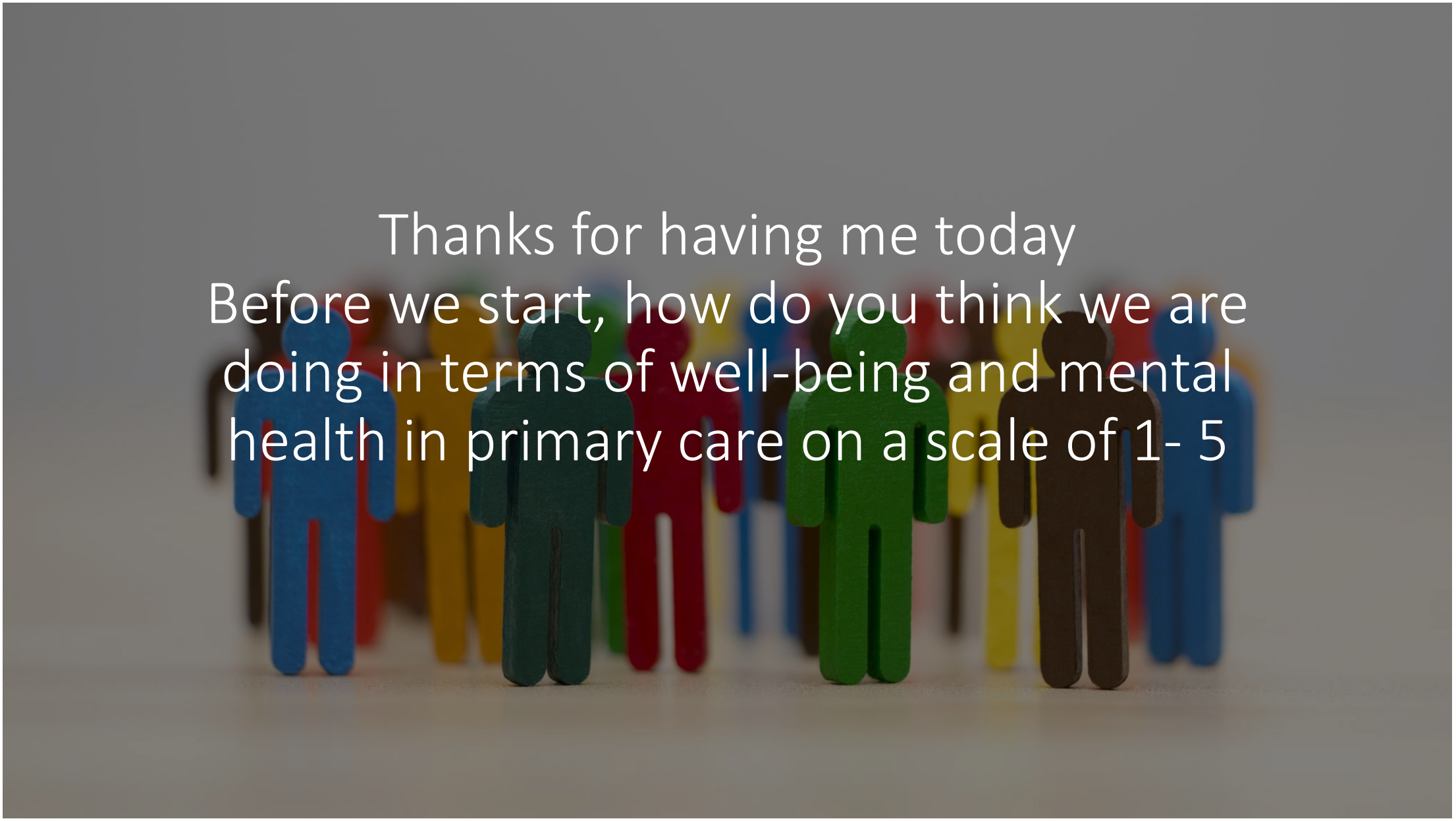
What is Thriving Mind?

A conversation with GP's and Primary Care

Ed Sipler South Eastern H&SCT

Thriving . Mind .

RESOURCES FOR WELLBEING


Thanks for having me today
Before we start, how do you think we are doing in terms of well-being and mental health in primary care on a scale of 1- 5

What we know about the need for early intervention



Across Northern Ireland 19% our population has a mental health problem only 30% of those get any professional help.

Siobhan O'Neill NI Mental Health Campion - McManus, S et.al. 2014).

What are the main barriers – perception of need and visibility and accessibility of support. (Brown, J.S.L et. Al, 2022)

There is a drive for early intervention. A key point is the amount of benefit people get is based on the amount things are used.

How do we build on the toolkit you have to make use with your service users and for your own well-being.

We are not wanting to duplicate or compete. Working together is key.

What we are covering in this session

- An overview of what is in Thriving Mind
- A chance for you to have a dive into what is in the platform
- Using some of the tools for a progressive conversation on well-being and mental health (Sounds like a brief intervention)
- What do we do with all this: getting your views and what comes next

What is Thriving Mind?

Thriving . Mind .
RESOURCES FOR WELLBEING



The Thriving Mind Home Page is a Page Tiger platform with links to well-being resources in one place to increase accessibility.



Some of the tools are written resources. Some are visual media clips. Some are on-line interventions that are free to use at the user's pace.



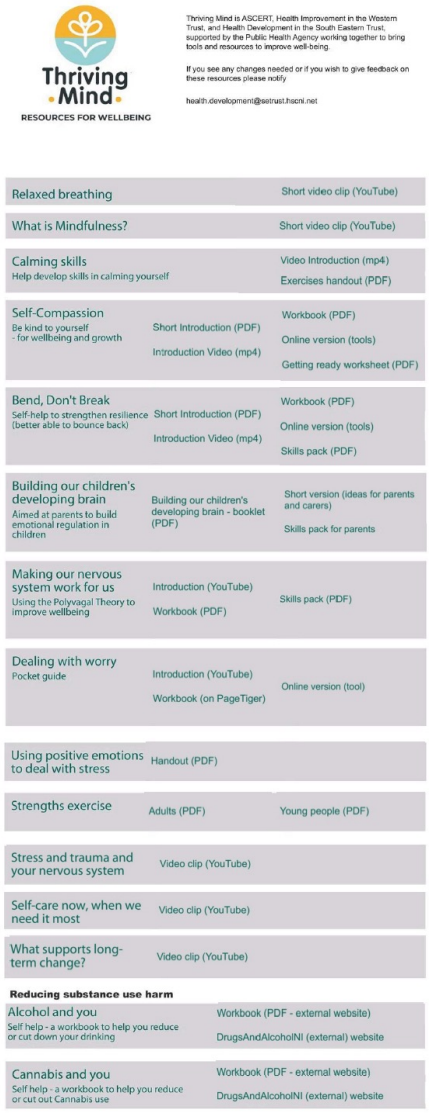
They were all developed with strong service user involvement.
https://view.pagetiger.com/thrivingmind

The Thriving Mind Home page is one place to access the resources we have.

