



TALK IT OUT, WORK IT OUT

WORKBOOK



FACTOR-INWENTASH
FACULTY OF SOCIAL WORK
UNIVERSITY OF TORONTO



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

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Talk It Out, Work It Out

Program Outline



Team Members



Lamia Firasta completed her undergraduate degree at the University of Toronto studying psychology. Lamia is a Research Assistant with the Health, Behaviour and Emotion Lab and is interested in pursuing Clinical Psychology. She is passionate about mental health advocacy and creative writing.



Kayleigh Gladstone (she/her) is a student therapist at the Talk it Out Clinic, completing her Master of Social Work at the University of Toronto. She believes strengthening the body improves mental wellbeing. She looks forward to supporting each individual in their journey of talking it out and working it out.



Deanna Gooden is one of the social worker students helping to facilitate the talk it out portion of the program. She currently is completing her Master of Social Work, specializing in mental health and health. Before social work, she worked in recreational therapy with seniors.



Hadi Mostofinejad is a graduate student at the University of Toronto completing his Master of Professional Kinesiology. He enjoys working with people and aims to empower them and improve their quality of life by educating them how to move based on their personal needs.



Chermannna Pattada is a Master of Professional Kinesiology student at the University of Toronto. Prior to this, he served as a Strength and Conditioning Coach at a Physical Therapy and Sports Rehabilitation Centre. He believes healing is more than physical and so, intends to learn more of the intricacies of human movement systems, to offer more felt services to his fellow beings.



Rawan Slibi is a public speaker, exercise specialist and Master of Professional Kinesiology student at the University of Toronto. She strives to use movement to optimize people's health and quality of life. In her spare time, she loves to go out for walks in nature or to hike and play the piano.

Acknowledgement

“Talk It Out, Work It Out” is a collaboration among University of Toronto’s Talk It Out Counseling Clinic at the Factor-Inwentash Faculty of Social Work, the Mental Health and Physical Activity Research Centre at the Faculty of Kinesiology and Physical Health, and Jane/Finch Community & Family Centre. We would like to acknowledge the generous support of Joan and Bernard Aaron for this initiative.

Talk It Out, Work It Out

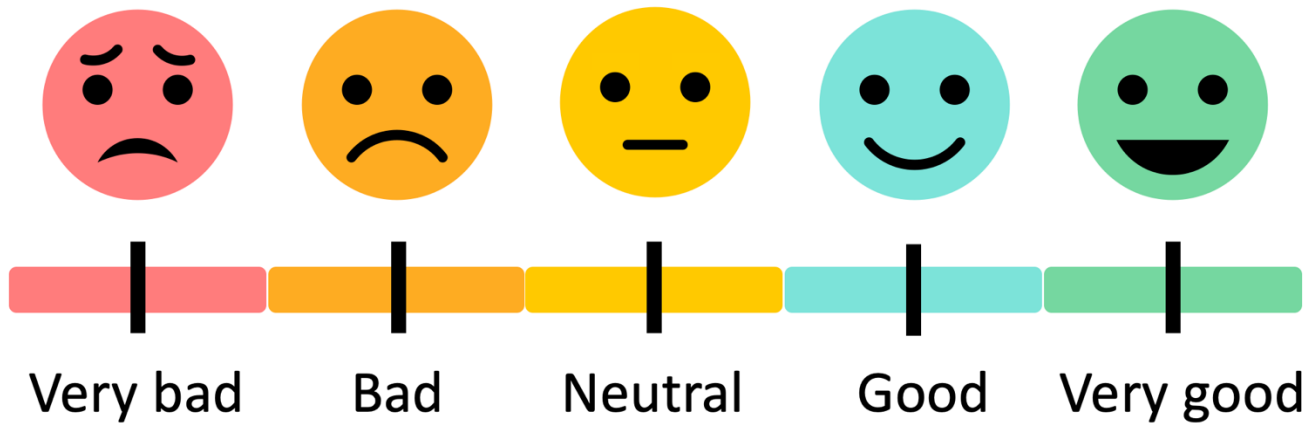
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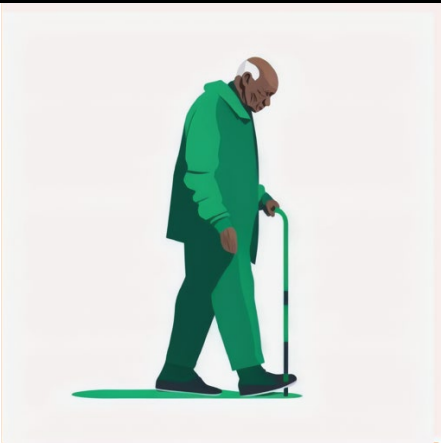
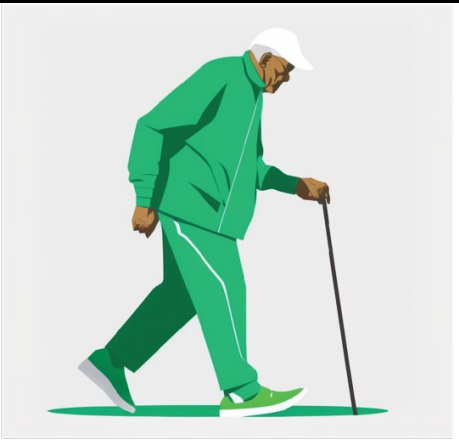

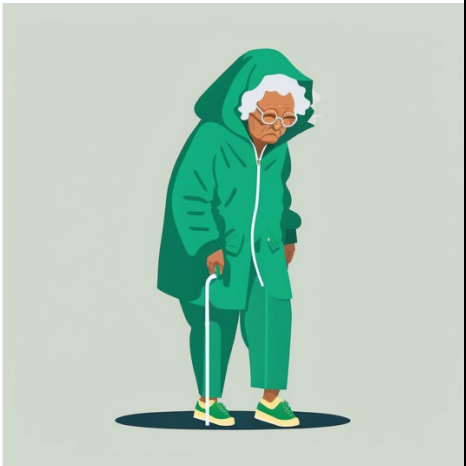




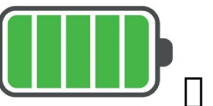
You will be asked to answer two questions every week of this program. One question is about your mood (how good or bad do you feel?) and one is about feeling engaged and activated (how much energy do you have right now?)

First, your mood. How do you feel right now? Circle the face that shows how you feel.



Now, how much energy do you have right now?

For example, you may be calm, relaxed, bored, tired (left image) or excited, anxious, angry, energized (right image) – or somewhere in the middle. Check the box that shows how much energy you feel right now.

Session 1: Social Support

We can think of social support in different ways. People around us can provide a few different types of social support.

Motivational Support: people who encourage you, give you new ideas about activities, help motivate you, and lead you to feeling more creative and excited about what you're doing.

Emotional Support: people who listen to you and comfort you and let you know that they care about how you're doing.

Informational Support: people who provide you with guidance, tips, and information.

Tangible Support: people who give you things such as driving you to a doctor's appointment or helping with shopping.

Think of an example of people in your life who fit these types of social support. Who would you like to be able to rely on for these types of support?

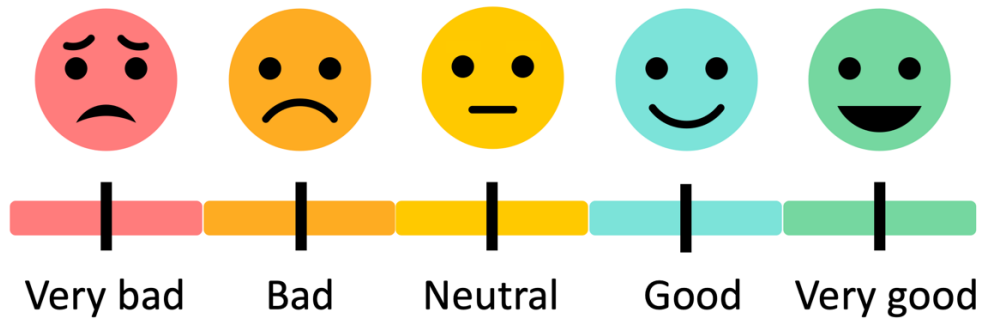
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2. _____

