis
Solution




Slide 2

1. Identify the problem.
 - ▶ What is the nature of my problem?
 - ▶ What are my goals?
 - ▶ What are the barriers to me reaching my goals?
2. Generate possible approaches to solving the problem.
 - ▶ If your friend had this problem, what would you say?
 - ▶ What would be the worst/best ways of solving this problem?
3. Consider possible advantages and disadvantages of each approach.
 - ▶ Long term/short term implications.
4. Consider which approach is the best solution.
 - ▶ Which is the least worst?
5. Put a plan in action.
 - ▶ Behavioural nudge.




Strategy



When do I study best?

What have I studied?

What do I have to learn?



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Managing Expectations



Managing Expectations

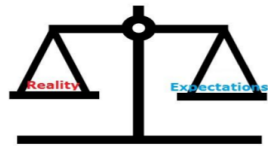


Improve reality

- ▶ Increase coping skills
- ▶ What can I do differently?
- ▶ What help do I need?
- ▶ It is as it is.

Lower expectations

- ▶ Unconditional support and pride
- ▶ Help to look beyond
- ▶ Coach



Help your teen to think about why they are revising

- ▶ Think about why you are revising.
- ▶ Why do you want to do well in your exams?
 - ▶ College?
 - ▶ Apprenticeship?
 - ▶ Dream job?
 - ▶ Nice house?
 - ▶ Travel?





Motivation

- ▶ Self disciplined, motivated teenagers have a strong sense of control over their lives.
- ▶ Adolescents not making plans is more about executive function rather than motivation.
- ▶ Concern + communication = extrinsic motivation.
- ▶ More about concern than control.



Extrinsic vs Intrinsic

▶ **Extrinsic motivation**

- ▶ Explaining
- ▶ Urging = 'Stop nagging'
- ▶ Rewarding
- ▶ Can lead to rebellion as they feel controlled
- ▶ Outside in

▶ **Intrinsic motivation**

- ▶ More powerful
- ▶ Works from inside
- ▶ Encourage self-motivation
- ▶ Them and their future
- ▶ Shifting responsibility




Staying Motivated

1. Set small targets.
2. Remind yourself of the long term goals.
3. Plan a treat for after the exams.
4. Track your progress.
5. Start with easier topics first.



to-do list for the week of _____		
	<small>NAME</small>	<small>DATE</small>
	As you create your to-do list, be sure to include an estimate for how much time it will take you to complete your task.	
	High Priority	Low Priority
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK BY WEEK  **WEEKLY TO-DO LIST**

Practical Help

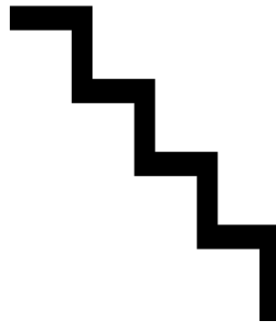


Slide 14

Revision Timetable		Month:	Weeks to go:		
Date:	Time:				

Successive Approximation

- ▶ Successive Approximation is a CBT technique which helps people to tackle difficult and overwhelming goals.
- ▶ It involves breaking tasks into smaller, more achievable steps.
- ▶ The goal is to gain confidence after each step which motivates you to take the next step.



Successive Approximation

- ▶ Start with small, manageable periods of study.
- ▶ Once comfortable, increase to longer.
- ▶ Use apps to help with focus.




My Homework Calendar
My Study Life
Remember the Milk
Evernote
Focus Keeper
Forest



CBT Skills

Behaviour Activation




Weekly Schedule for Behavioral Activation

Create a schedule of activities that will lead to you having positive experiences in your day. If you are feeling depressed or unmotivated, it might be difficult to complete large or complex tasks. If this is the case, start with simple goals and work your way up to more challenging activities.




DAY	MORNING	AFTERNOON	EVENING
<i>Example</i>	<ul style="list-style-type: none"> • Wake by 8 AM • Eat a full breakfast 	<ul style="list-style-type: none"> • Go for a 15 minute walk 	<ul style="list-style-type: none"> • Call a friend • Practice guitar
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

- ▶ What is it?
 - ▶ Method which aims to increase our chances of deriving pleasure and a sense of achievement from life.
- ▶ Why we do it?
 - ▶ Modifying behaviour can sometimes be enough to improve our outlook on life.
- ▶ When we do it?
 - ▶ Everyday if possible.
- ▶ How we do it?
 - ▶ Activity and mood monitoring.
 - ▶ Notice the relationship between activities and mood.
 - ▶ Plan more of the 'better' mood activities.
 - ▶ Balance.
 - ▶ Action before motivation!



