

Better Days

A Mental Health Recovery Workbook

By Craig Lewis, CPS



Better Days A Mental Health Recovery Workbook

Robert Duane McDonald



Better Days A Mental Health Recovery Workbook:

Better Days - A Mental Health Recovery Workbook Craig Lewis, 2014-06-10 This book helps those aspiring toward recovery and wellness and also those in recovery because it addresses and challenges the individual in very real basic and honest ways to make significant cognitive adjustments in how they live their lives The beauty of this curriculum is that people like to do it and don't consider it a chore a demand or a requirement because every page subtly encourages the individual to think in realistic and forward moving ways This allows them to feel good about doing the work This book is for any person who struggles with their mental health and who wants to live a happier life as well as for any person who wants to improve their quality of life how they deal with stress obstacles difficulties and other people and live a happier healthy and much more stable life I based this book on my personal life and recovery and every page has been used successfully in peer group settings BETTER DAYS Craig Lewis Cps, 2024-05-23 "You're Crazy" - Volume One Craig Lewis, 2014-09-12 You're Crazy Volume One compiles twenty five first hand accounts of people from the punk scene who live with mental illness addiction and trauma This volume also includes two stories of punk rockers who are allies to those of us who struggle and their experience This book exists to help empower the writers who are sharing their personal experiences so that they can be better understood It also exists to help show that we are not alone in this world and that life can get better It's a necessity in our community We all deserve to be heard You're Crazy aims to help decrease the stigma that the authors and those like them face while dealing with mental illness addiction and trauma By sharing their stories they are putting themselves on the line as they take ownership of their lives and experiences while demonstrating the reality of their lives These stories educate and inspire increasing understanding and empathy while reducing stigma *Nervous System Recovery Workbook* Robert Duane McDonald, Transform Anxiety Into Lasting Strength With Science Based Nervous System Recovery Your nervous system holds the key to breaking free from anxiety overthinking and chronic stress This comprehensive workbook teaches you to work with your body's natural healing capacity instead of fighting against anxious thoughts and feelings What makes this workbook different Nervous system focused approach that addresses anxiety at its biological root Daily tools designed for busy lives no hour long meditation required Step by step exercises to interrupt overthinking cycles before they spiral Body based techniques that calm your fight or flight response fast Proven strategies to transform anxiety into mental resilience and confidence Inside you'll discover How your nervous system creates anxiety and how to reset it naturally 5 minute daily practices that build long term nervous system resilience Somatic exercises to discharge stored stress and tension Breathing techniques that activate your body's natural calm response Overthinking interrupt methods you can use anywhere anytime Progressive tracking system to monitor your nervous system recovery This workbook includes practical tools for Panic attack recovery and prevention strategies Grounding techniques for anxiety and overwhelm Sleep restoration methods for anxious minds Workplace stress management without anyone noticing Social anxiety navigation with confidence

building exercises Physical symptoms relief through nervous system regulation Unlike traditional anxiety books focused on positive thinking this guide teaches you to heal anxiety through nervous system recovery Learn to recognize your body's stress signals early and respond with targeted techniques that create lasting change Each chapter builds on the previous one creating a complete system for nervous system health The exercises are designed for real life quick enough for morning routines discreet enough for office breaks and powerful enough to create measurable improvements in your daily stress levels Perfect for anyone experiencing Racing thoughts and mental loops Physical anxiety symptoms like rapid heartbeat or tight chest Chronic stress affecting sleep digestion or energy Overwhelm from daily responsibilities and decisions Difficulty relaxing even in safe environments Burnout from trying to manage anxiety through willpower alone Stop managing anxiety symptoms and start healing your nervous system Build the foundation for lasting calm mental clarity and emotional resilience

The Psychosis and Mental Health Recovery Workbook Jennifer Gerlach, 2023-05-18 How can I use my voice to reduce the other voices I hear Who should I tell about my experiences with psychosis What steps should I take after a mental health crisis Experiencing and recovering from psychosis can be isolating especially if friends and peers can't relate to what you are going through With testimony from the author's lived experience and using a range of practical therapeutic exercises that draw on ACT DBT and Recovery Oriented CBT this workbook will support and inspire you throughout your recovery and help you be the best possible advocate for yourself With practical guidance on everything from coping with paranoia to dealing with stigma as well as mindfulness strategies and advice on returning to work or school this guide is with you every step of the way