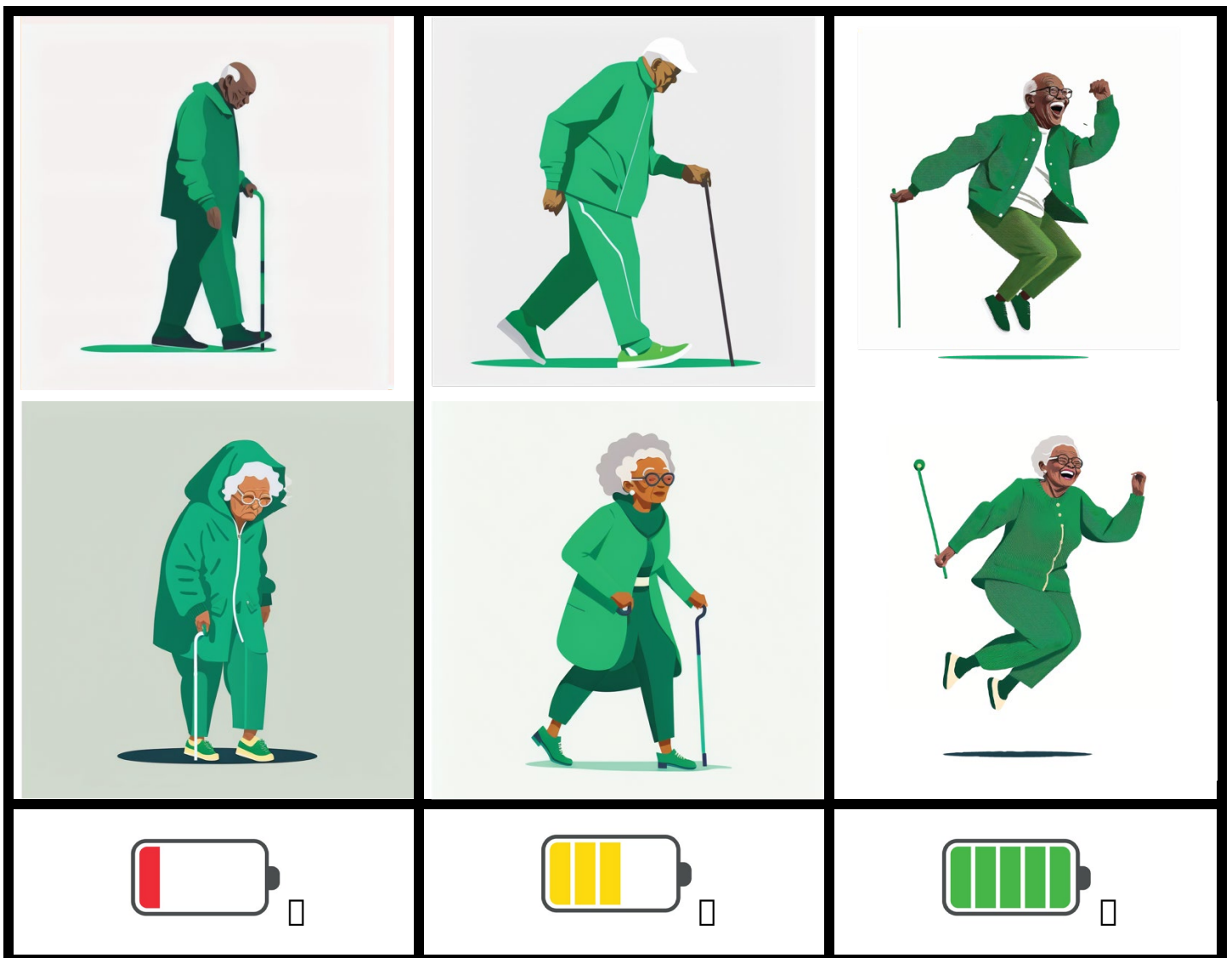
3. _____

Pre-movement activities:

How do you feel right now?

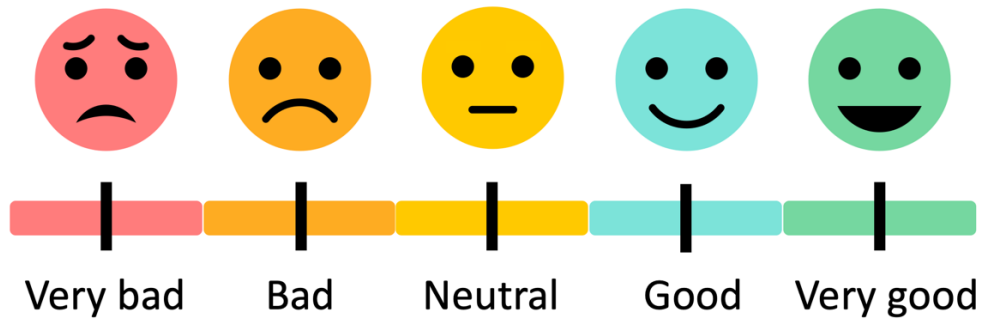


How much energy do you have right now?

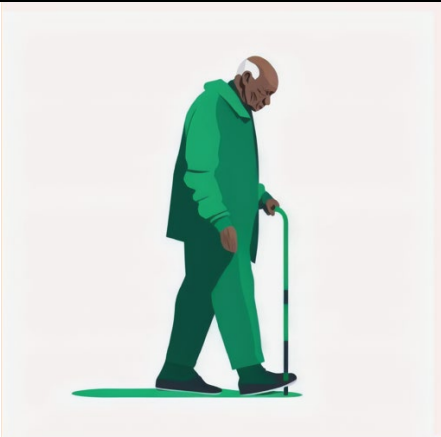
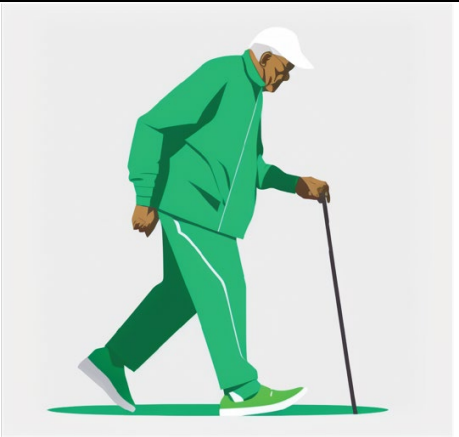
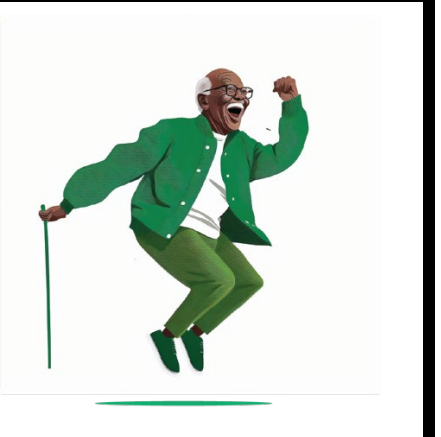



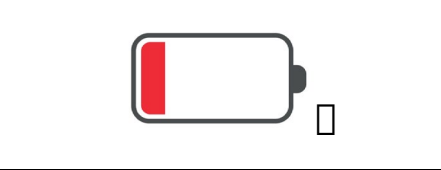
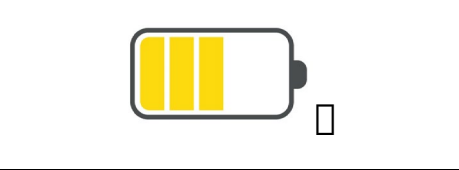
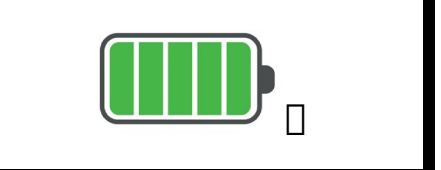


Post-movement activities:

How do you feel right now?



How much energy do you have right now?



Session 2: Self-Talk, Self-Compassion, Mindfulness

Think about things that you have thought or said about yourself over the last week. Were they mostly positive or negative? What were some positive things you said about yourself?

What were some negative things you said about yourself?

Write a few positive self-statements that you can repeat to yourself this week.

1. _____
2. _____
3. _____
4. _____

How does it feel to think about positive self-statements? What tools can we use to remind you to think about these statements? What are some other positive self-statements we can think about that are related to health and wellness? Discuss your answers with the group.

