



bazaar

**a marketplace
for the mind**



**Bazaar Chapter
Breakdown**



bazaar

www.opendoorcharity.com

Chapter Breakdown:

This document is a guide for staff and mentors as to what content comes up each week. This is more to be used as a refresher and for reference than an all encompassing guide. These breakdowns do not include all of the session content, however they do include all of the activities and discussion points in each session as these are not included through the QR code recaps (all of which can also be found within this guide).

Remember, it's not crucial for mentors to know the exact content of each week ahead of their session. You are there as a guide, and while it can sometimes be helpful to know what content and conversations are coming up - and this a good way to alleviate any concerns - this is not essential.

Each session covers various topics, finishing with a mini mindfulness section, gratitude, and drills that the member takes with them and carries out between sessions and beyond the programme. All the content and drills will be available to the member through the same QR codes (on a postcard they will receive after each chapter).

Chapter Breakdown:

1. **Without Borders:** Introduction to Bazaar, CBT and mindfulness, getting to know your mentor, symptoms of poor mental health and SMART aims.
2. **Broken Records:** Vicious Cycles, causes of low mood, anxiety and stress, an introduction to coping strategies and recurring negative thoughts.
3. **Shape and Form:** Problematic thoughts, twisted thinking, identifying and breaking negative thought patterns, and thought records.
4. **Walk with me:** Distraction techniques, mindfulness, presence and acceptance and healthy coping skills.
5. **Strike a light:** Root beliefs and how to challenge them, identifying themes, and managing the mind.
6. **Room to grow:** Habits, activity planning, problem solving, and social media.
7. **The Fire:** Purpose, self-esteem and confidence, negative mental chatter, self-compassion, and reflecting on achievements.
8. **Beyond the Grid:** Self care, gratitude, planning for the future, and reflection.

Chapter One - Without Borders

Introduction to Bazaar, CBT and mindfulness, getting to know your mentor, symptoms of poor mental health and SMART aims.

Chapter One begins a little bit differently to the others, starting with an introduction to what Bazaar is, as well as an opportunity through a discussion point for mentors and members to introduce themselves and build rapport. This is followed by the first 'Before We Begin' section of the programme, where it is emphasised that these are to measure anxiety and depression, and are not attempts to diagnose or put labels on mentors

This is followed by an explanation of the format of each chapter and of what a mentor and the Bazaar programme are (and aren't!) - Bazaar is not counselling, expert advice or teaching, but an opportunity to be guided through the learning, understanding and tools to help a member support and improve their mental health.

Introduction to CBT and mindfulness

- **Cognitive** - Focuses on your brain; by using the tools in CBT, we can try to change negative patterns of thinking.
- **Behavioural** - Focuses on how you act; CBT aims to help us take charge of our thinking and develop behaviours that benefit us.
- **CBT** helps us break down big challenges into smaller, more manageable pieces and can also help us to understand and break the cycle of negative thinking, allowing us to have a much more positive engagement with life, improving our mood and boosting our self-esteem and confidence.
- **Mindfulness** helps us to be aware of the present moment, by paying attention to how we're feeling, non-judgmentally.

Session Recap:



SMART Goals

- **Specific** – not too broad – what do you want to achieve?
- **Measurable** – How can you measure progress?
- **Achievable** – is this goal achievable?
- **Realistic** – What can you realistically change to achieve goal, can you achieve it right now?
- **Time-bound** – how long do you need to achieve your goal?

Activities:

- **Activity 1:** What does MH and general well-being mean to you. Discuss and make notes.
- **Activity 2:** Write down and psychological and physical symptoms you have been experiencing lately?
- **Activity 3:** Set 3 SMART goals that you would like to achieve over the next eight sessions.

Drills – Mood diary

Record what you have been feeling and what you have been doing and reflect on your experiences and emotions. This will help to highlight which things have a positive impact on your mood, what is presenting challenges, and what times of day might be more challenging.

Chapter Two - Broken Records

Drill Review

Discussion:

- How did you find writing in your mood diary?
- How did you find the first week with your three new goals?
- Did you learn anything about yourself through doing your drills?

Vicious Cycles, causes of low mood, anxiety and stress, an introduction to coping strategies and recurring negative thoughts.

Thoughts feeling and behaviours

Discussion

- What are thoughts feelings and behaviours and how do they work together?

