



Talking Therapies



Activity Book

vitahealthgroup.co.uk

Services provided by





It's a **FREE** service



Your journey

Asking for help can seem like a big step, but it won't seem so daunting once you know what to expect. We offer a broad range of services to suit a variety of circumstances, so your journey with us will be unique to you.

Mental wellbeing support

We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do.

Vita Health Group works in partnership with the NHS to provide mental wellbeing services to support local residents in various districts throughout the UK.

Known as Talking Therapies, Vita Health is a talking therapy service designed to support individuals by providing the tools needed to get things back on track.

Breathing



This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

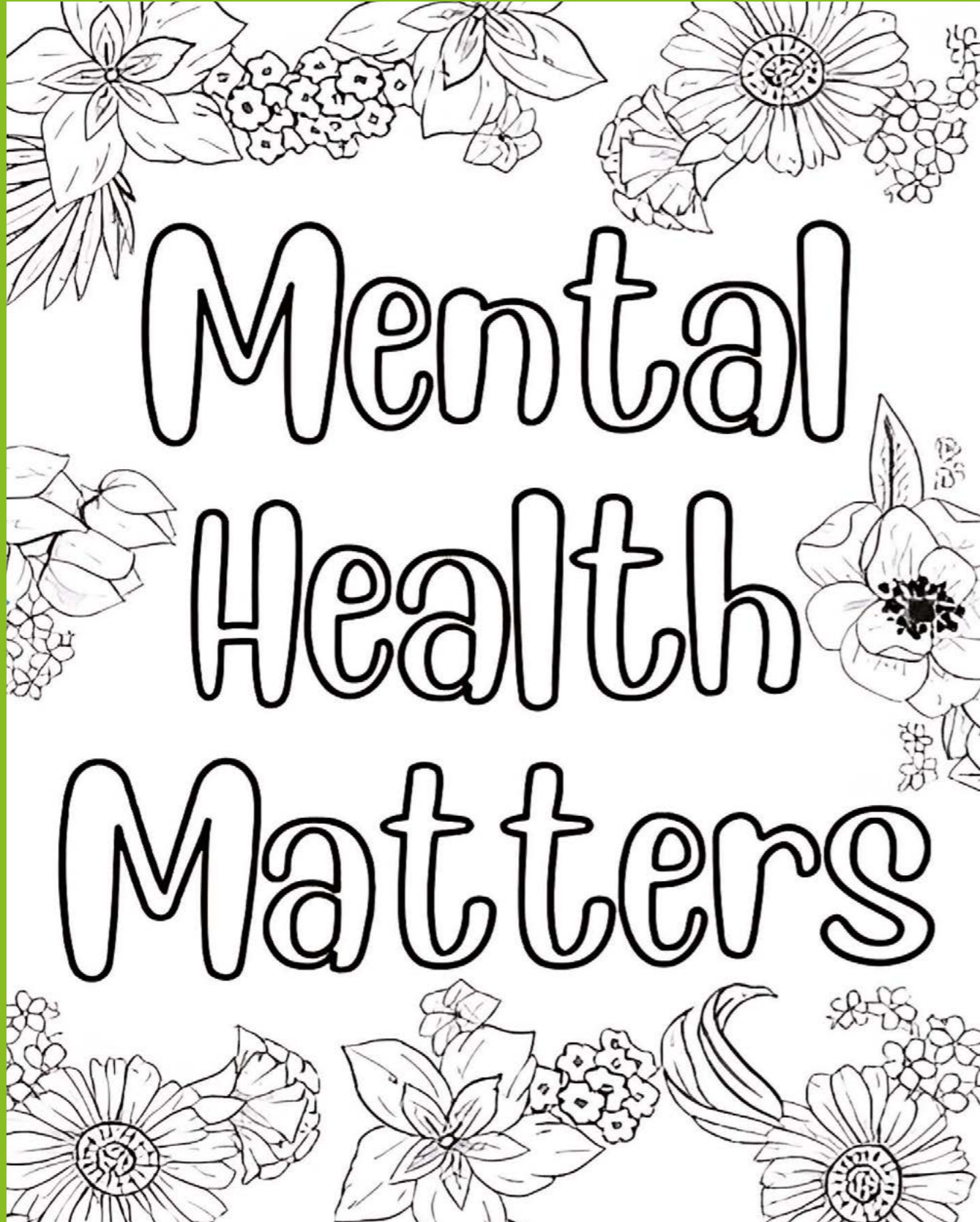
You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, lying on a bed or yoga mat on the floor.



Colouring

The use of colouring has become popular as a form of relaxation, meditation, and stress relief. Individuals with anxiety may find it helpful to use this colouring page to promote mindfulness in their daily lives.



Express yourself

Use this page to help you tune into your mind and express painful, difficult or any feelings you may have trouble putting into words. Art therapy can be a therapeutic purpose, including relief from anxiety and stress.