Notes: _____

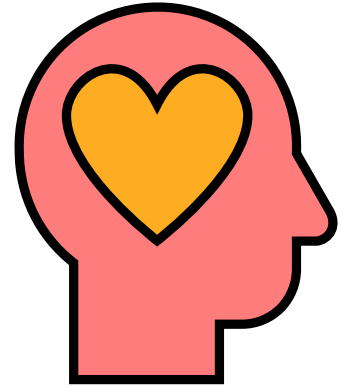
Tips and tricks for positive self-talk:

1. Interrupting your thoughts: when negative thoughts pop up, use a cue to stop it from continuing. For example, think or say the word “stop,” touch a bracelet, ring, or necklace, or make yourself a sticky note and post it nearby.
2. Changing negatives to positives: switch a negative thought with a positive one. For example, instead of “this won’t work,” think “I can try.”
3. Countering: add a positive statement to the end of the negative thought. For example, “I can’t walk very far, but I feel much more stable than I used to.”
4. Reframing: changing the perspective of the thought. For example, “this exercise is challenging me to work hard” instead of “this exercise is too hard.”

Like self-talk, we can use self-compassion to be kind to ourselves.

Self-compassion is three factors:

1. **Mindfulness:** recognizing thoughts, feelings, emotions that come up, but experiencing them without judgment.
2. **Self-kindness:** treating yourself as you would a loved one.
3. **Common Humanity:** seeing that we are not alone in our experiences. We can rely on others for understanding and supporting what we go through.



Mindful Breathing Activity:

- ◇ During this exercise, focus your attention on your breath.
- ◇ Don't worry about changing or forcing your breath, just notice how you like to naturally breathe.
 - Sit comfortably and bring your eyes to a close.
 - Notice your breathing as you inhale and exhale naturally. Just pay attention to your breath going in and out. Can you feel where the air tickles your nostrils?
 - Pay attention to how the breath moves through your body. Do you notice your belly or chest moving with your breath?
 - Sit for a few minutes while paying attention to this gentle breathing. Notice how relaxed you can feel by just sitting and breathing.
- ◇ Whenever your mind starts to wander and think about other things, gently acknowledge it, and then bring your attention back towards your breathing.

After doing the mindful breathing activity, discuss how you feel with the group.

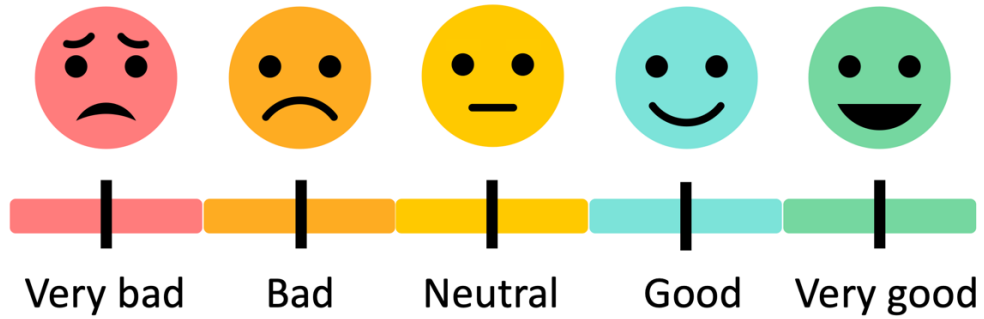
- What did you like about the activity?
- What did you not like about it?
- Do you feel different afterwards than you did before?

In this session we learned...

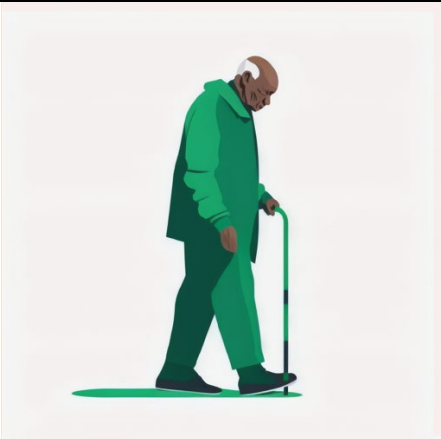
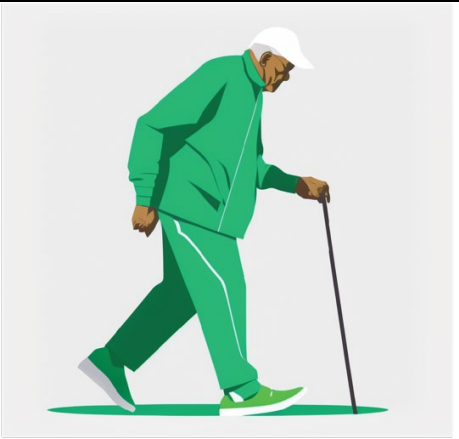
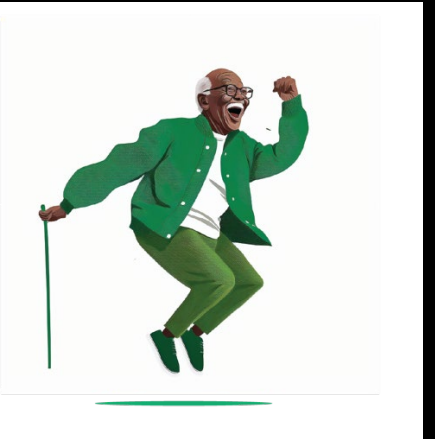



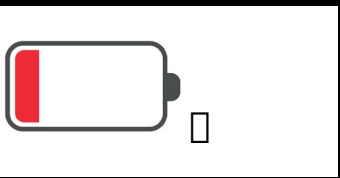
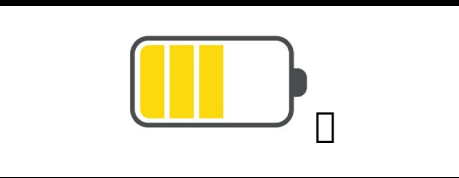
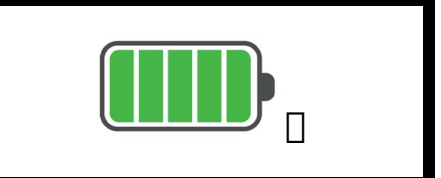
- How to use positive self-talk
- Different ways of being kind to ourselves
- A breathing activity we can use to relax

Pre-movement activities:

How do you feel right now?

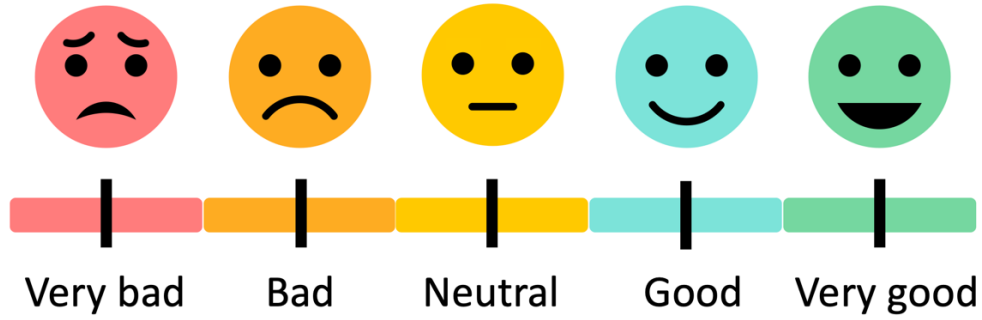


How much energy do you have right now?