Betere Dagen - Werkboek herstel mentale veerkracht Craig Lewis, 2018-08-16 Dit boek helpt een ieder die streeft naar herstel of al in het proces van herstel zit omdat het boek de individu aanspreekt en uitdaagt op een zeer echte simpele en eerlijke manier om significante cognitieve veranderingen te maken in de wijze waarop zij leven De kracht en schoonheid van dit stappenplan is dat mensen het fijn vinden om te doen en het niet als een verplichting of een klus ervaren want iedere pagina moedigt je aan om realistische stappen vooruit te maken Dit geeft voldoening en kracht om het werk te doen Ik baseer dit boek op mijn persoonlijke leven en herstel en iedere bladzijde is succesvol gebruikt in peergroups over de hele wereld

First Responder Trauma Recovery Guide and Workbook (First Edition) Kevin William

Grant, 2021-07-14 Stress anxiety depression trauma post traumatic stress disorder PTSD bullying and burnout have all become accepted realities for first responders in the modern workplace This workbook unpacks contemporary workplace realities educates you about trauma and helps you build your personalized recovery plan for transformation recovery and healing This recovery program has eight core purposes Validate your current situation This recovery program begins by validating your experiences and breaking through any denial you may be experiencing by examining all the ways you could be traumatized at work Identify your realities Once you understand how you've been traumatized you'll learn about how trauma develops and how to break through the defenses that protect you from the painful experiences you're facing

Understand workplace trauma Armed with a deeper understanding of what trauma is how it develops and how you react to trauma you will be able to identify the support you ll need to heal and recover Build your recovery team and develop your action plan Useful tools and techniques will help you connect with and build your team of support professionals and advocates Once you begin working with your team you ll start the recovery process by acquiring a set of skills and techniques to help you weather the storm and begin healing Grieve mourn and let go Recovery will take you on a journey of grieving mourning and letting go which will transport you to a new sense of calm and acceptance I ll break down this journey into the stages you ll travel through to get to the other side Maintain your recovery Finally I ll share helpful ways to maintain your recovery manage setbacks with compassion and track your progress so you can proactively navigate the inevitably choppy waters as you continue your healthy and productive recovery Adapt and adjust to the impacts of the COVID 19 Pandemic The COVID 19 global Pandemic has left a lasting impact on all our lives This section will review the Pandemic s mental health physical health and social implications with helpful tools and techniques to help you manage the trauma and stress the Pandemic brings In addition gems of wisdom and learnings within the research literature will help you navigate the Pandemic and Post Pandemic worlds effectively Learn interactively with workbook exercises Workbook exercises will help you digest the content reflect on your situation learn from that reflection and incrementally create a personalized recovery plan Each exercise in the workbook walks you through a process of self reflection and self discovery to help you understand and make sense of your situation First Responder Careers Expose Individuals to Higher Risks of Developing Trauma Some careers include a higher likelihood of experiencing traumatic events that can lead to the development of PTSD Serving in the military is a high risk factor for developing PTSD However combat veterans develop PTSD at different rates depending on the severity and length of exposure to traumatic experiences There are also high incidences of reported sexual harassment and sexual abuse in the military As a result the rates of PTSD are relatively high compared to the overall prevalence in the general population Not only can law enforcement officers experience direct threats and stressful conditions but they also regularly witness the devastating effects of assaults robberies kidnappings and violent events However individuals in this profession have lower than expected rates of PTSD surprisingly An estimated 20 percent overall may result from having access to counseling and rigorous pre employment screenings EMTs and paramedics are routinely exposed to life threatening incidents and have more health problems than individuals in other occupations PTSD rates in this group are as high as 20 percent PTSD prevalence in this profession is comparable to law enforcement Firefighters conduct paramedic activities and are the first responders to natural disasters Firefighting is a dangerous profession that exposes workers to stressful conditions and traumatic events ranging from threats to their safety and experiencing the devastating effects of catastrophes As a result the prevalence of PTSD in this group can be as high as 20 percent Volunteer firefighters may have even higher rates because they don t have access to the same level of support as career firefighters Healthcare workers especially those

