

Cognitive Behavioural Resources

Thank you for joining us to learn more about Cognitive Behavioural Therapy. Below are several links to resources we discussed to help you continue to learn and grow and take care of your family and yourselves.

What is Cognitive Behavioural Therapy:

https://www.anxietycanada.com/sites/default/files/What_is_CBT.pdf

Well cast on automatic thoughts:

https://m.youtube.com/watch?list=UUHXs8_HRDm33vFtVuSLKrCw&v=UMIU-Uo8cZU

Deep Breathing:

<https://www.therapistaid.com/worksheets/deep-breathing-worksheet.pdf>

Progressive Muscle Relaxation :

<https://www.anxietycanada.com/sites/default/files/MuscleRelaxation.pdf>

<https://www.therapistaid.com/worksheets/progressive-muscle-relaxation-script.pdf>

<https://www.youtube.com/watch?v=86HUcX8ZtAk>

SMART goals:

<https://www.verywellmind.com/smart-goals-for-lifestyle-change-2224097>

Core Beliefs :

<https://www.therapistaid.com/worksheets/core-beliefs-info-sheet.pdf>

Automatic thought record form:

<https://www.therapistaid.com/worksheets/thought-record.pdf>

<https://www.therapistaid.com/worksheets/automatic-thoughts.pdf>

Thinking Traps:

<https://www.therapistaid.com/worksheets/cognitive-distortions.pdf>

<https://www.anxietycanada.com/sites/default/files/ThinkingTraps.pdf>

Challenging Automatic thoughts:

<https://www.therapistaid.com/worksheets/socratic-questioning.pdf>

<https://www.therapistaid.com/worksheets/challenging-negative-thoughts.pdf>

<https://www.anxietycanada.com/sites/default/files/RealisticThinking.pdf>

<https://www.helpguide.org/articles/anxiety/how-to-stop-worrying.htm>

Form for Worry time:

<https://www.anxietycanada.com/sites/default/files/WorryDiary.pdf>

Portion control using your hand:

<https://jennieegg.com/portfolio/the-handy-guide-to-portion-size/>

Sleep hygiene:

<https://www.sleepfoundation.org/articles/sleep-hygiene>

Caffeine consumption:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678>

Volunteer :

https://volunteeralberta.ab.ca/programs_services_resources/people/volunteer-opportunities/