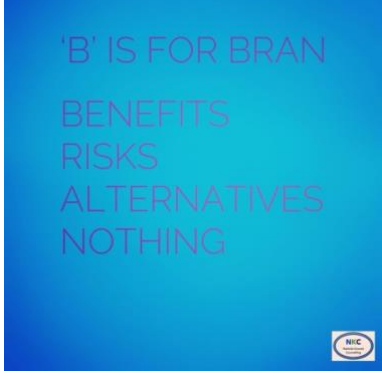
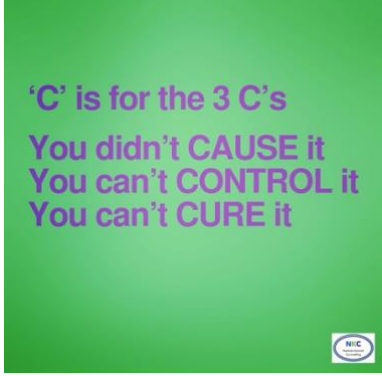










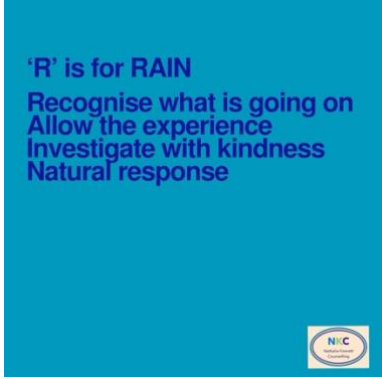




	<p>ABC is from Cognitive Behaviour Therapy and is to help change behaviour.</p> <p>Note down the behaviour e.g. snapping at someone. Look at what came before that e.g. was tired Then look at the consequence of the behaviour e.g. I upset someone by snapping at them.</p> <p>This way you can spot patterns to try and help you make changes in your behaviour.</p>
	<p>BRAN is a decision making tool.</p> <p>When you have a decision to make or if you need to decide how to behave, look at the benefits of doing what you want, the risks, think about any alternatives and then what the consequence would be if you did nothing.</p> <p>This helps you to really think around something and get a full picture before you make any decisions.</p>
	<p>3C's is borrowed from Alcoholics Anonymous and is just a reminder that other people's behaviour isn't our doing or our responsibility.</p>
	<p>DEARMAN is a communication tool from Dialectical Behaviour Therapy.</p> <p>The DEAR is about how you communicate your initial point. The MAN is remembering to consider how others might take something, how you should hold yourself in that moment and that there may need to be some compromises made.</p>

<p>'F' is for FAST</p> <p>Fair Apologise (don't) Stick to values Truthful</p> 	<p>FAST is also from DBT and has 4 skills that teach you how to act in an argument to best get your objective met without sacrificing your own values.</p> <p>A guideline for when your mouth wants to work faster than your brain and could get you in to trouble.</p> <p>Be fair, don't apologise, stick to your values and be truthful.</p>
<p>Gentle Interest Validate Easy Manner</p> 	<p>GIVE is a tool for helping you to keep relationships. This is about having a blueprint to follow when things are feeling confused.</p> <p>Be gentle in how you speak. Show interest in what they are saying. Validate what you can. Be easy in how you speak, how you stand and your tone.</p>
<p>"H" is for HALT, Hungry Angry Lonely Tired</p> 	<p>HALT is a reminder to check in with 4 things before you make any big decisions.</p> <p>Checking in with these things makes sure your physical and emotional wellbeing is managed and not interfering with the choices you might make.</p>
<p>"I" is for ICE</p> <p>Ideas Concern Expectations</p> 	<p>ICE is what Doctors are meant to work towards in a consultation, but it works well in other scenarios too.</p> <p>For example, if you have to have a conversation with a boss, colleague or client it might be worth having a look at these things before you go into that for yourself and also ask the person who you are in the meeting with.</p>

<p>‘J’ is for JOMO</p> <p>Joy of missing out</p> 	<p>JOMO or joy of missing out, is finding joy or contentment in opting out of activities or events that will have a negative impact on you or just to ensure that you are prioritising your own self-care.</p>
<p>‘K’ is for KISS</p> <p>Keep It Simple and Straightforward</p> 	<p>KISS is a general reminder not to overcomplicate things. Whether that is a conversation that you need to have or going back over a situation that has already happened this is a good reminder to stick to facts and not make up elaborate stories around events.</p> <p>It can also be used in lots of other situations like cooking or making small gestures. Not everything has to be big or complicated to be successful or beautiful.</p>
<p>‘L’ is for LEAPS</p> <p>Listen Empathise Ask questions Paraphrase Summarise</p> 	<p>LEAPS is a communication model that can increase the effectiveness of conversations.</p> <p>It can be easy to get swept away in emotional conversations and sometimes that can mean important information is missed or misunderstood.</p> <p>Really listening to what someone is saying, empathising where you can, asking for clarification, saying things in your own words to help others see what you have understood from a conversation and summarising any courses of action agreed upon. This ensures both parties feel heard and listened too and works in lots of situations.</p>
<p>‘M’ is for MDB</p> <p>Minimising Denial Blame</p> 	<p>MDB is a short hand to help you remember what a perpetrator may do to a victim. This is from Domestic Violence training, but it can also show up in less extreme situations e.g. workplace bullying.</p> <p>E.g. “it wasn’t that serious”, “I didn’t mean it that way”, “they took it the wrong way”, “I never said that”, “you take things so personally”, “you said this so I was just replying to that”</p> <p>Be aware if you encounter this sort of behaviour that it might need to be raised with the individual or another trusted person to help you with it.</p>