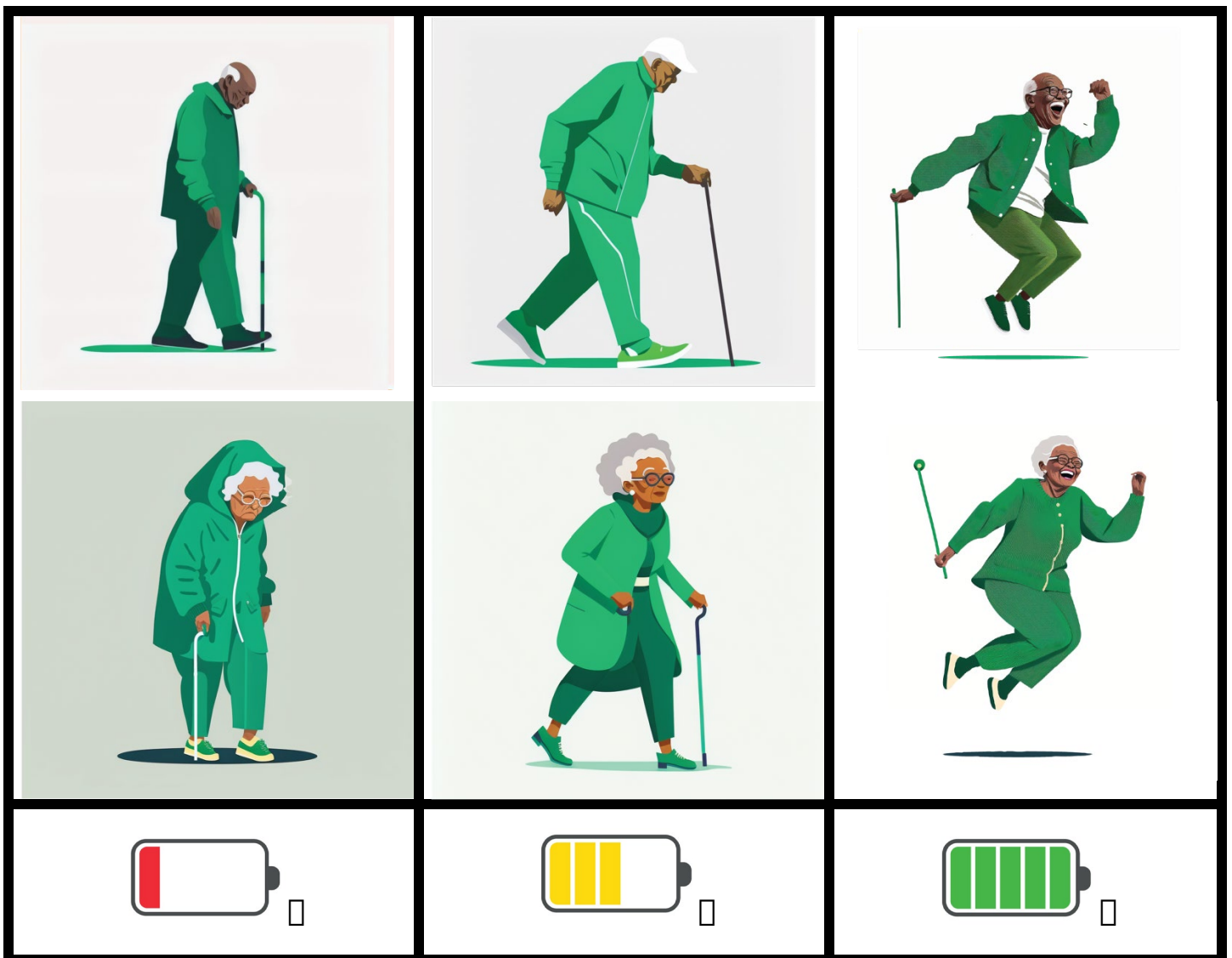
		
		
		

Post-movement activities:

How do you feel right now?



How much energy do you have right now?





Session 3: Motivation & Imagery

Tips and tricks for staying focused:

- ◇ Take note of your past “wins”
- ◇ Try a new activity, or do activities that you know is fun
- ◇ Think about why you signed up for the program and what you hoped to get out of becoming more active
- ◇ Find a buddy who can keep you accountable

When you feel less motivated than usual, you can also use a cue or “if-then” thinking to remind you to move around. For example, “If I feel too tired to take a walk, then I will do some sitting-down stretches to still move my body.”

With the group, discuss strategies that you think or know will be helpful for you to keep motivated.

Notes: _____

Imagery is another helpful strategy for getting yourself moving. Imagery activates all our senses to create a mental picture or experience of an activity. As a group, complete the following imagery activity and reflect together about your experiences and thoughts.



Directions: Below you will read a description of two situations. You are to imagine each general situation and provide as much detail from your imagination as possible to make the image seem “real.”

Then we will discuss your imagery skills on dimensions of vividness, sensation, and control of the images.

Situation 1. Select a specific skill or activity. Imagine yourself performing the activity in the place where you would normally practice, without anyone else present. Now close your eyes for about one minute and try to see yourself at this place, hear the sounds, feel the body movements, and be aware of your mood.

Situation 2. You are performing the same activity but are now you are doing this activity with others present. Now close your eyes for about one minute and try to see yourself at this place, hear the sounds, feel the body movements, and be aware of your mood.

Notes: _____

After you've finished the imagery activity, discuss your thoughts with the group.

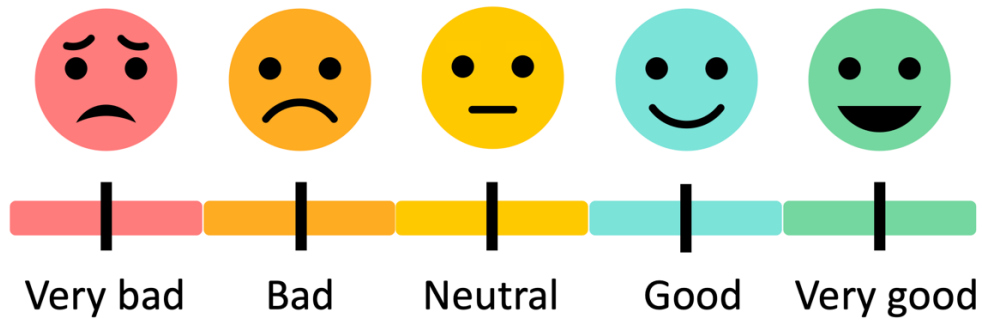
- How did you feel during the activities?
- Was it easy or hard to think about using your senses?
- Do you feel different afterwards than you did before the activity?

In this session we learned...

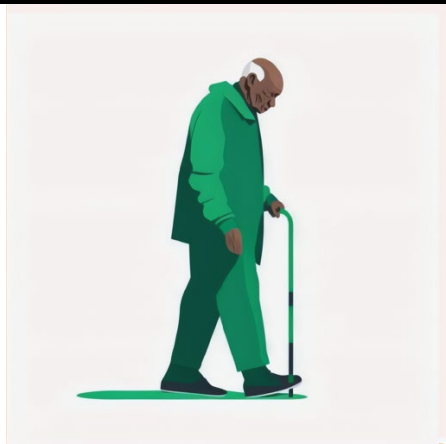
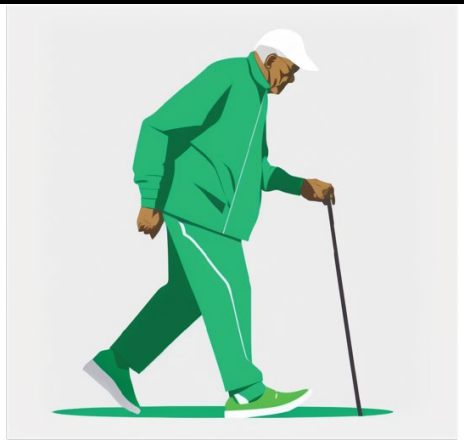
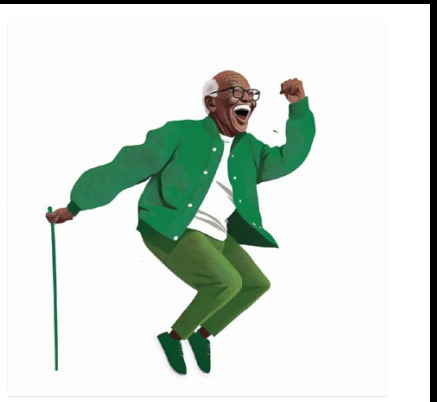






- Tips for staying motivated
- How to use imagery
- Ways we can use our different senses

Pre-movement activities:

How do you feel right now?

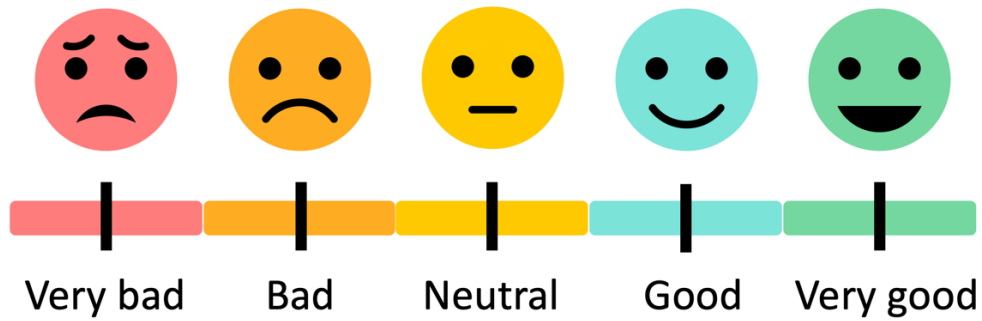


How much energy do you have right now?

