

Dr Lynnette Simpson - Group Members Zoom

Suggested Links and Resources for Anxiety & Depression Related to a long term Balance Condition

Thank you to Dr Lynnette Simpson for both her time and energy in our recent two hour members zoom meeting answering our members questions concerning anxiety with a balance condition (see meeting reports for a link to the video of this meeting) and also this incredibly comprehensive list of links and resources for all aspects of seeking help and self help with anxiety related to your balance condition. Please do take advantage of this great list supplied by one of our countries leading clinical psychologists for health related issues.

Managing anxiety

- <https://www.psychologytools.com/> - self-help resources for mental health
- Calm app- some content for free
- Headspace app- some content for free
- <https://www.evergreenyfs.org/Youth%20Anxiety%20Handouts.pdf> – Example of 54321 grounding technique
- <https://www.torbayandsouthdevon.nhs.uk/uploads/reconnect2life-1-deep-breathing-exercise-handout.pdf>- Example of deep breathing technique
- <https://www.iow.nhs.uk/Downloads/Chronic%20Pain/Stress%20and%20Relaxation.pdf>- relaxed breathing- including square breathing

Managing anxiety

- <https://www.getselfhelp.co.uk/docs/PositiveStatements.pdf>
Coping self-statements

Planning, pacing, activity scheduling and goal setting

- <https://painhealth.csse.uwa.edu.au/pain-module/pacing-and-goal-setting/>- A good website which explains the principles of pacing
- <https://www.getselfhelp.co.uk/chronic-pain-and-fatigue-self-help/>- This page has pacing and activity scheduling templates you can download
- <https://www.getselfhelp.co.uk/goal-setting-smart-goals/>- Help with goal setting (realistically!)

Balancing activities

- Balanced lifestyles: <https://www.getselfhelp.co.uk/docs/ACE.pdf>
- Nourishing and depleting activities:
- <https://www.getselfhelp.co.uk/docs/NourishingDepleting.pdf>

Flare-up planning

- <https://www.tims.nhs.uk/wp-content/uploads/2021/09/TIMS-Flare-Ups.pdf>- Useful to support you in writing a flare-up plan.
- Emergency self soothe box:
- <https://www.getselfhelp.co.uk/docs/EmergencyBagBox.pdf> - develop a self-soothe kit to help yourself through difficult times

Assertiveness

- <https://www.getselfhelp.co.uk/docs/Assertiveness.pdf>- Handout explaining what being assertive means and the importance of saying no.
- Poisoned parrot:
<https://www.getselfhelp.co.uk/docs/TheParrot.pdf> - dealing with our inner voice when we doubt ourselves

Meditation/relaxation

- www.compassionatemind.co.uk – introduction to compassion focused therapy (CFT)
- <https://www.getselfhelp.co.uk/docs/GILBERT-COMPASSION-HANDOUT.pdf>- Handout detailing the theory and strategies of CFT
- <https://positivepsychology.com/compassion-focused-therapy-training-exercises-worksheets/>- Explains CFT and gives links to books which you may find helpful
- <https://www.psychologytools.com/professional/techniques/relaxation/>- Introduction to the role of relaxation and signposting to resources

Meditation/relaxation

- Mindfulness- book references and access to free meditations:
www.franticworld.com
- Williams, M. & Penman, D. (2011). Mindfulness: A practical guide to finding peace in a frantic world.
- Leaves on the stream- Just search for this in google and lots of versions of this will come up.
- <https://www.getselfhelp.co.uk/media/mxnbwxb4/defusing-exercises.pdf>- Defusion exercises

Acceptance and Commitment Therapy (ACT)

- https://www.actmindfully.com.au/upimages/Choice_Point.pdf- Handout to help you to keep track of your away and towards moves.
- <https://www.wyevalley.nhs.uk/services/community-services/pain-management-service/acceptance-and-commitment-therapy-act.aspx>- Handout that explains ACT
- <https://www.getselfhelp.co.uk/act-acceptance-commitment-therapy/>- This website explains ACT and how it links to mindfulness practice

ACT

- Learning to live in the here and now:
<https://www.getselfhelp.co.uk/docs/APPLE.pdf>
- Living with the Enemy By Ray Owen (2014) is a book which draws on ACT principles and explores our identity changes due to ill health and how to adjust.
- Living Beyond Your Pain By Dahl and Lundgren (2006) explains ACT approach in terms of values approach to living life to the full. Don't be put off by this being written for pain patients- the principles are the same.

Anger

- <https://www.getselfhelp.co.uk/anger-self-help/>

Trauma

- Attendees who were interested in how past trauma relates to the body- if you want to read more about this then you may find the book The Body Keeps the Score: Brain, Mind, and Body in the Healing by Bessel van der Kolk of interest.

Employment

- Citizens Advice Bureau- <https://www.citizensadvice.org.uk/>
- Helping Hands- Leicester based charity who advise on rights- <https://www.helpinghandsadvice.co.uk/>
- EASS- Equality Advisory Support Service- advise on the Equality Act 2010- <https://www.equalityadvisoryservice.com/>
- PohWer- Advocacy- <https://www.pohwer.net/>
- Occupational health referral can help advise the employer on what adjustments could be made to help.
- Union reps

Referrals for Medical Psychology

- Referrals to Medical Psychology come via your University Hospitals of Leicester (UHL) Consultant or Specialist Nurse - ask them to refer you. This could be in the balance clinic for example.
- You must live in Leicester, Leicestershire or Rutland or have a GP in that catchment area. Referrals **cannot** come via the GP (we are funded by UHL).
- You must be experiencing psychological difficulties that arise from or are contributing to your physical health condition.

Referrals for Medical Psychology

- A referral is **not** appropriate if:
 - You are receiving/waiting for on-going therapy/support/counselling from adult mental health services within LPT (e.g. CMHT, CBT) or other services for example vita health (previously Lets Talk Wellbeing services) or Turning Point (substance misuse service)
 - You have long standing mental health difficulties which are a priority at present (e.g. severe depression, psychosis) or current difficulties with substance misuse which are a priority at present
 - You are actively suicidal and require risk monitoring
 - You have other life events or difficulties that overshadow the physical health issues and would prevent you from focussing on therapy related to your health

Other ways to seek mental health support

- If you are not open to a consultant within UHL you can still seek support for your mental health
- Talk to your GP about your difficulties and possible services to refer to
- You can self- refer for therapy:
 - <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/leicester-leicestershire-rutland/>

Mental health crisis helpline (Leicester, Leicestershire and Rutland)

Mental Health Central Access Point
0808 800 3302

Helpline for anyone to call 24/7 if you have urgent mental health needs (not a medical emergency please dial 999 or go to A&E). The helpline will then advise/refer you to the most appropriate service for your needs.

Download the “Stay Alive” app – has links to websites and local services to help as well as tools you can use to help keep yourself safe.