What is on this platform?

15 tools and resources

https://view.pagetiger.com/thrivingmind



Thriving Mind

RESOURCES FOR WELLBEING

Thriving Mind is ASCERT, Health Improvement in the Western Trust, and Health Development in the South Eastern Trust, supported by the Public Health Agency working together to bring tools and resources to improve well-being.

If you see any changes needed or if you wish to give feedback on these resources please notify

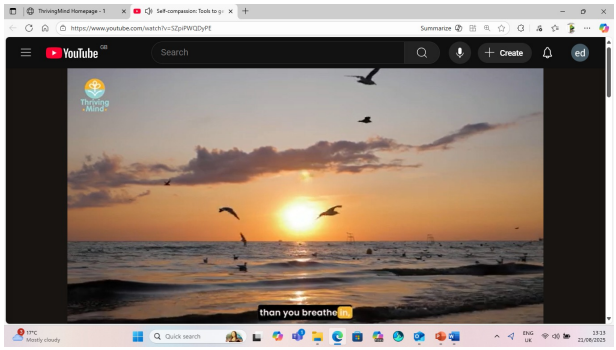
health.development@setrust.hscni.net

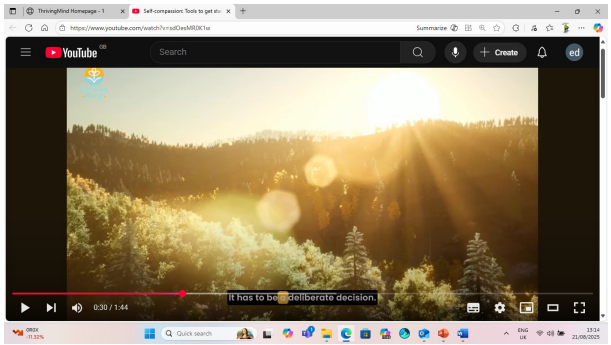
Relaxed breathing		Short video clip (YouTube)
What is Mindfulness?		Short video clip (YouTube)
Calming skills Help develop skills in calming yourself		Video Introduction (mp4) Exercises handout (PDF)
Self-Compassion Be kind to yourself - for wellbeing and growth	Short Introduction (PDF) Introduction Video (mp4)	Workbook (PDF) Online version (tools) Getting ready worksheet (PDF)
Bend, Don't Break Self-help to strengthen resilience (better able to bounce back)	Short Introduction (PDF) Introduction Video (mp4)	Workbook (PDF) Online version (tools) Skills pack (PDF)
Building our children's developing brain Aimed at parents to build emotional regulation in children	Building our children's developing brain - booklet (PDF)	Short version (ideas for parents and carers) Skills pack for parents
Making our nervous system work for us Using the Polyvagal Theory to improve wellbeing	Introduction (YouTube) Workbook (PDF)	Skills pack (PDF)
Dealing with worry Pocket guide	Introduction (YouTube) Workbook (on PageTiger)	Online version (tool)
Using positive emotions to deal with stress	Handout (PDF)	
Strengths exercise	Adults (PDF)	Young people (PDF)
Stress and trauma and your nervous system	Video clip (YouTube)	
Self-care now, when we need it most	Video clip (YouTube)	
What supports long-term change?	Video clip (YouTube)	
Reducing substance use harm		
Alcohol and you Self help - a workbook to help you reduce or cut down your drinking		Workbook (PDF - external website) DrugsAndAlcoholNI (external) website
Cannabis and you Self help - a workbook to help you reduce or cut out Cannabis use		Workbook (PDF - external website) DrugsAndAlcoholNI (external) website

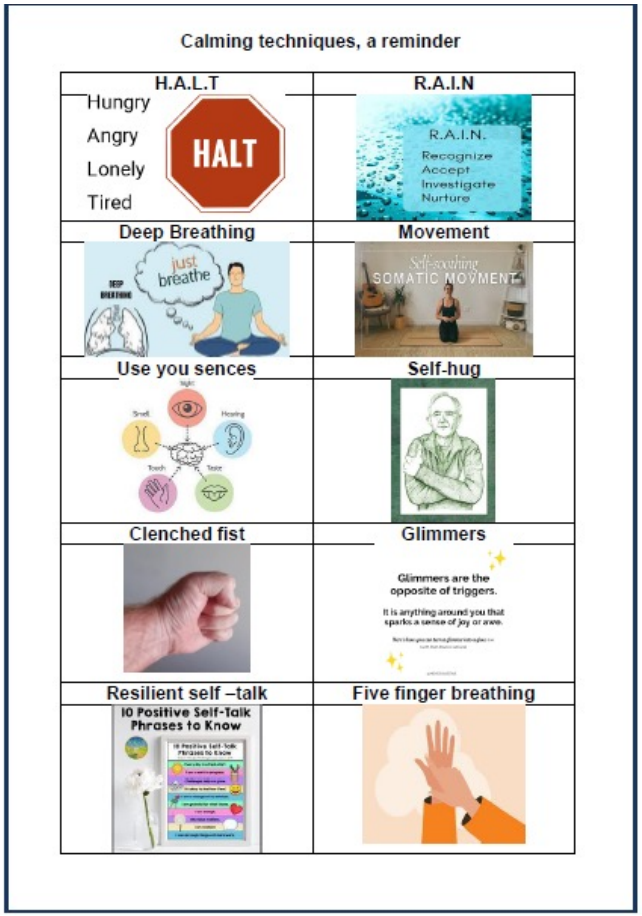


There are short clips for an introduction to what is in Thriving mind, relaxed breathing, an introduction to mindfulness.