Sleep

Quality sleep, sound mind, happy world

Have you been struggling to nod off recently, or perhaps you keep waking up in the night? If so, you're not alone.



36% of the adults in the UK struggle to fall asleep at least once a week.



Nearly half of UK adults have trouble falling asleep at least once a month.



Almost 1 in 5 adults have trouble falling asleep every single night.



Women have more trouble falling asleep than men.



People aged 45-54 struggle the most when it comes to falling asleep; two thirds of this age group report difficulty falling asleep at least once a month.



55% of young people (age 18-24) say they find it hard to get to sleep at least once a month.

What else can help?



Limiting screen time before bed



No major physical activity or heavy meals close to bedtime



No caffeine or alcohol near bedtime or after a certain time in the afternoon



Limiting power naps to 20 minutes



Keeping your bedroom dark and cool



Following a consistent bedtime routine



Exercise

Being depressed can leave you feeling low in energy, which might put you off being more active.

Regular exercise can boost your mood if you have depression, and it's especially useful for people with mild to moderate depression.



Any type of exercise is useful, as long as it suits you and you do enough of it.

To stay healthy, adults should do 150 minutes of moderate-intensity activity every week.

Try your FREE 30 mins yoga exercise class

Scan for more information



Puzzles

8		6		1					
		3		6	4			9	
9							8	1	6
	8		3	9	6				
7		2		4		3		9	
			5	7	2			8	
5	2	1						4	
	3		7	5		2			
				2		1		5	

8		6		1					
		3		6	4			9	
9							8	1	6
	8		3	9	6				
7		2		4		3		9	
			5	7	2			8	
5	2	1						4	
	3		7	5		2			
				2		1		5	

3	8		9			2		5
					8	7	3	
	6		3			9	8	
					3	5		1
9	1		5		7		2	3
7		3	1					
	3	5			1		9	
	7	4	6					
8		1			2		6	7



Bingo

Surround yourself with people who love and get you.	Try our breathing exercises from page 3.	Celebrate your accomplishments (big or small).	Identify your needs, wants and hopes.
Talk to yourself with love, positivity and kindness.	Have a go at the colouring in activity in this booklet.	Stick to your values and don't compromise your values trying to please others.	Try our free exercise class by scanning the QR code on page 7.
Identify the things you cannot control.	Get your brain working with our Suduko puzzles on page 8.	Recognise and identify negative thoughts.	Take back control over your own feelings.
Develop a daily gratitude practice.	Learn to accept compliments.	Say positive affirmations.	Set a small goal and achieve it.
Realise that you are not your circumstances.	Avoid comparing yourself. You are unique!	Shift your focus from outcomes to growth.	Recognise what you're good at.
Recognise your self-defence mechanisms.	Set boundaries and stay true to yourself.	Journal and confront your thoughts.	Pick up an ignored hobby or learn something new.

Weekly chart

Tick off each activity once complete.
At the end of each week you may ask yourself:

Are you struggling to complete these tasks?
Do you feel overwhelmed by setting yourself these tasks?

Week 1

	M	T	W	T	F	S	S
Sleep (8 hours)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise (30 mins)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brain Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breathing exercises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink 2 litres of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend 30 mins on something you love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 portions of fruit and veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Are you experiencing:

- Excessive worry
- Low mood
- Depression
- Anxiety
- A lack of motivation

Week 2

	M	T	W	T	F	S	S
Sleep (8 hours)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise (30 mins)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brain Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breathing exercises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink 2 litres of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend 30 mins on something you love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 portions of fruit and veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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If you notice that these tasks have felt overwhelming, or that you have regularly experienced problems with your mood, then we may be able to help



Week 3

	M	T	W	T	F	S	S
Sleep (8 hours)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise (30 mins)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brain Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breathing exercises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink 2 litres of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend 30 mins on something you love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 portions of fruit and veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Week 4

	M	T	W	T	F	S	S
Sleep (8 hours)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise (30 mins)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brain Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breathing exercises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Podcast & how to refer



Making People Better podcast series

A series of podcasts that explore the challenges of everyday life with a focus on mental and physical health and wellbeing.

Discussing a range of topics that affect us all – sleep, depression, stress, injury and recovery, family and more with contributions from Vita’s mental and physical health specialists.

Here to help you. We all experience times when we feel like we can’t cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do. Vita Health can help to improve your mental health and wellbeing.

Vita Health works in partnership with the NHS to offer a range of short-term psychological therapies.

Contact us today - it is a FREE and confidential service.

How to refer

Basildon and Brentwood:
0333 015 2966

Bristol, North Somerset & South Gloucestershire:
0333 200 1893

Calderdale:
0333 0153 494

Derby and Derbyshire:
0333 0153 496

Kent and Medway:
0333 0153 495

Leicester, Leicestershire and Rutland:
0330 094 5595

Newcastle:
0330 053 4230

West Essex:
0333 015 2966



To self-refer, scan the QR code

www.vitahealthgroup.co.uk

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