	<p>naME is a reminder that there is only one uniquely fabulous you.</p>
	<p>OMG is from Steve Haines and is about how to bring yourself in to the present. If you feel overwhelmed then orient yourself to your surroundings. Move around and ground yourself.</p> <p>This can be as simple as taking off shoes and socks and walking around your office, feeling the carpet beneath your feet whilst looking for all the blue things you see.</p>
	<p>PALMS is a communication tool designed as a non-aggressive stance to help you communicate to someone that you want to help them not fight them.</p> <p>Consider your physical position. Maintain a positive attitude. Listen to what they are saying and look at what they are doing. Make space so you both feel safe, and it is appropriate to the situation. Consider how your stance might look to the other person.</p>
	<p>RAIN is a skill used when you feel overwhelmed by a particular situation or feeling.</p> <p>Recognise what is happening. Don't try and stop it. Investigate what has led to this feeling. Realise that your feelings are a natural response, and they don't need to be diminished or changed but accepted and worked through.</p>

<p>'S' is for STOPP</p> <p>Stop Take a breath Observe Plan Proceed</p> 	<p>STOPP is useful when you are in a situation where you are experiencing big or difficult to manage feelings.</p> <p>Stop, breathe, observe how your body feels and what feelings you are experiencing. Plan for your next steps and then do them.</p>
<p>'T' is for TAP</p> <p>Take a breath Acknowledge Proceed</p> 	<p>TAP is another way to help in tricky, stressful or overwhelming situations.</p> <p>Take a breath to signal to your nervous system that you are safe and help get some of your brain systems back online.</p> <p>Acknowledge the situation, how you are feelings, what you want to do, what you should do.</p> <p>Proceed. Move forward with intent rather than acting rashly or without thought.</p>
<p>'U' is for UCOPE</p> <p>Understand Check reality Organise thoughts Prevent pressure Engage</p> 	<p>UCOPE is another communication tool to help you with conversations or situations that may have triggered you.</p> <p>This helps with feelings of overwhelm and also you to respond rather than react.</p>
 <p>'V' IS FOR VEST VALUE, EATING, SLEEP AND TOU(H)</p>	<p>VEST is one I made up as I couldn't find a self-help alphabet thing that started with V.</p> <p>It encompasses the things we sometimes discount as standard or not important enough to focus on but that are important to our overall wellbeing.</p> <p>If you've been feeling low, anxious or stressed maybe check in with eating, sleeping and physical contact and see if you are fulfilling these needs for yourself.</p>

<p>'W' IS FOR WRAP WELLNESS RECOVERY ACTION PLANNING</p> 	<p>WRAP is a shorthand for a type of onward planning that tries to give people a written guide for when they start to feel low or anxious after a period of stability.</p> <p>It is a detailed guide for yourself and people you trust to help you with your mental health. Owning your own journey and taking responsibility for the things you can look at and manage.</p> <p>There are loads of templates online and these are living documents that can be updated as needed.</p>
<p>“ 'X' is for XRAY (e)Xpose the issues, Reflect on them and Accept Yourself ”</p> 	<p>XRAY is another one I wrote and is essentially a short way of describing therapy.</p> <p>Awareness, acceptance and reflection can be key in mental health. Spotting patterns and breaking them can be helpful in creating the changes we want to see in our lives.</p>
<p>'Y' IS FOR YOLO YOU ONLY LIVE ONCE</p> 	<p>YOLO, notwithstanding any personal or religious beliefs, generally we only get one go and YOLO is a reminder to ensure we are living life the way we want to.</p> <p>You have choices regarding how you live your life. Of course, there are societal and financial restraints on this for most of us, but there are usually some things you can do to improve things even if it feels small or insignificant.</p>
<p>'Z' IS FOR ZZZZZZZZZ</p> 	<p>ZZZZ again one I came up with to highlight the importance of sleep. If you cannot tackle or change anything else about your situation start with sleep. If you are tired you won't be working to your best whether physically or mentally.</p>

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The Rule of 5s is a way to get some perspective on any situation that is bothering you. It can help you to gain some perspective of things you need to keep and learn from or things you just need to let go of. Ask yourself the questions and then see how you feel.