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Keep busy in the short term

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning  What will I do? Where will I do it? With whom?							
Afternoon  What will I do? Where will I do it? With whom?							
Evening  What will I do? Where will I do it? With whom?							

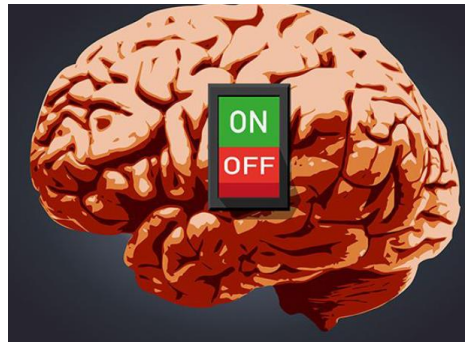
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Social Supports

- ▶ Research has shown our social net may increase our longevity.
- ▶ Buffering theory: receive emotional support that sustains us.

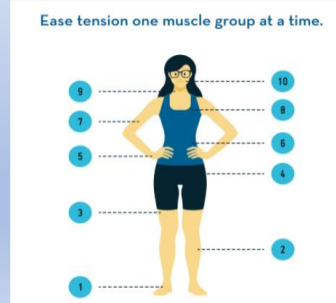




- Relaxing can help during exams.
- Relaxation can help improve the ability to learn by eliminating some of the anxiety that interferes with taking in new information.
- These techniques can result in individuals' increased focus on the task at hand rather than on their level of anxiety.



- Two particular techniques, deep breathing and muscle relaxation, have been shown to effectively decrease anxiety levels in individuals who have difficulty relaxing in anxious situations (Zuercher-White, 1998).





The slide features a background image on the left showing a green leafy branch over a blue gradient with a water droplet creating ripples. The right side is white with pink accents. The title 'Mindfulness' is in pink. A list of seven bullet points follows. In the bottom right corner, there is a logo for 'FULLCIRCLE CBT' with the tagline 'TRANSFORM YOUR THINKING'.

Mindfulness

- ▶ Being present.
- ▶ Aware of where you are and what you are doing.
- ▶ Practising mindfulness everyday develops part of the brain.
- ▶ When stressed you can then switch on this part of your brain.
- ▶ Improves emotional intelligence.
 - ▶ Improves your own ability to understand your own emotions.
 - ▶ Better able to recognise others' emotions.
 - ▶ Improves your self-regulation skills.

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5 4 3 2 1 MINDFULNESS TECHNIQUE

- 5 - Things you can see
- 4 - Things you can feel against your skin
- 3 - Things you can hear
- 2 - Things you can smell
- 1 - Say 1 positive statement

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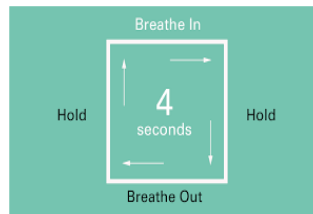
Autogenic breathing

- ▶ Suggestive relaxation is a technique that uses direct verbal suggestions to promote physical relaxation. This method is similar to meditation.
- ▶ By moving attention away from distracting, non-relaxing thoughts, you can focus on phrases that encourage both physical and mental relaxation.
- ▶ 1. Say to yourself the following statements: "My left hand is heavy. My left hand is heavy. I am at peace and my left hand is heavy." Continue repeating for 60 seconds. If distracting thoughts occur, allow them to fade and continue to repeat the suggestion.
- ▶ 2. Say to yourself, "My right hand is heavy. My right hand is heavy. I am at peace and my right hand is heavy." Continue for another 60 seconds.
- ▶ 3. Repeat the phrases, substituting each foot, arm, leg and finally your overall body in the sentence.



Box Breathing

- ▶ Take a deep breath in as you trace your way across the top edge for a count of four.
- ▶ Hold for a count of four as you travel down the right hand side of the box shape.
- ▶ Breathe out for four as you trace along the bottom edge.
- ▶ Hold once more for four, as you head up to the top left corner again and repeat.
- ▶ Repeat for as long as you need.