Then come calming skills to ease our flight or fight response down

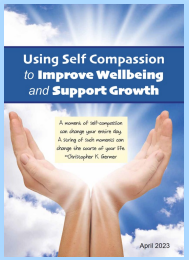


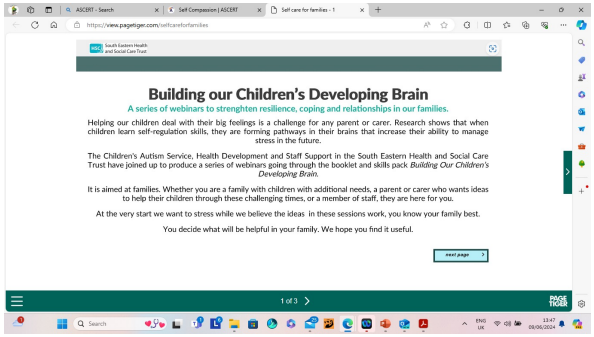


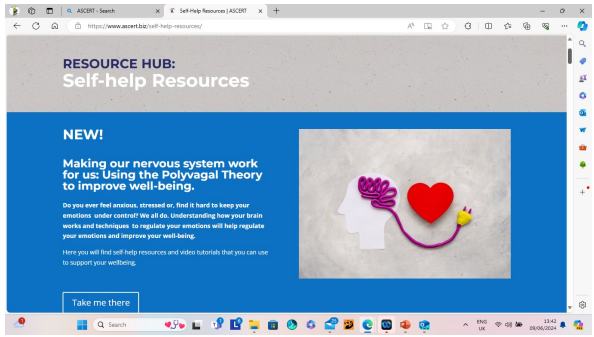


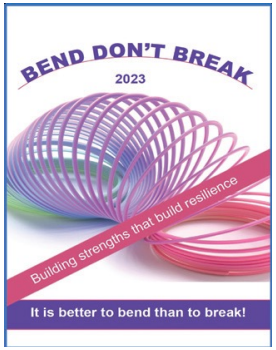
Four On-line self help available with downloadable written material with visual clips to guide the viewer through the work