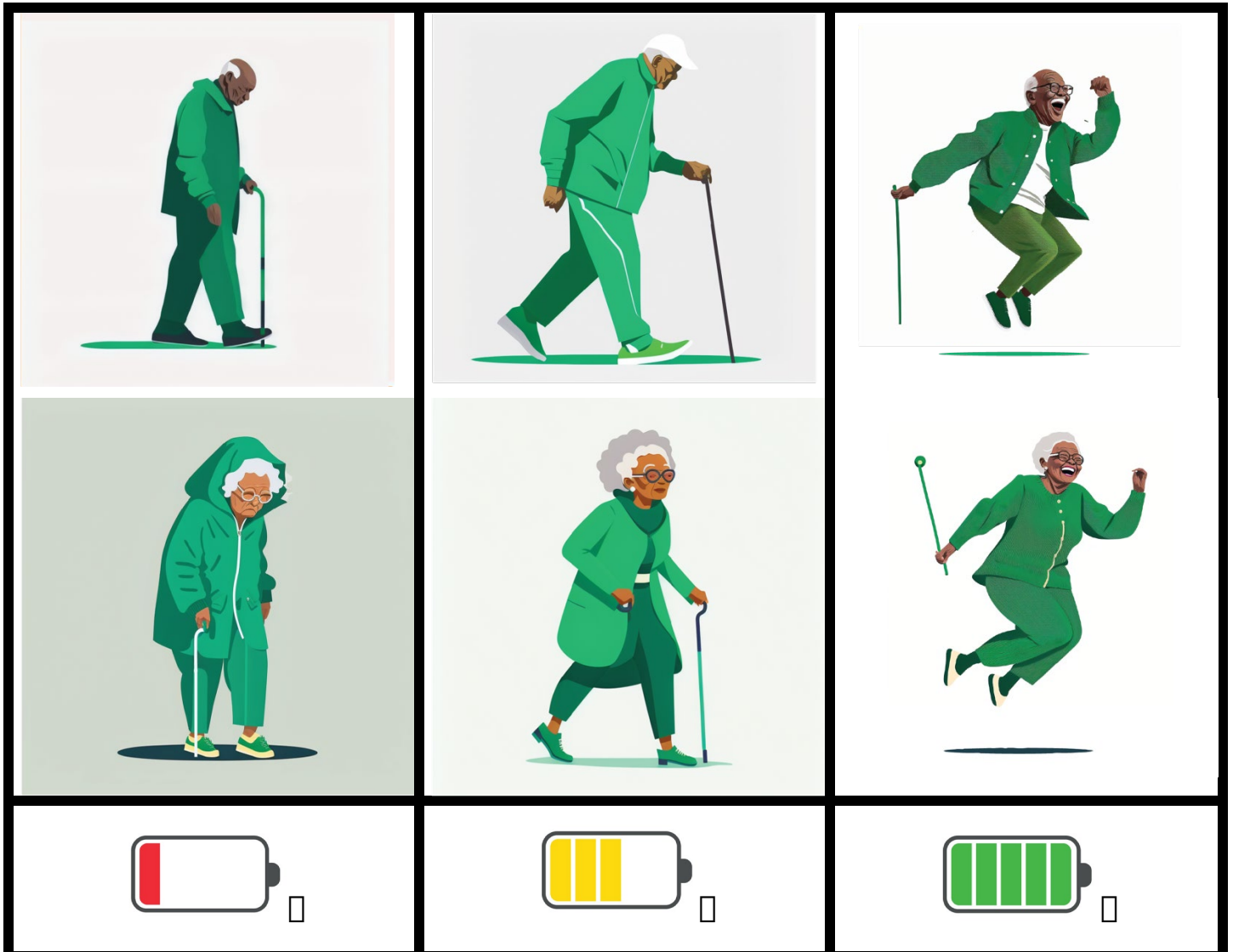
		
		
		

Post-movement activities:

How do you feel right now?



How much energy do you have right now?





Session 4: Stress Reduction

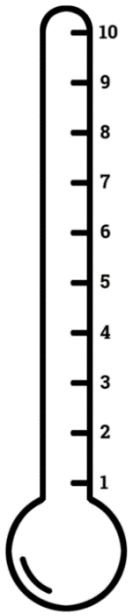
When we come across a situation that feels difficult to cope with, we are likely to feel stress or anxiety. With the group, discuss what comes to mind when you think about how stress feels.

Notes: _____

In these situations, there are techniques we can use to get a handle on these feelings. These techniques can be physical or mental.

Physical	Mental
Meditation	Reframing thoughts
Progressive Muscle Relaxing	Imagery
Breathing	Goal setting

It is also a good idea to think about how you are feeling before and after using these skills, to get a sense of which ones are most helpful for you. What works for you, might not work for someone else!



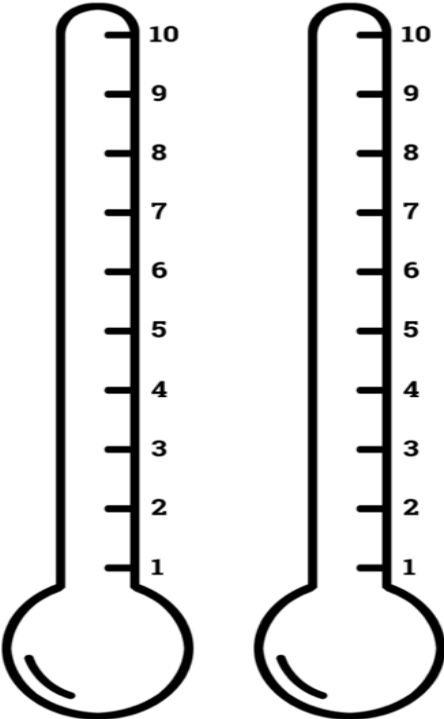
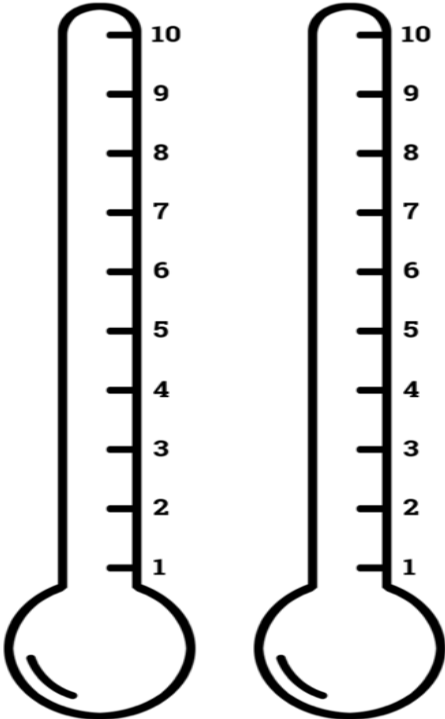
This is an *Emotion Thermometer*. We can use it before and after we do a relaxation exercise to see the changes in how we feel.

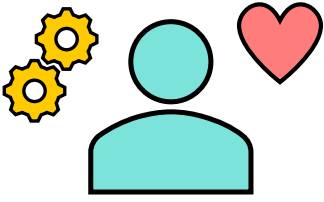
For the following activity, in the blank space below the thermometer, write down the feelings that you want to see change after doing a relaxing exercise. These can be positive or negative feelings (e.g., happy, tired, relieved)

From there, shade in the thermometer to reflect how you are feeling before the relaxing activity. You will fill out a second thermometer afterwards.

Pre-Activity Thermometers

Post-Activity Thermometers





As a group, choose some of the following to complete together to practice reducing stress and managing emotions.

1. **Rhythmic Breathing:** Inhale for a count of 4, hold for a count of 4, exhale for a count of 4, pause for a count of 4 then repeat.

2. **1:2 Ratio Breathing:** Take a deep, full breath in and then exhale completely. Breathe in again for a count of 4, and exhale for a count of 8. If you run out of breath before 8, take a deeper breath in and try exhaling more slowly.

3. **Reciting Affirmations:** Take a deep breath in and out and think or say to yourself a reassuring and positive self-statement.
 - ◇ "I am strong, and I am brave."
 - ◇ "I trust my journey."
 - ◇ "I forgive myself all mistakes and offenses."
 - ◇ "I do the best I can at any particular time."
 - ◇ "I do not need to compare myself to others and I trust myself with the I am."

4. **Progressive Muscle Relaxation**

Lastly, sometimes we need to bring our **energy levels up** instead of down. It is important to think about striking a balance.

Strategies for boosting your energy:

- ◇ Giving yourself a pep talk: practice positive self-talk and repeat meaningful positive statements to yourself.
- ◇ Breathing techniques: you can practice increasing the speed of your breath to bring up your energy. Be careful not to breathe too quickly though, or you may feel dizzy!

