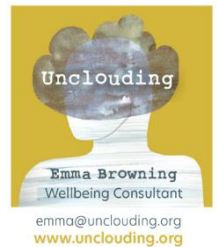


Using the Unclouding resources to help improve the wellbeing of others.



When we get stuck inside unhelpful behaviour patterns or trapped in mental storylines that do not serve us well, we can at times need help from someone else to find the way out. The Unclouding resources have been designed to both help individuals help themselves, as well as a resource for those committed to helping others. The information within is designed to help individuals recognise the thoughts and emotions they are experiencing, which are negatively impacting their wellbeing. How to safely move their attention away from stories that are not serving them well and how to build more positive experiences into their lives. Together this approach can help individuals learn more about themselves and how to do things differently to positively influence their mood, build confidence, self-esteem and resilience.

Using the Unclouding book:

It is recommended that you familiarise yourself with the content of the Unclouding book. Taking on board the information within the book and using it to develop your own healthy wellbeing practises is the best way to fully absorb the content and put yourself in the best position to help someone else.

The Unclouding book is split into 3 sections:

Section 1: Why we think negatively and how it can make us stressed and unhappy.

Section 2: How to move away from unhelpful storylines.

Section 3: Noticing the good stuff and increasing positive experiences.

The information in section one is designed to help someone see their own unhelpful patterns reflected in the simple text and illustrations and understand why we think negatively and how we get trapped in negative patterns. Section two looks at how to use simple mindfulness skills to recognise our unhelpful patterns of thinking and chose to move our attention away from them. Section three is based on the 'positive psychology' and 'wellbeing recovery action plan' models of wellbeing which uses different activities to build up wellbeing. Each activity in section three is designed to help individuals turn their attention towards the things that make them feel good in life, so that they can create a growing bank of daily positive experiences. This combination supports individuals to manage their reactions to the situations in life that cause them stress and create healthy wellbeing habits that will serve them well, long term.

Each section has its own supporting document which can be downloaded from the Unclouding website, www.unclouding.org and covers relevant topics for discussion and activities.

Using the Unclouding presentations:

In a teaching environment, you might prefer to use the Unclouding presentations to help support learning.

Each presentation contains all of the key information in Section one, two and three of the Unclouding book and can be watched one at a time, over different sessions, as a platform for wellbeing discussion and exploration.

Each presentation last approximately 15 minutes and can be paused during longer teaching sessions for group discussions and activities that would benefit from deeper exploration. As section three of the Unclouding book has a lot of different ideas for things you can do to positively influence your wellbeing, the presentations have been split into two aspects. Presentation 3a covers those activities that work well as wellbeing quick fixes and presentation 3b covers activities that need a little more time for reflection, discussion and exploration.