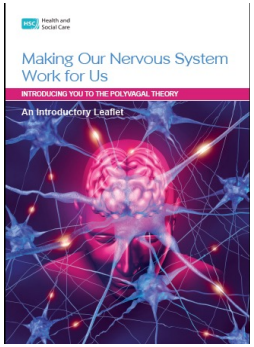


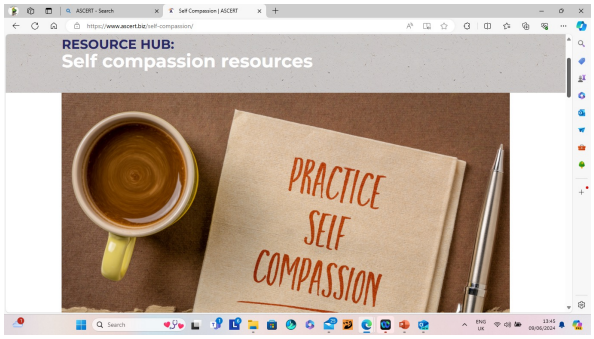


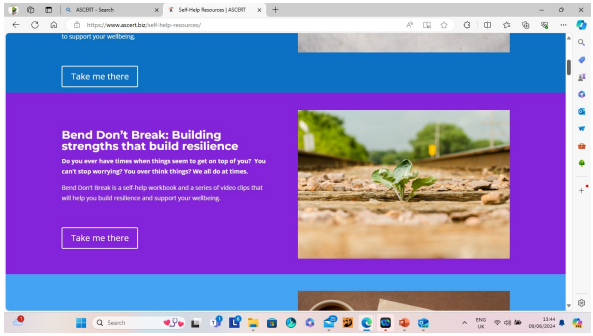


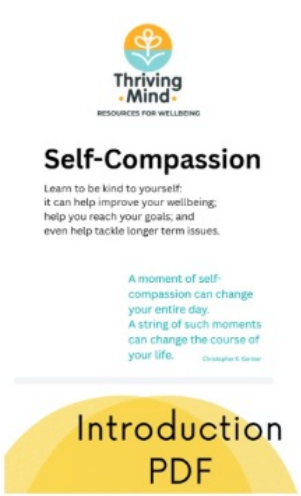












Introduction video

Workbook

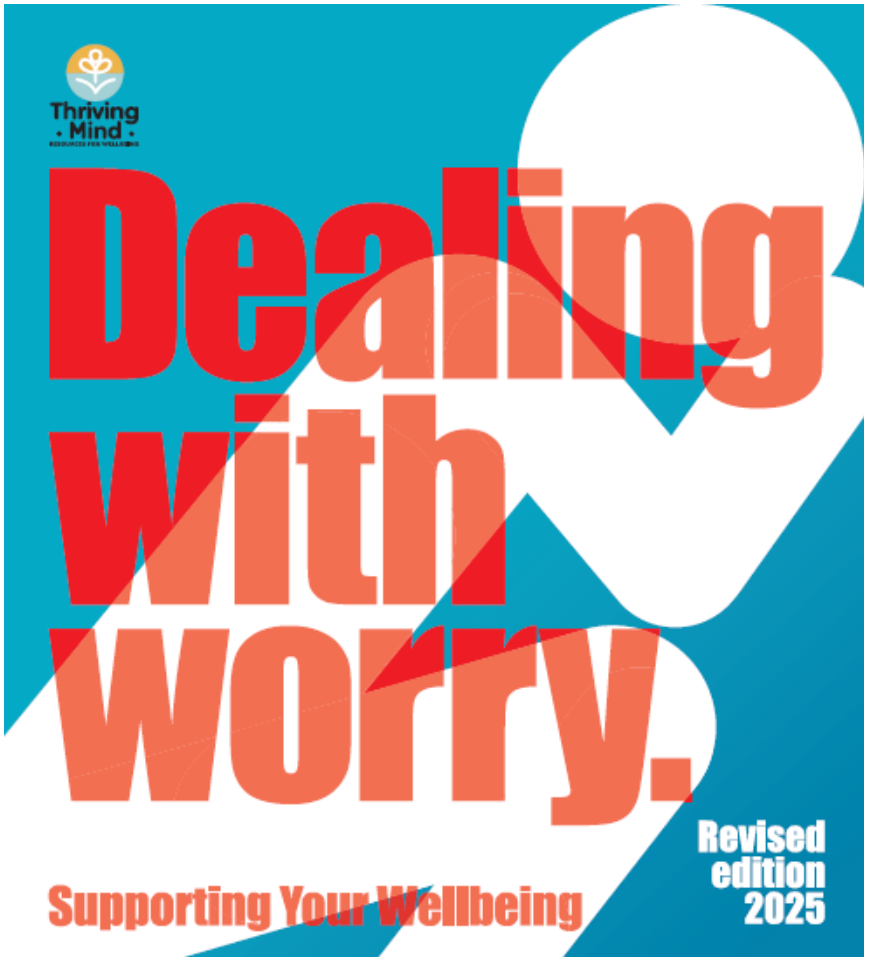
Self-Compassion

Introduction PDF

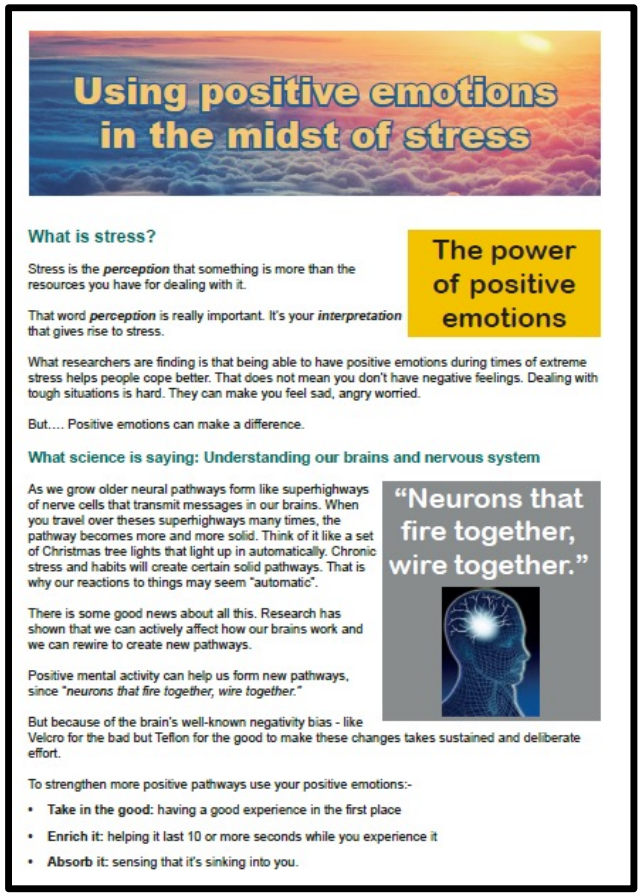
Getting ready (worksheet)

Access the tools online

There is the revised Dealing with Worry Booklet (2025)







Using positive emotions in the midst of stress

What is stress?

Stress is the ***perception*** that something is more than the resources you have for dealing with it.

That word ***perception*** is really important. It's your ***interpretation*** that gives rise to stress.

The power of positive emotions

What researchers are finding is that being able to have positive emotions during times of extreme stress helps people cope better. That does not mean you don't have negative feelings. Dealing with tough situations is hard. They can make you feel sad, angry worried.

But.... Positive emotions can make a difference.

What science is saying: Understanding our brains and nervous system

As we grow older neural pathways form like superhighways of nerve cells that transmit messages in our brains. When you travel over theses superhighways many times, the pathway becomes more and more solid. Think of it like a set of Christmas tree lights that light up in automatically. Chronic stress and habits will create certain solid pathways. That is why our reactions to things may seem "automatic".

"Neurons that fire together, wire together."

There is some good news about all this. Research has shown that we can actively affect how our brains work and we can rewire to create new pathways.

Positive mental activity can help us form new pathways, since *"neurons that fire together, wire together."*

But because of the brain's well-known negativity bias - like Velcro for the bad but Teflon for the good to make these changes takes sustained and deliberate effort.

To strengthen more positive pathways use your positive emotions:-

- **Take in the good:** having a good experience in the first place
- **Enrich it:** helping it last 10 or more seconds while you experience it
- **Absorb it:** sensing that it's sinking into you.

Using positive emotions to deal with stress builds on the levels of Dopamine based on the Broad and Build Theory (Barbara Fredrickson 2001

Here are 8 ways used to experience positive emotions:

- **Notice positive things**
- **Express these positive things**
- **Gratitude**
- **Mindfulness**
- **Positive Rethinking**
- **Focus on your strengths**
- **Attainable goals**
- **Acts of kindness**

WHAT STRENGTHS DO WE HAVE

Seeing our strengths is more difficult, we tend to be quick at seeing our weaknesses

There is also a young person's version

Let's start with believing in your ability

What is one thing you would say you have achieved at some point in your life? We all have something even it's as simple as learning to tie our shoes.

Now circle strengths that helped you get through this past week.

Some Characteristics of Successful Changers

Accepting	Committed	Flexible	Persevering	Stubborn
Active	Competent	Focused	Persistent	Thankful
Adaptable	Concerned	Forgiving	Positive	Thorough
Adventuresome	Confident	Forward-looking	Powerful	Thoughtful
Affectionate	Considerate	Free	Prayerful	Tough
Affirmative	Courageous	Happy	Quick	Trusting
Alert	Creative	Healthy	Reasonable	Trustworthy
Alive	Decisive	Hopeful	Receptive	Truthful
Ambitious	Dedicated	Imaginative	Relaxed	Understanding
Anchored	Determined	Ingenious	Reliable	Unique
Assertive	Die-hard	Intelligent	Resourceful	Unstoppable
Assured	Diligent	Knows Stuff	Responsible	Vigorous
Attentive	Doer	Loving	Sensible	Visionary
Bold	Eager	Mature	Skilful	Whole
Brave	Earnest	Open	Solid	Willing
Bright	Effective	Optimistic	Spiritual	Winning
Capable	Energetic	Orderly	Stable	Wise
Careful	Experienced	Organized	Steady	Worthy
Cheerful	Faithful	Patient	Straight	Zealous
Clever	Fearless	Perceptive	Strong	Zestful

What 3 strengths are you most of the time?

1. .....

2. .....

3. .....