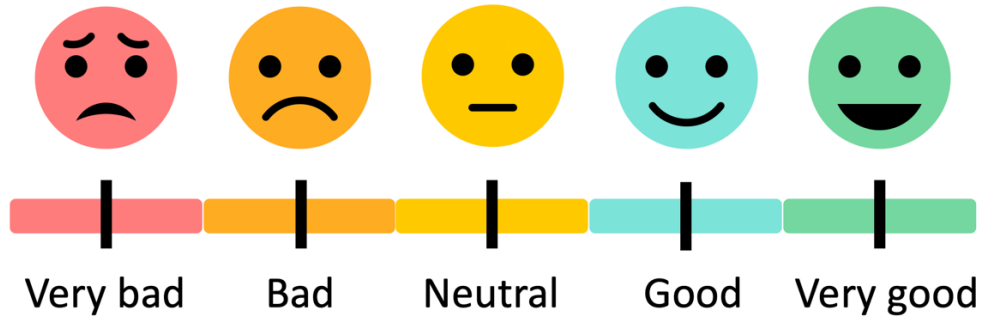


In this session we learned...

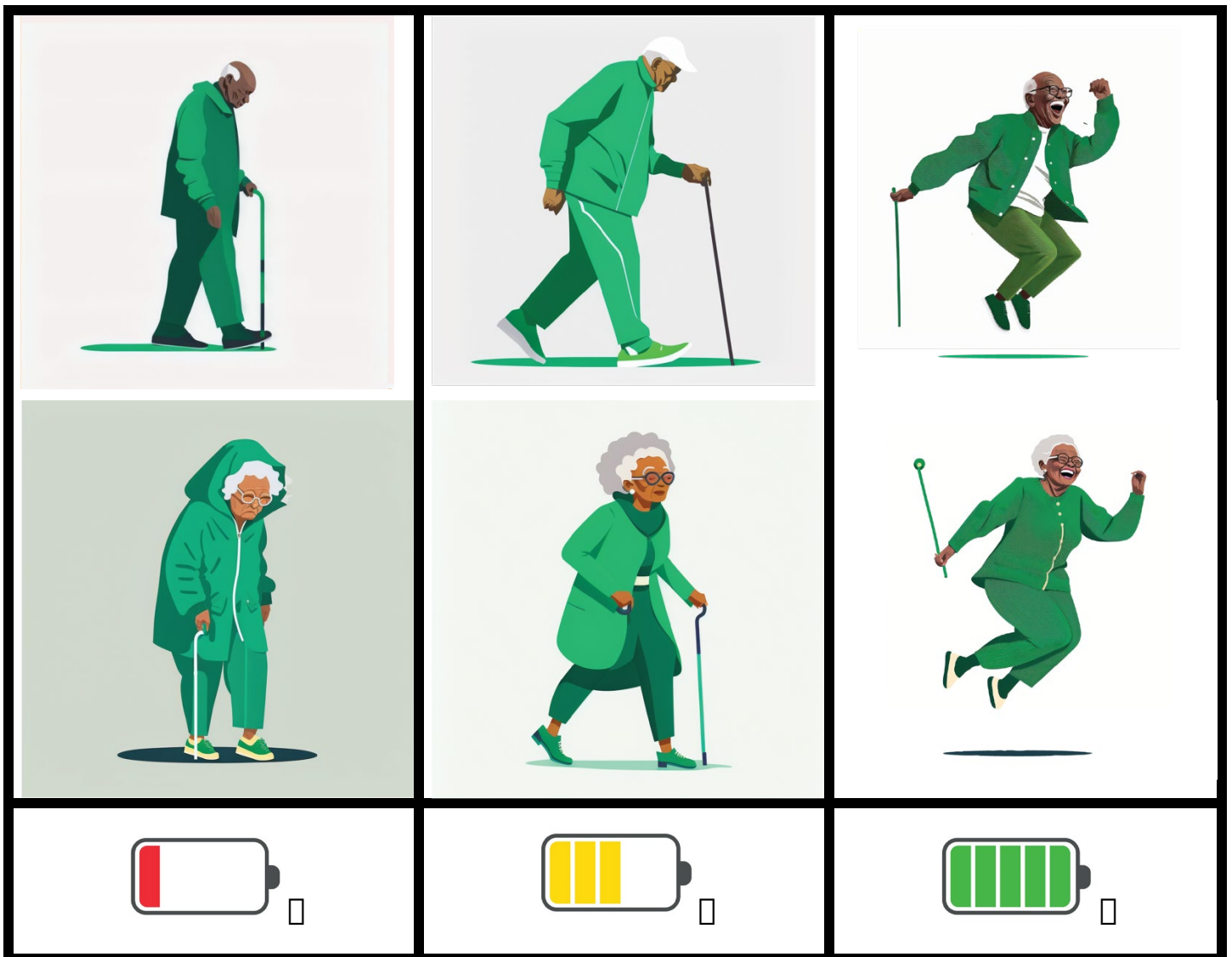
- Physical and mental ways to bring down our stress
- Helpful tools for giving ourselves a pep talk

Pre-movement activities:

How do you feel right now?

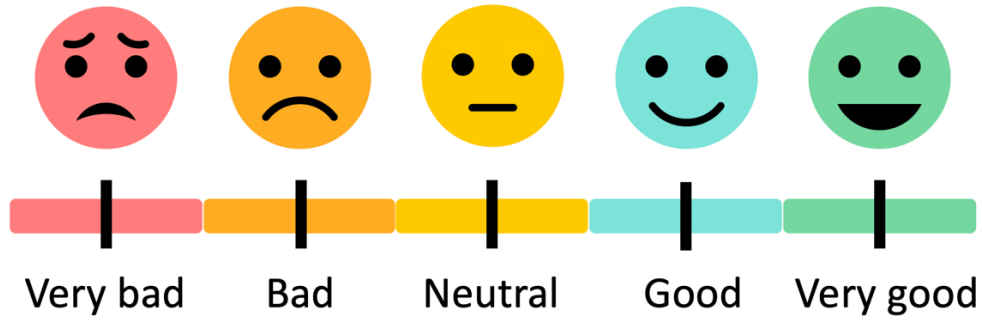


How much energy do you have right now?