working in emergency rooms and intensive care units are also at higher risk For example nurses working in critical care units are more likely to develop PTSD than nurses in other groups In addition while senior level nurses report fewer PTSD symptoms than junior ones they report higher rates of burnout Finally healthcare workers exposed to patients that have experienced violence such as an assault victim are more likely to develop PTSD than surgeons who treat assault victims Rescue workers medical workers and volunteers who act as first responders during disasters witness the aftermath of horrific events and can even become involved in severe traumatic events The prevalence of PTSD in these individuals has been estimated to be between 15 and 30 percent Journalists who work as war correspondents are at higher risk of being injured killed or kidnapped Their lifetime prevalence of PTSD which can be as high as 30 percent reflects their lack of access to support and PTSD treatment options Transit and train operators are frequently exposed to physical threats and witness suicide incidents such as person under train events Exposure to these traumatic and threatening circumstances can be a daily or weekly occurrence Bus drivers are more prone to PTSD because they have more direct contact with the general public than train drivers locked in secure train cabs In these high risk professions the incidence of trauma declines when policies are in place to debrief victims give victims immediate access to counseling and screen for individuals at high risk of having adverse reactions to traumatic conditions

Recovering from Workplace PTSD Workbook (Second Edition) Kevin William Grant, 2021-02-01 Stress anxiety depression trauma bullying and burnout have all become accepted realities of the modern workplace This recovery workbook will help you unpack your workplace realities educate you about PTSD and help you build your personalized transformation and recovery plan Each exercise in the workbook walks you through a process of self reflection and self discovery to help you understand and make sense of your situation Recovering from PTSD is a step by step process Whether you want to make a change in the next couple of months or the next few years this workbook is designed to help you achieve the following Open your mind to explore your PTSD recovery options creatively Identify and understand the triggered emotions that surface with your PTSD symptoms Deepen your approach to life and your lifestyle needs Define what you need in your work environment to feel healthy and happy Outline your recovery action plan and personal recovery steps Transform your passions and interests into a viable recovery plan Systematically walk you through how to research and contact local support professionals so you can achieve your recovery goals This recovery program has six core purposes Validate your current situation This recovery program begins by validating your experiences and breaking through any denial you may be experiencing by examining all the ways you could be traumatized at work Identify your realities Once you understand how you ve been traumatized you ll learn about how PTSD develops and how to break through the defenses that protect you from the painful experiences you re facing Understand workplace PTSD Armed with a deeper understanding of what PTSD is how it develops and how you react to trauma you will be able to identify the support you ll need to heal and recover Build your recovery team and develop your action plan Useful tools and techniques will help you

connect with and build your team of support professionals and advocates Once you begin working with your team you ll start the recovery process by acquiring a set of skills and techniques to help you weather the storm and begin healing Grieve mourn and let go Recovery will take you on a journey of grieving mourning and letting go which will transport you to a new sense of calm and acceptance I ll break down this journey into the stages you ll travel through to get to the other side Maintain your recovery Finally I ll share helpful ways to maintain your recovery manage setbacks with compassion and track your progress so you can proactively navigate the inevitably choppy waters as you continue your healthy and productive recovery

DBT Workbook for Adults: A Practical Guide to Improving Mental Health with Dialectical Behavior Therapy Relove Psychology , Are you struggling with overwhelming emotions or difficult relationships Dialectical Behavior Therapy DBT may be the solution you ve been searching for DBT helps individuals manage overwhelming emotions and improve their relationships It consists of four main parts Mindfulness Developing a non judgmental awareness of the present moment Distress Tolerance Coping with discomfort without resorting to harmful behaviours Emotion Regulation Managing intense emotions in a healthy way Interpersonal Effectiveness Communication and setting boundaries for better relationships Inside this book you will find a Comprehensive Workbook Guide to DBT Whether you re struggling with emotions disorders or difficult relationships this book offers practical solutions and exercises for restoring balance in your life Inside you will discover all about DBT along with workbook exercises to improve emotional regulation stress relationships and your overall life satisfaction Are you ready to start making positive changes and to become a better person for those you care about Well it s time to begin now with This Book *The Anorexia Recovery Skills Workbook* Catherine L. Ruscitti,Jeffrey E. Barnett,Rebecca A. Wagner,2017-08-01 In The Anorexia Recovery Skills Workbook three psychologists and experts in eating disorders offer an integrated comprehensive program for people with anorexia nervosa whether they are currently in treatment or looking to maintain their recovery and prevent relapse This workbook offers evidence based skills to help readers rebuild healthy relationships gain a sense of autonomy and independence develop a sense of self worth and self esteem set healthy goals cope with negative emotions and learn to communicate effectively

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