This is followed by an example on the video of how thoughts feelings and behaviours interact

Discussion

- How could the example have been thought of differently?

Vicious Cycle

We then explore ways of breaking down events into thoughts, emotions, and behaviours to see how our own thought processes are impacting us.

Discussion

- Can you see any relationship between your thoughts, emotions, and feelings in the previous exercise? Discuss anything you have noticed, and how you could break the vicious cycle.

Why do we feel low, anxious or stressed?

- Low mood - Thoughts, feelings and behaviours create a downward spiral when we're feeling low.
- Anxiety - Uncertainty can cause anxiety, fear or worry.
- Stress - A response to life's challenges.

What can we do?

We then go through a list of techniques to reduce symptoms including talking, movement, meditation, creativity and more.

Our thoughts

Rumination can lead us to think the same negative thoughts, and can impact our ability to think and plan for the future.

Session Recap:



Activities

- **Activity 1** – Select a recent event that you have felt negatively about and write in your journal what happened. Then, try to write down the thoughts, emotions, and behaviours you experienced as a result.
- **Activity 2** – List the causes of low mood and stress that you think might apply to you.
- **Activity 3** – Choose three coping skills that you think might work best for you and that you will try.
- **Activity 4** – Identify any recurring thoughts you may already have that make you feel low, worried or stressed. Try to think of at least 3 and make a note of these.
- **Activity 5** – Think of 3 thoughts that would make you feel uplifted, confident and calm.

Drills

Each day capture at least 3 common negative thoughts and 3 common positive thoughts. Also try out your chosen coping strategies when you feel symptoms of low mood, worry, and/or stress.

Record how you felt before and after.

Chapter Three - Shape and Form

Problematic Thoughts, Twisted Thinking, and Identifying and Breaking Negative Thought Patterns.

Drill Review

Discussion:

- Did you try out any of your chosen coping strategies?
- How did you find recording three positive and three negative thoughts each day?
- Did you learn anything about yourself through doing your drills

Twisted Thinking

Learning how your mind can automatically and subconsciously take a shortcut based on past learning, but the difficulty comes that this isn't always relevant to our current situation and can lead us to misinterpreting what is going on around us. This can be exacerbated by feeling anxious or low, leading to Twisted Thinking.

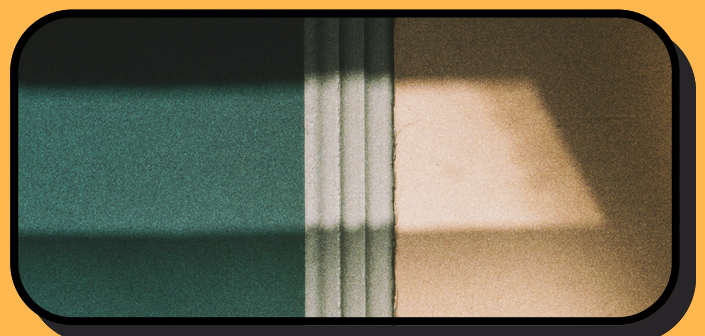
E.g. Black & White thinking, should and ought, overgeneralising etc.

Problematic thoughts

- **Fact:** A fact is a statement that can be proven as true or false.
- **Opinion:** An opinion is an expression of your own personal feelings/emotions that cannot be proven. Opinions can be based on facts or emotions and sometimes they are meant to deliberately mislead others.
- **Guess:** A guess is an estimate without sufficient information to be sure of being correct.

Discussion:

- Talk through the following statements and decide if they are fact opinion or guess. Some may have more than one answer.



Step 1 - Evidence for my thought
Step 2 - Evidence against my thought
Step 3 - Were there any errors in my thinking?
Step 4 - What is a more accurate and helpful way of looking at the situation?
Step 5 - How does the new thought make me feel and behave?

Session Recap:



Activities

- Activity 1: Try to think of 3 problematic thought's you've had recently (Can use negative thoughts from Chapter Two's Vicious Cycle activity)
- Activity 2: What forms of Twisted thinking do you use? Use a traffic light system to identify the twisted thinking you experience
 - **Red**: I experience this type of twisted thinking often (e.g. multiple times every day)
 - **Amber**: I experience this type of twisted thinking sometimes, but it isn't a daily thought
 - **Green**: I don't experience this type of twisted thinking

(If struggling, refer back to problematic thoughts in last activity, and see whether they're linked to any twisted thinking)

- Activity 3: Complete your own thought record. Start by choosing a Vicious Cycle event (or copying your chosen one from Chapter 2), then try evaluating your thoughts.