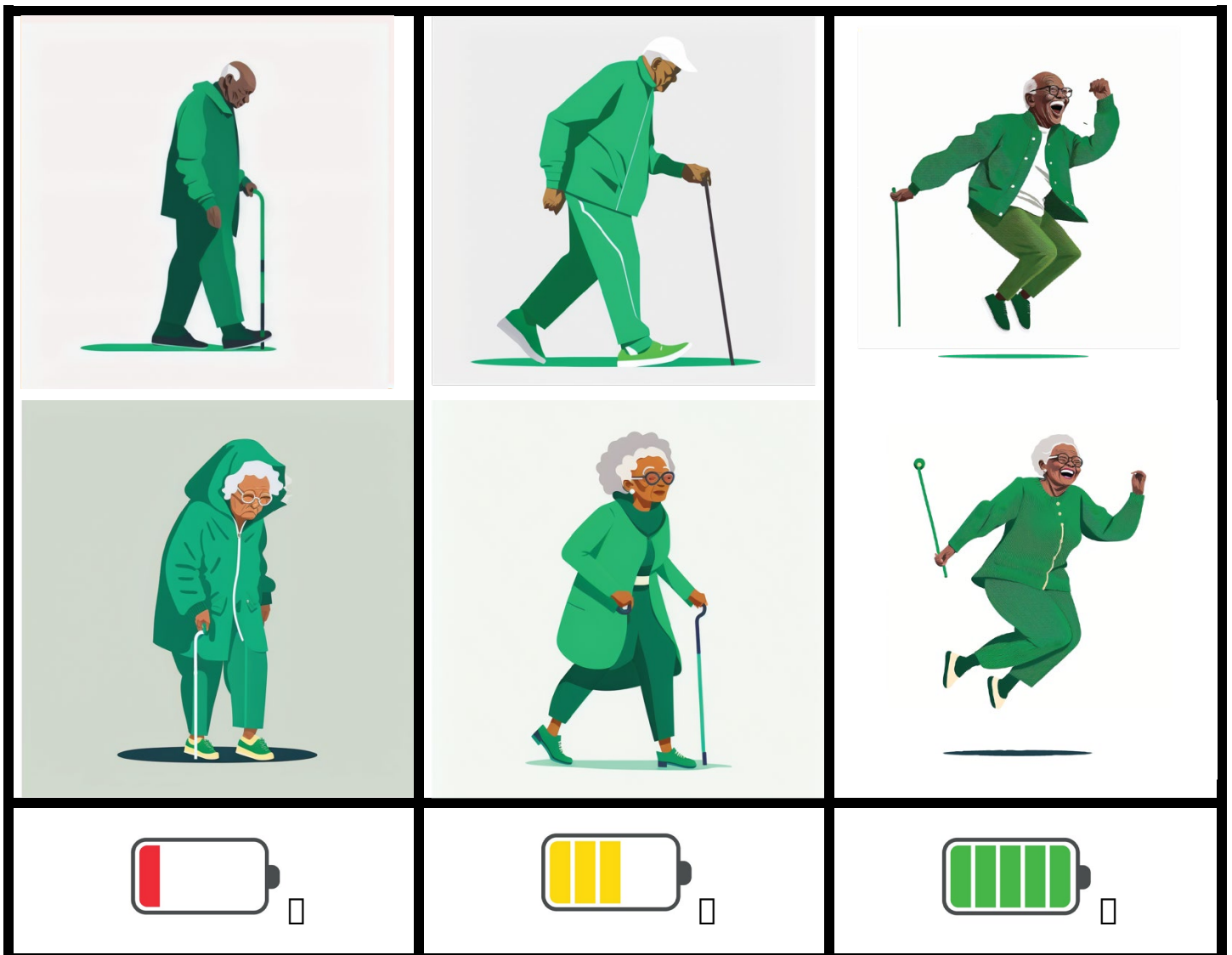


Post-movement activities:

How do you feel right now?

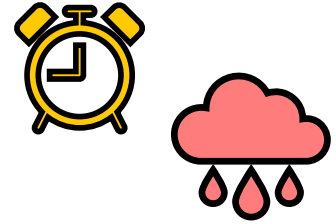


How much energy do you have right now?





Session 5: Challenges to Physical Activity



What gets in the way of being active?

- Examples include having low energy, needing to exercise at home, soreness

1. _____

2. _____

3. _____

4. _____

5. _____

What are some ways you can overcome these challenges?

- Examples include going to bed at a consistent time, eating nutritious meals, walking with a friend

1. _____

2. _____

3. _____

4. _____

5. _____

Think about the week ahead. What obstacles can you think of that may pop-up? Discuss with your partner and the group different strategies you can use to overcome these situations.

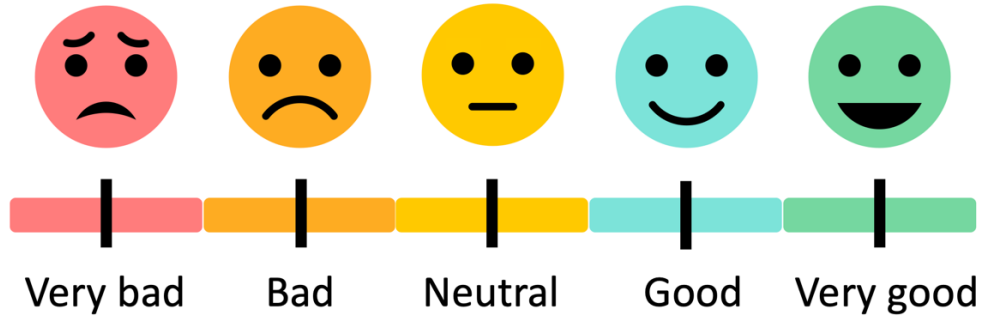
Notes: _____

In this session we learned...

- Ideas for facing challenges
- How those around us deal with their obstacles
- Practicing expecting what will come up in our week

Pre-movement activities:

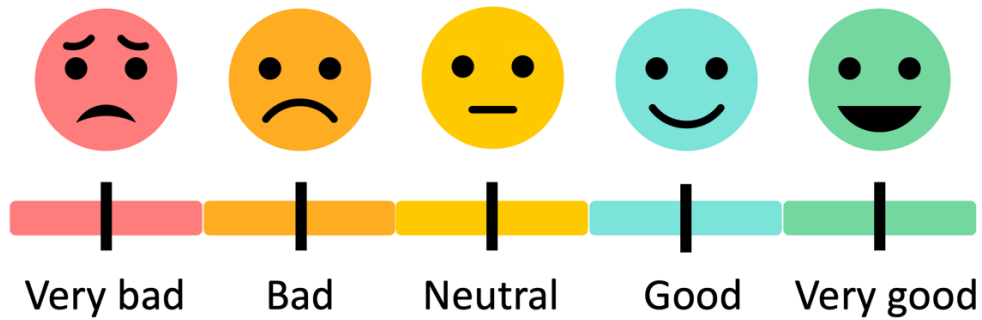
How do you feel right now?



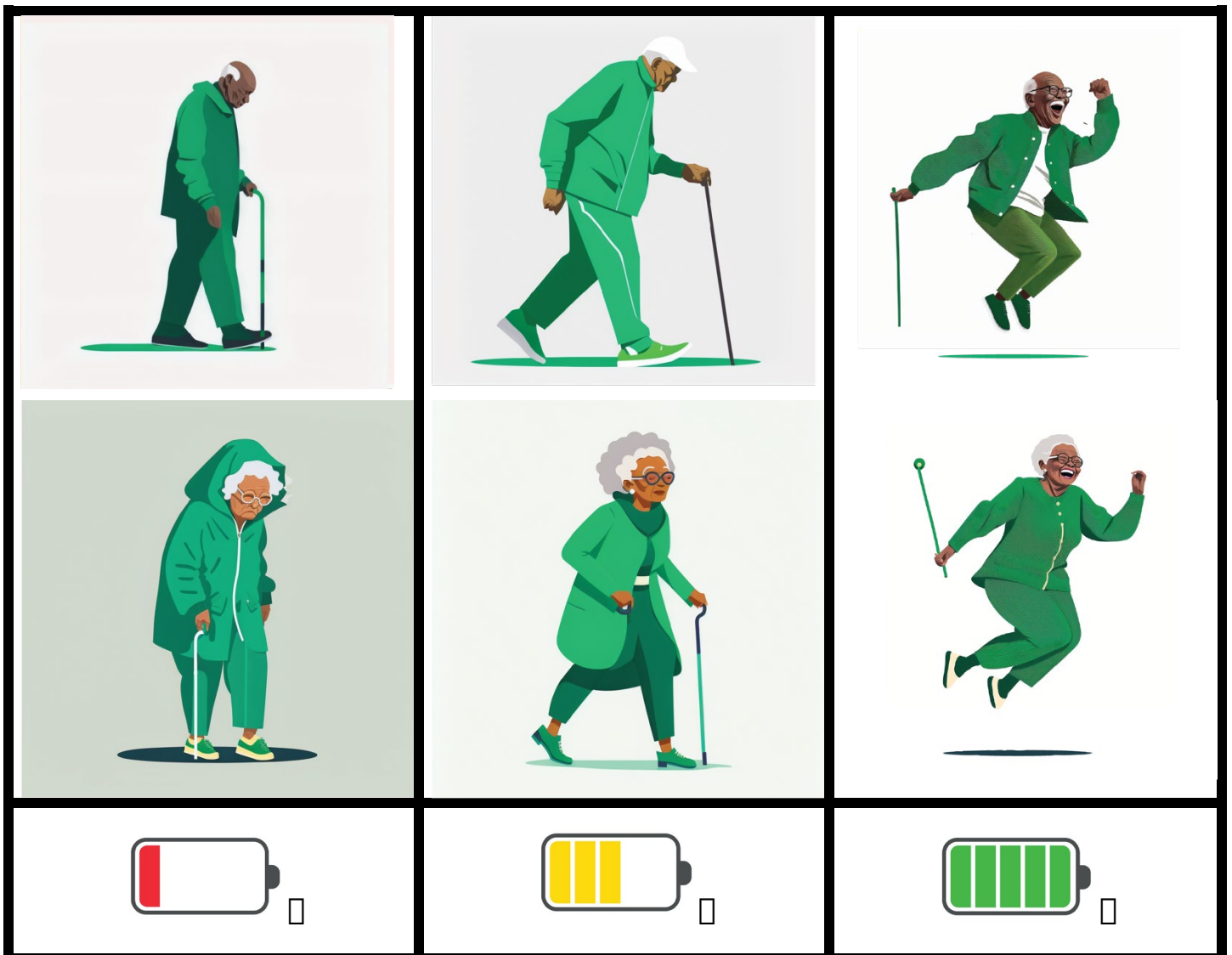
How much energy do you have right now?

Post-movement activities:

How do you feel right now?



How much energy do you have right now?