Progressive Muscle Relaxation



- ▶ What is it?
 - ▶ Method used to help relieve tension.
- ▶ Why we do it?
 - ▶ One of the ways your body responds to anxiety or stress.
- ▶ When we do it?
 - ▶ 10 minutes a day for several weeks.
 - ▶ Morning and night if possible.
 - ▶ Before sleep to aid sleep.
- ▶ How we do it?
 - ▶ Tense a group of muscles as you breathe in.
 - ▶ Relax them as you breathe out.



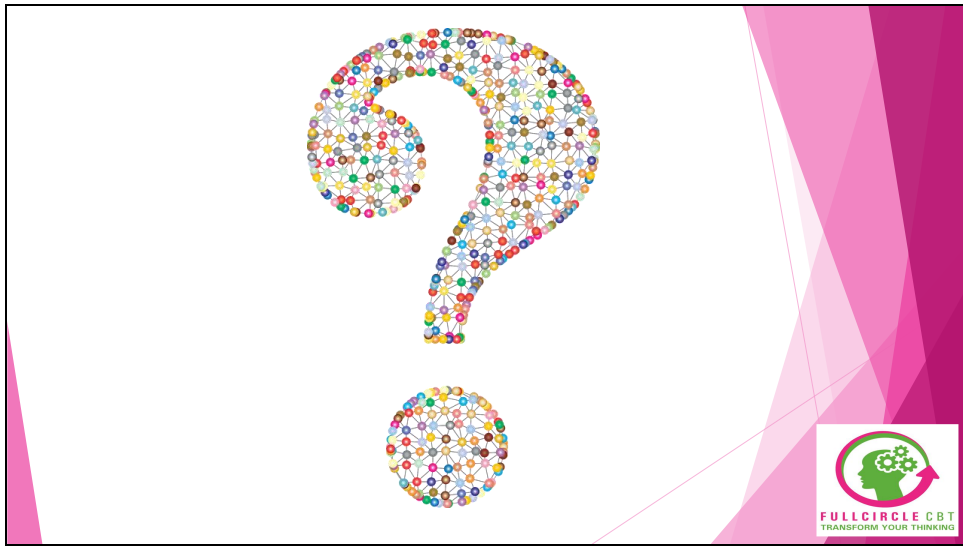


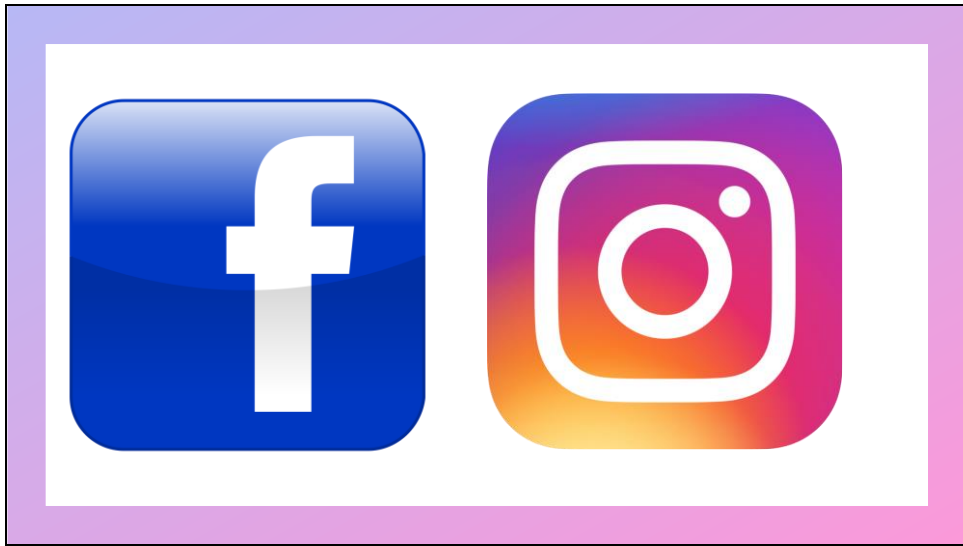
- ▶ There is a piece to be learned throughout this time on personal responsibility.
- ▶ Ultimate responsibility for what your teenager gains from their education rests with them.
- ▶ There are practical ways we can help them as parents.
- ▶ One of the most important elements being how connected and supported they feel.











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