



Guy's and St Thomas'
NHS Foundation Trust

More Than a Mouth: Skills for life's ongoing challenges

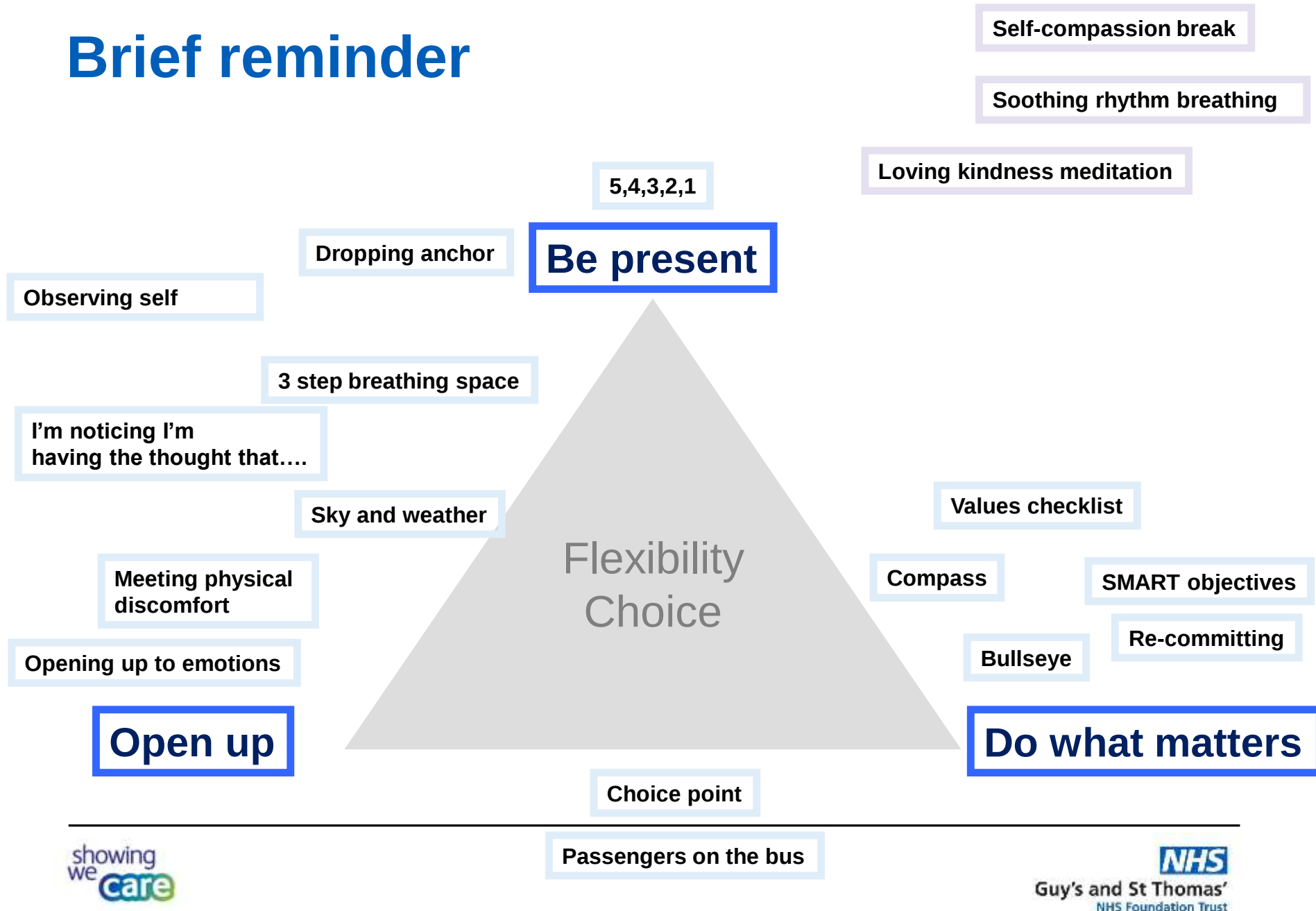
Session 5 (booster)

- Welcome back
- Arriving exercise

Today's session

- Goals and home practice
- Skills refresher, with opportunity to revisit one or two skills
- Keeping going plan
- Next steps
- Questionnaires and feedback about the group