Characteristics of Successful Changers is from Bill Miller in Motivational Interviewing, Helping People Change, 2013

We also have You Tube clips to support well-being

- How stress and trauma affect our nervous system
- Ideas for healing and self care
- What supports long term change

They al have written material the viewer can have from the Home Page



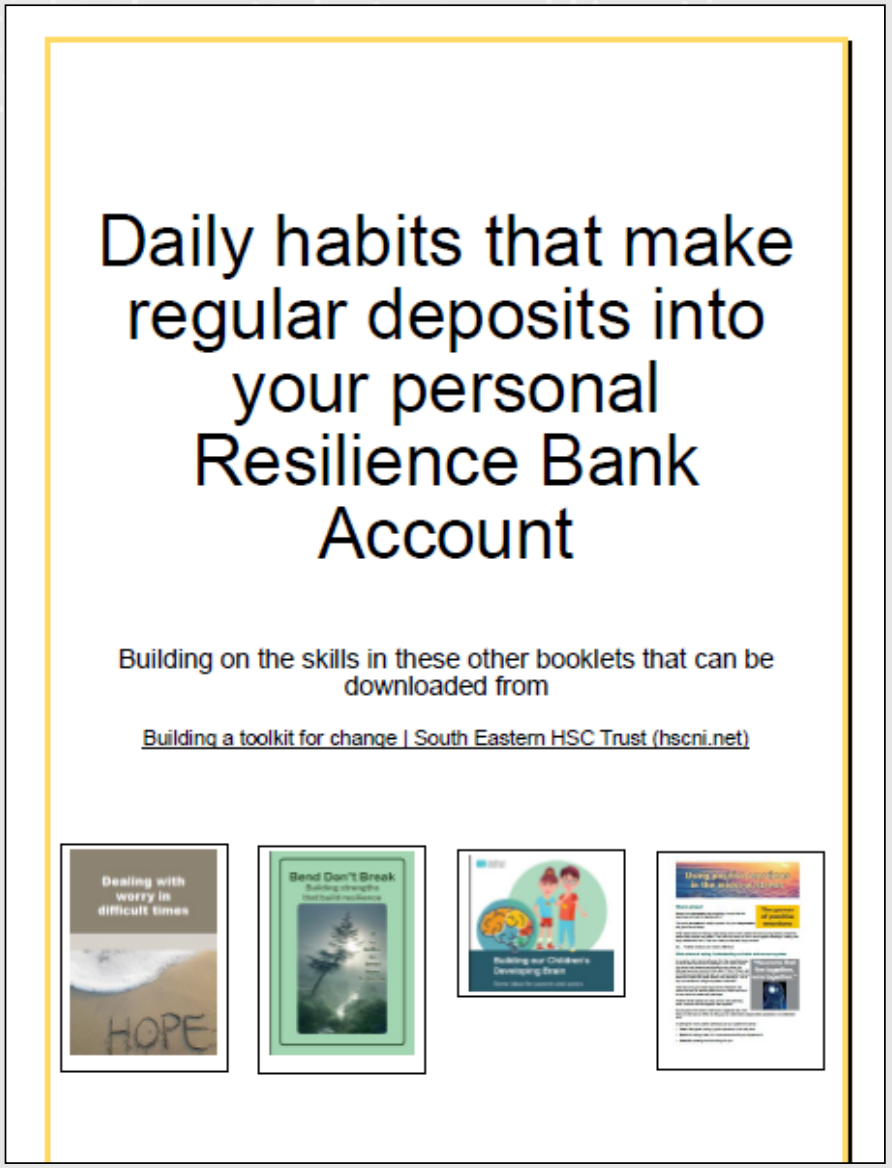




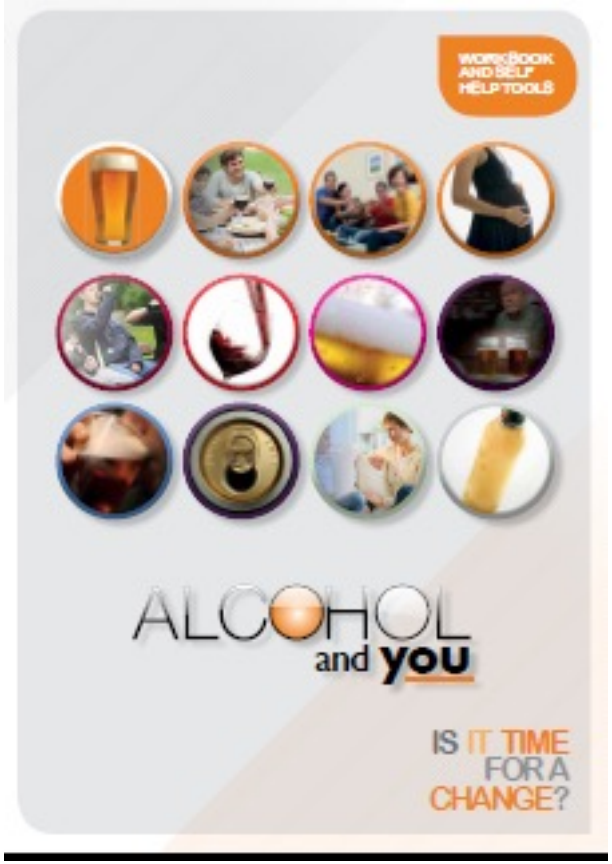
YouTube

The booklet from the self care clip has skills people have found helpful with a sound evidence behind them

- Relaxed breathing
- Self-compassion
- Natural ways to build positive chemicals that improve well being
- Using positive emotions to deal with stress- using the Broaden Build theory (Fredrickson 2001)







Alcohol and Cannabis Self Help Workbooks

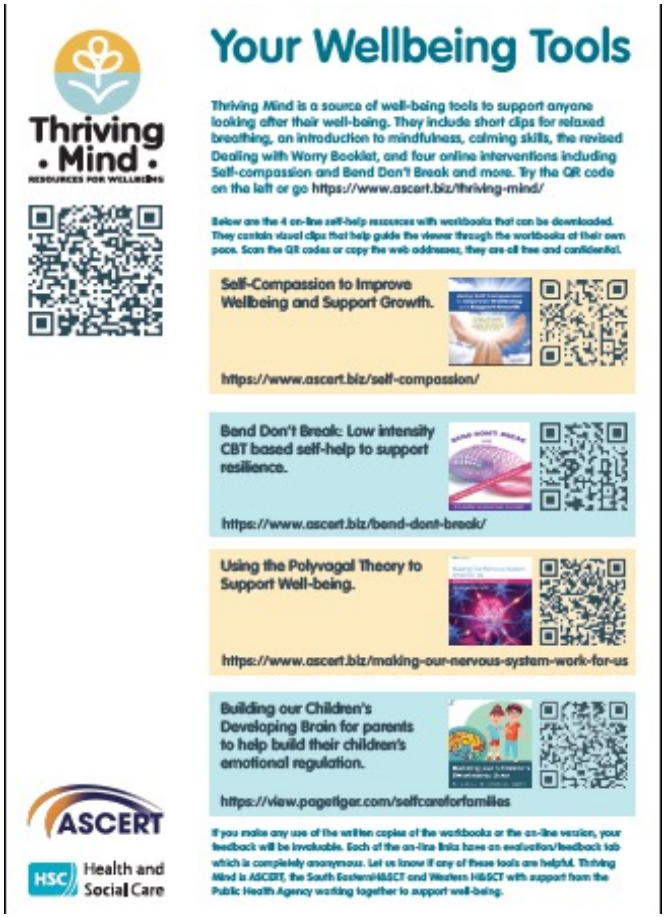
A self-help workbook on cocaine is on its way



