



LUMINARY
BAKERY

*Self-Care
Pack*

Week Seven



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Welcome to week seven of your weekly self-care pack!

This week we're going to take a look at 'Keeping things in perspective.' When facing very painful events, we need to try and consider the stressful situation in a broader context and keep a long-term perspective to 'avoid blowing the event out of proportion.'

Thinking is important. Our thoughts affect how we feel and behave, and sometimes thinking can distort the truth. "Blowing things out of proportion" can be really unhelpful, as it doubles the stress we are already facing. Through this pack, we are going to look at different approaches and tips we can use when facing stressful situations.

Balancing Positive Vs Negative Thoughts

Thoughts influence how we feel, and how we behave. The easiest way to change our behaviour and feel better about ourselves is to challenge or question our thoughts.

This doesn't just mean thinking positively. We can fall captive of so-called positive thinking just like we can of negative thinking.

Positive thinking has its place, however it can also be unrealistic at times. Increasing positive thoughts to hopefully balance out the negative ones doesn't always work, especially if some of the positive ones are not realistic.

The most effective way is to acknowledge a negative thought and then to change it with a positive thought and the more you practice this, the more likely it will become helpful, real and effective.

'Blowing Things Out Of Proportion'

Sometimes we expect that things will turn out badly. We might convince ourselves that our prediction is a fact, even though there is nothing to support this.

We can end up feeling and acting as if the future is true now. We may predict the future negatively without considering a variety of other more likely outcomes. This can sometimes be referred to as 'fortune telling'; An example might be thinking, "I will be so nervous talking in the meeting that I will pass out." but there is no evidence to support this thought or prediction.

New Thinking Choices – Dealing with Extreme Thoughts

There may be another way of looking at a situation. Asking ourselves the right questions can be a very freeing experience. Doing this can allow you to feel more in control, you may open the door to new possibilities.

What to ask yourself when you 'Blow Things Out Of Proportion'

- "Am I only looking at the negative side of things or being one-sided?"
- "If the worst were to happen, what could I do to deal with this, handle it or get by right now?"
- "What is the best thing that could happen?"
- "Have I thought of all possible outcomes?"

STOP – THINK – CHOOSE!

Below we're going to take a look at how we can use a kind of traffic light perspective, when stressful or difficult situations arise.

STOP – THINK – CHOOSE

You can practice this with some small challenges at first and see if you find it helpful in 'Keeping things in perspective'. It takes about three weeks to develop a habit to the point it becomes second nature or automatic.

RED = STOP



When you have anxiety or heavy-duty, difficult, strong thoughts, feelings or automatic behaviour.

AMBER = THINK

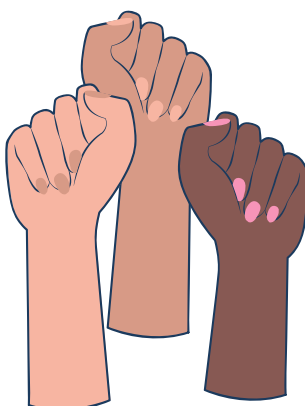
“Which thought(s) seems to be the best to take you into a healthy emotional direction?”

Which behaviour(s) seems to be the best or feel good?

Can I make a plan to overcome my feelings of doubt?



GREEN = CHOOSE



Ask yourself,
“Is my physical state affecting my thinking or the way I see things right now?
How am I thinking?
What am I thinking?
What are my options?
What’s another perspective?
Can I think of alternative or different thoughts to feel better?”



Helplines

As Luminary Limited is a charity registered within the UK, the following helplines are UK only.

In the event you are concerned for your, or another persons' health or wellbeing, you can seek further information and help from the following:

If you or someone else is in immediate danger **always** phone 999.

For health queries that are not an emergency but you feel are urgent, you can call 111.

Mental Health

If you are experiencing Self Harm or Suicidal thoughts, call NHS: 111 and your GP for an urgent appointment.

Papyrus HOPELINE (under 35's): 0800 068 4141

Samaritans 116 123 or text Shout to 85258
www.mind.org.uk

Domestic Abuse

The National Domestic Abuse Helpline 0808 2000 247

National Stalking Helpline 0808 802 0300



Helplines

Homelessness

Shelter 0300 636 1967
[shelter.org.uk](https://www.shelter.org.uk)

Local Authority Housing Options Teams (HOST) have a duty of care if someone presents as homeless. You can find the phone number for your HOST at:
www.gov.uk/homelessness-help-from-council

Modern Slavery

Modern Slavery Helpline - 08000 121 700
modernslaveryhelpline.org



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