Session 6: Action Planning & Goal Setting

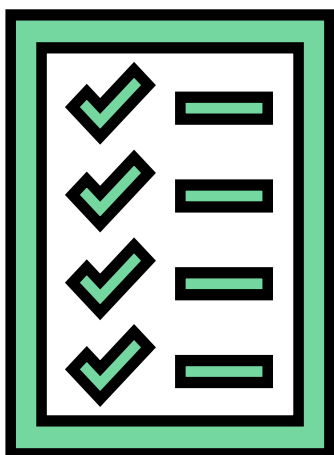
Let's think about what we've learned over the last few weeks. So far in this program, we have talked about:

1. Types of social support
2. Using self-talk and self-compassion to be kind towards ourselves
3. The benefits of imagery and staying motivated
4. Ideas for decreasing mental and physical stress
5. Tools for over-coming challenges

With the group, talk about what has stood out to you over the last few weeks. What has been helpful? What do you wish you knew more about?

After the end of this program, we hope that you will use some of the tools you've learned here to help you stay active in the future. To help you with this, you'll learn how to set goals and what is known as an action plan.

It's important to remember that your goals should include a few different factors in your goals. We call these **AIMS** (goals).



Achievable: be sure that your goals are realistic and achievable while still being challenging

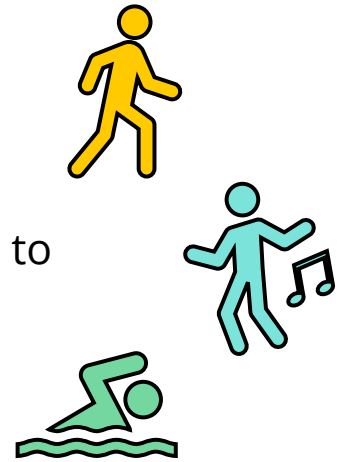
Important: are your goals related to a bigger picture outcome?

Measurable: find a way to keep track of your progress towards the outcome

Specific: your goal should be fine-tuned towards the outcome that you hope to see

Think about a goal related to movement that you would like to see come true. Before matching it to the AIMS principles, work with your partner to answer the following questions:

1. What activities will you engage in to help you meet your goal?
2. When are you planning to incorporate movement towards your goal?
3. Where are you going to perform movement related to your goal?
4. How will you practice moving more?
5. Who will you take part in more movement with?



Notes: _____

Now work with your partner to apply those answers to the AIMS principles. Afterwards, discuss goals with the group.

Achievable: _____

Important: _____

Measurable: _____

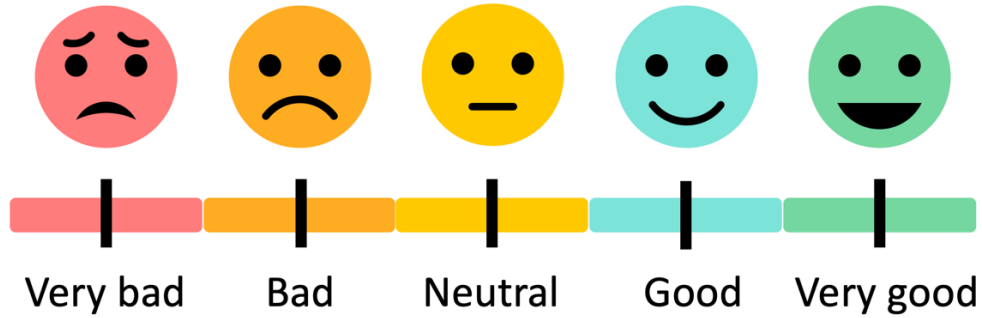
Specific: _____

In this session we learned...

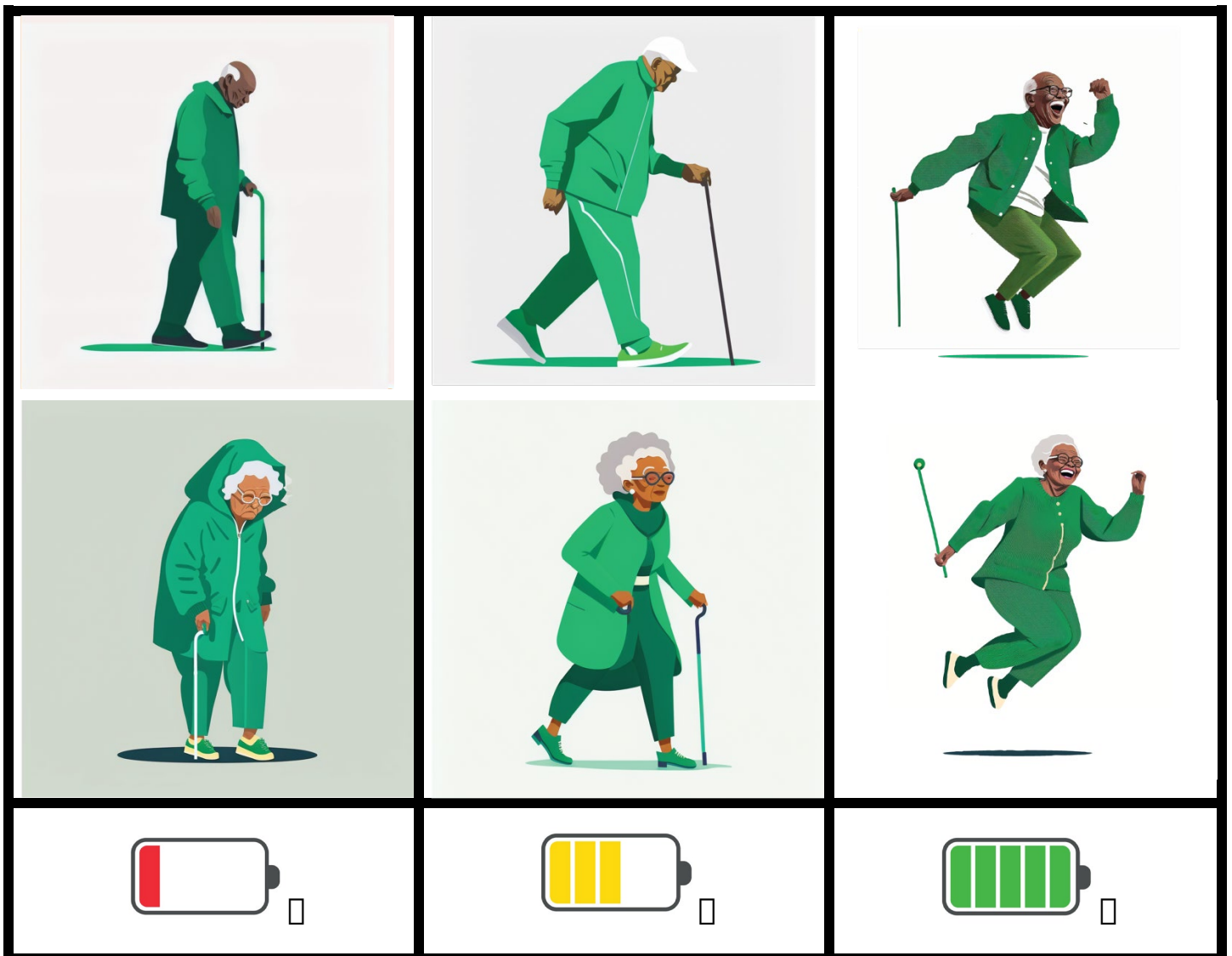
- Ways to set goals for the future
- Ideas for staying active moving forward

Pre-movement activities:

How do you feel right now?

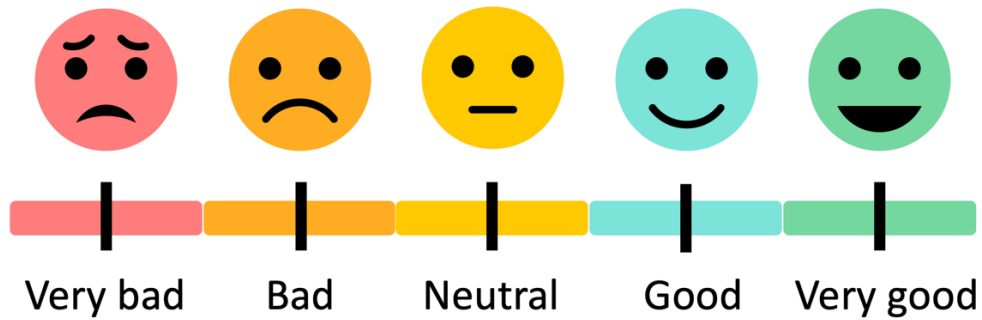


How much energy do you have right now?



Post-movement activities:

How do you feel right now?



How much energy do you have right now?