How do we introduce people to the tools?

https://view.pagetiger.com/thrivingmind

Would a printout of this poster be useful?



Thriving • Mind •
RESOURCES FOR WELLBEING

Your Wellbeing Tools

Thriving Mind is a source of well-being tools to support anyone looking after their well-being. They include short clips for relaxed breathing, an introduction to mindfulness, calming skills, the revised Dealing with Worry Booklet, and four online interventions including Self-compassion and Bend Don't Break and more. Try the QR code on the left or go https://www.ascert.biz/thriving-mind/

Below are the 4 on-line self-help resources with workbooks that can be downloaded. They contain visual clips that help guide the viewer through the workbooks at their own pace. Scan the QR codes or copy the web addresses, they are all free and confidential.

Self-Compassion to Improve Wellbeing and Support Growth.

https://www.ascert.biz/self-compassion/

Bend Don't Break: Low intensity CBT based self-help to support resilience.

https://www.ascert.biz/bend-dont-break/

Using the Polyvagal Theory to Support Well-being.

https://www.ascert.biz/making-our-nervous-system-work-for-us

Building our Children's Developing Brain for parents to help build their children's emotional regulation.

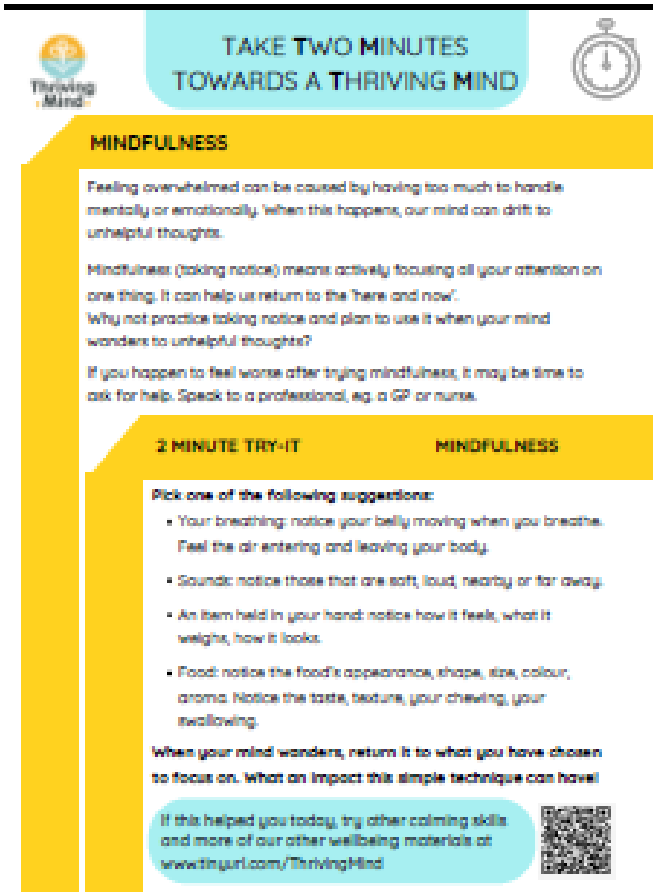
https://view.pagetiger.com/selfcareforfamilies

If you make any use of the written copies of the workbooks or the on-line version, your feedback will be invaluable. Each of the on-line links have an evaluation/feedback tab which is completely anonymous. Let us know if any of these tools are helpful. Thriving Mind is ASCERT, the South Eastern H&SCT and Western H&SCT with support from the Public Health Agency working together to support well-being.

ASCERT

HSC Health and Social Care

We are trying out two handouts – Take 2 minutes towards a Thring Mind on mindfulness and breathing – one of the calming skills with links to the home page



TAKE TWO MINUTES TOWARDS A THRIVING MIND

MINDFULNESS

Feeling overwhelmed can be caused by having too much to handle mentally or emotionally. When this happens, our mind can drift to unhelpful thoughts.

Mindfulness (taking notice) means: actively focusing all your attention on one thing. It can help us return to the 'here and now'.
Why not practice taking notice and plan to use it when your mind wanders to unhelpful thoughts?

If you happen to feel worse after trying mindfulness, it may be time to ask for help. Speak to a professional, eg. a GP or nurse.

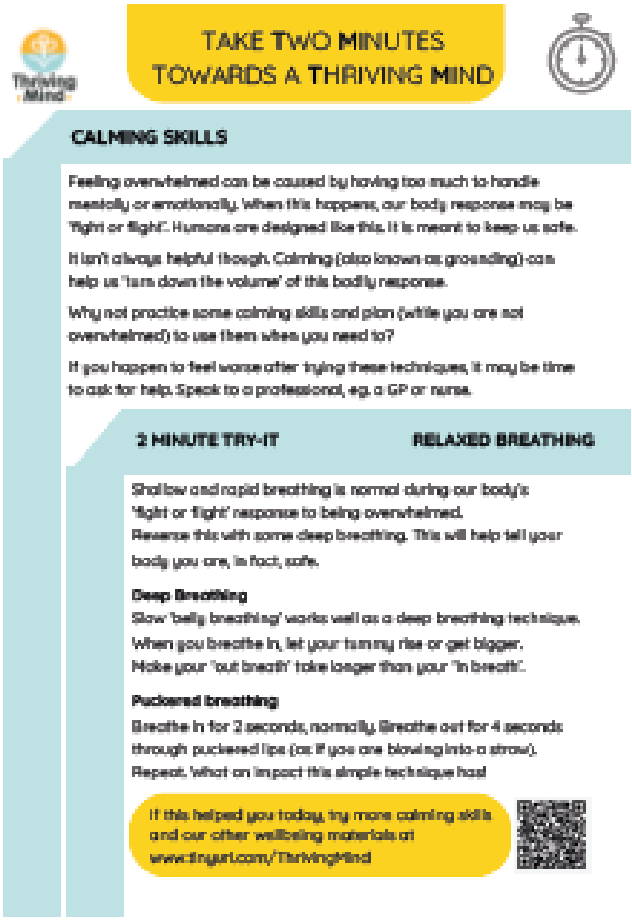
2 MINUTE TRY-IT — MINDFULNESS

Pick one of the following suggestions:

- Your breathing: notice your belly moving when you breathe. Feel the air entering and leaving your body.
- Sounds: notice those that are soft, loud, nearby or far away.
- An item held in your hand: notice how it feels, what it weighs, how it looks.
- Food: notice the food's appearance, shape, size, colour, aroma. Notice the taste, texture, your chewing, your swallowing.

When your mind wanders, return it to what you have chosen to focus on. What an impact this simple technique can have!

If this helped you today, try other calming skills and more of our other wellbeing materials at www.tinyurl.com/ThrivingMind



TAKE TWO MINUTES TOWARDS A THRIVING MIND

CALMING SKILLS

Feeling overwhelmed can be caused by having too much to handle mentally or emotionally. When this happens, our body response may be 'fight or flight'. Humans are designed like this. It is meant to keep us safe.

It isn't always helpful though. Calming (also known as grounding) can help us 'turn down the volume' of this bodily response.

Why not practice some calming skills and plan (while you are not overwhelmed) to use them when you need to?

If you happen to feel worse after trying these techniques, it may be time to ask for help. Speak to a professional, eg. a GP or nurse.

2 MINUTE TRY-IT — RELAXED BREATHING

Shallow and rapid breathing is normal during our body's 'fight or flight' response to being overwhelmed.
Reverse this with some deep breathing. This will help tell your body you are, in fact, safe.

Deep Breathing
Slow 'belly breathing' works well as a deep breathing technique.
When you breathe in, let your tummy rise or get bigger.
Make your 'out breath' take longer than your 'in breath'.

Puckered breathing
Breathe in for 2 seconds, normally. Breathe out for 4 seconds through puckered lips (as if you are blowing into a straw).
Repeat. What an impact this simple technique has!

If this helped you today, try more calming skills and our other wellbeing materials at www.tinyurl.com/ThrivingMind

We are also piloting a Model for early/brief single session intervention (SSI) for mental health/well-being using some of the resources from Thriving Mind in a progressive manner

Time may not permit you using this in a consultation (double one maybe)
If you have an MDT team or other staff who could make use of this?



What does the literature say about a single session intervention? SSI



- SSIs are defined as “structured programs that involve only one session with a provider” with promising results. (Schleider et al. 2025).
- Though the definition of A SSI is one session, a follow up within two weeks shows it enhances outcomes.
- SSIs present a low-cost, effective means of expanding the reach and impact of support that is uniquely positioned to support individuals who cannot or are hesitant to access higher-intensity support.
- The evidence suggests SSIs may perform similarly to longer-term psychotherapies in reducing mental health concerns.
- This ***does not*** suggest that multisession treatments should be replaced with SSIs. Meeting population-wide mental health needs will require a tiered approach and types of support (Kazdin 2019).

What is involved in these conversations?



How can this be done in the limited time available? ***Ask, Offer, Ask***



Ask: Take opportunities to ask about well-being whether related to the client's presenting problem or history but first ask if it is OK for you to talk about it.
Ask permission: Respond with reflective listening.



<u>Offer</u> What comes next is an interaction helping them to link present difficulties with their mood or level of anxiety. The Hand Model Of the Brain achieves this.



The hand model of the brain, developed by Dan Siegel (2010), presents a way to explain psychological distress in a simple yet informative manner.

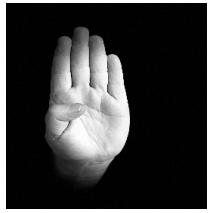
It allows us to picture our brain structure and understand why it's difficult to control our reactions when we're overwhelmed with strong emotions,