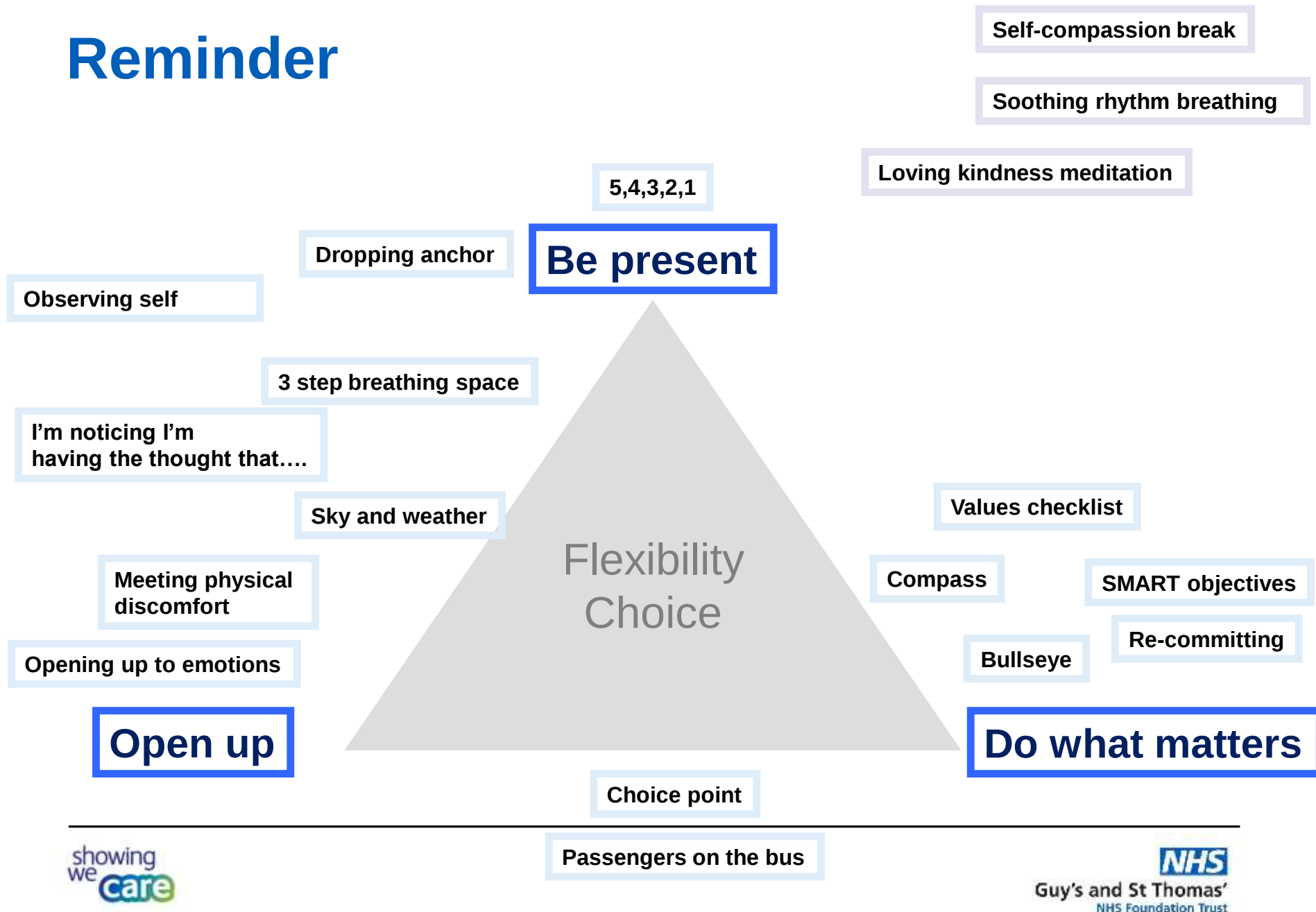
Brief reminder



Goals review

- What did you do?
- What experiences did you make room for?
- What skills did you use?

Reminder



Skills refresher



Ending sessions

Moving forward with new skills

- Takes practice
- Skills are not about solving symptoms, rather living alongside them more effectively
- Normal to 'get hooked' – opportunity to notice and take values based action
- Committed action and constant renewal of intention
- Skills can be generalised to all of life



Keep going plan



Next steps

Questionnaires / feedback

Final reflections