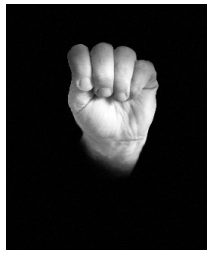
How the brain works

The hand model of the brain is useful to explain how the brain works

LEFT BRAIN = LOGICAL PART

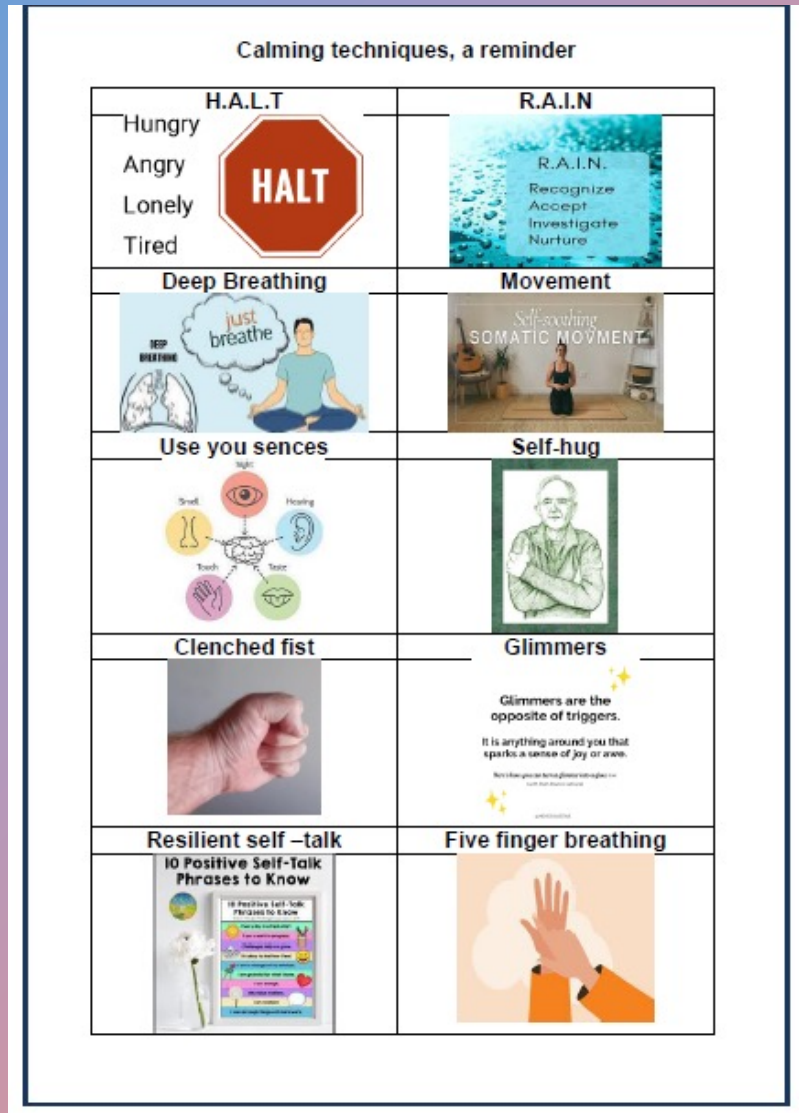
RIGHT BRAIN = EMOTIONAL PART







- Your thumb and below your thumb is ***downstairs brain*** that regulates arousal, emotions and the way humans have a “flight or flight “response in times of danger - Your fingers are ***the upstairs part of the brain*** that helps you think and make sense of things.
- When you have big feelings they are coming from the downstairs part of your brain
- When you flip your lid the downstairs part of the brain takes over. Your upstairs part of the brain is not touching where the feelings are coming from and you are not thinking straight



Ask again: See what the demonstration of the Hand Model creates. Does it appear to engage them in a productive conversation?

- **This raises an opportunity: would they be interested in calming skills to slow the flight or fight response down?**
- **As with all this work- use ask, offer ask as a process of delivery. By asking permission you are supporting ownership and reinforce autonomy – it is up to them what they do with the skills.**
- **This is your first intervention. Calming skills on the Thriving Mind Home Page**
- **There is a handout and media clip that describes 10 calming activities.**

The clips introducing relaxed breathing and Mindfulness that helps them learn the skills involved.

Deep Breathing **https://youtu.be/SZpiPWQDyPE**

Mindfulness https://youtu.be/sdOesMR0K1w

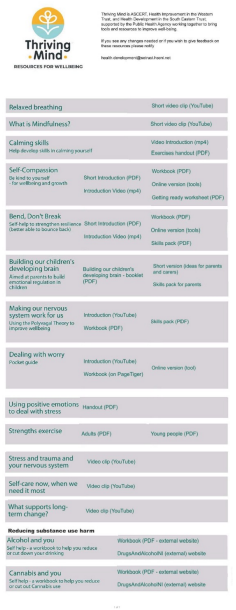
Several principles borrowed from Single Session therapy are worth considering: (Slive & Bobele, 2011),

- **The focus is on information: What will help the person's well-being?**
- **The session is a consultation in which the person is offered ideas and resources, and they decide whether to accept, reject, or put them aside.**
- **The relationship is crucial in delivery as it sets the tone of the interaction.**
-



You can also sign post the patient to other tools on Thriving Mind

So now what?


Thriving Mind
RESOURCES FOR WELLBEING

Relaxed breathing — Short video clip (YouTube)

What is Mindfulness? — Short video clip (YouTube)

Calming skills — Video Introduction (mp4); Exercises handout (PDF)

Self-Compassion — Short Introduction (PDF); Introduction Video (mp4); Workbook (PDF); Online version (tools); Getting ready worksheet (PDF)

Bend, Don't Break — Short Introduction (PDF); Introduction Video (mp4); Workbook (PDF); Online version (tools); Skills pack (PDF)

Building our children's developing brain — Building our children's developing brain - booklet (PDF); Short version (ideas for parents and carers); Skills pack for parents

Making our nervous system work for us — Introduction (YouTube); Workbook (PDF); Skills pack (PDF)

Dealing with worry — Pocket guide; Introduction (YouTube); Workbook (on PageTiger); Online version (tool)

Using positive emotions to deal with stress — Handout (PDF)

Strengths exercise — Adults (PDF); Young people (PDF)

Stress and trauma and your nervous system — Video clip (YouTube)

Self-care now, when we need it most — Video clip (YouTube)

What supports long-term change? — Video clip (YouTube)

Reducing substance use harm

Alcohol and you — Workbook (PDF - external website); DrugsAndAlcoholNI (external) website

Cannabis and you — Workbook (PDF - external website); DrugsAndAlcoholNI (external) website

Thriving
. Mind .
RESOURCES FOR WELLBEING

Now the biggest question for me from this this.

Your views on what we do with this and what comes next?



I do have some thoughts

- Where can the link to Thriving Mind sit so it is visible , accessible and think about the language we use. Does the poster or two handouts work?
- Does the workforce need training to use these tools. They are seen as stand alone. Training I have coming up is on the western trust's training brochure
- There is training on using the 4 online interventions
- The PHA are supporting a pilot of training for trainers on Self-Compassion and using Bend Don't Break and we hope to repeat this in September
- We don't have hard copies of the booklets or posters. That would require funding.
- Do we need to create individual cue cards for each of the resources to use in practice rather than the whole platform
- How do these tools compliment what you are already using

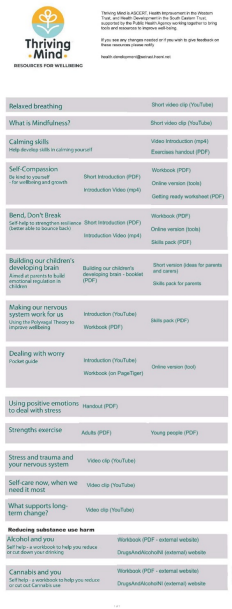
The Thriving Mind Home page is one place to access all the resources we have

A key point though is the amount benefit anyone gets is through the amount something is used.

We hope you find something useful. It is entirely up to you what you use.

If you do find something useful, please let us know.

Thriving Mind is the ASCERT, Health Improvement in the Western Trust, and Health Development in the South Eastern Trust, supported by the Public Health Agency working together to bring tools and resources to improve well-being.



Thriving . Mind .
RESOURCES FOR WELLBEING

Thanks for joining us today
Looking
The question now is how could this be useful for our workforce and communities to support well-being

Please don’t forget the evaluation.

Any final thoughts or questions?

Thanks

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