Drills

Be mindful of your thoughts throughout each day, attempting to capture and clarify them in the moment without writing them down. When you recognise a negative thought, try to understand whether you are using any twisted thinking. For more challenging thoughts, use the thought Record technique to put your thoughts on trial.

Chapter Four – Walk With Me

Mindfulness and building coping skills and distraction techniques.

Drill Review

Discussion

- Were you able to capture your thoughts in the moment?
- Did you recognise yourself using any Twisted Thinking?
- Did you try out a Thought Record?
- Did you learn anything about yourself through doing your drills?

Coping Skills

4 different types of coping skills

- Connection – Connecting with others e.g. groups and clubs, talk to friends and family etc.
- Distraction – tricking our brains into focusing on something else e.g. puzzles, a game, reading a book etc.
- Comfort – seeing, hearing, seeing, touching and tasting the things that comfort you.
- Creative – e.g. painting, drawing, playing an instrument etc.

Distraction Techniques

Distraction techniques can be healthy or unhealthy – if they're used to escape responsibilities or emotions, then tricky feelings can build and worsen over time.

Discussion

- What distraction techniques do you already use when you are feeling low, sad, worried, nervous or stressed?
- Do you feel your distraction techniques are healthy or unhealthy?
- Do you use them consciously with the intention of addressing those tricky emotions and responsibilities later on?



Mindfulness

Mindfulness is a powerful way to maintain our equilibrium as we deal with emotions and challenges throughout life, and can be incorporated into all aspects of our lives.

Discussion

- Do you feel like you're often living in the present moment? When you wake up in the morning, do you mindfully brush your teeth, or do you worry about the day ahead and not pay attention to that present experience?

Session Recap:



For connecting with the body:

- Body scan & body tapping

For connecting with the breath:

- Alternate nostril breathing
- Box breathing
- Horse's breath
- Humming bee breath

Activities

- Activity 1: Write down 3 unhealthy distraction techniques you use, and then write some healthier distraction techniques you can replace them with.
- Activity 2: Sort your coping skills (from Chapter 2) into the four categories, so you have the choice of which one to use depending on how you feel.
- Activity 3: Reflect on the mindfulness activities you have tried today and throughout the programme. Which were most useful? What might you try going forwards?

Drills

Try to practice mindfulness and your chosen coping skills in your day-to-day life however works best for you. When you notice your emotions becoming difficult to manage, try to incorporate your chosen coping skills. Record in your journal how you feel before and after you practice either a coping skill or mindfulness.

Chapter Five - Strike a Light

Root beliefs and how to challenge them, identifying themes, and managing the mind.

Drill Review

Discussion:

- How did you find practising your chosen mindfulness and coping skills?
- How did you feel before and after?
- Did you learn anything about yourself through doing your drills?

Challenging our Root Beliefs

We can test the validity of our root beliefs by asking ourselves:

- What would happen if my root belief were true?
- Has that happened/does that happen?
- What is an alternative root belief that makes me feel calmer?

Root Beliefs

Unhelpful thinking may be caused by a strong core belief: a strongly held belief about ourselves, others, the world, and the future. They develop over longer periods of time and are often considered highly rigid, but thankfully they can be changed.

Root beliefs determine how we perceive and interpret the world, they are critical as they determine what degree we feel worthy, safe, competent, powerful, and loved, but persistent negative beliefs can be detrimental to self-acceptance and self-esteem.



Managing the Mind

It takes a conscious effort to be aware of how we respond to situations and whether the emotional or logical sides of our brain take over. Becoming more aware takes practice but helps gain perspective and control over your mental health and emotional wellbeing.

Session Recap:



Activities

- Activity 1: Can you think of any recent events that have 'touched a nerve'? Try to link these to any root beliefs you may have. Can you notice a pattern or underlying theme about how you view yourself? Look at the example [available through the recap] to match your recent event to a Root Belief.
- Activity 2: Can you think of a time your emotional or logical brain took over in response to a certain event? What was that event? What was your thought process? How did you feel and behave?

Drills

Continue to identify and recognise patterns in your emotional responses to events, and investigate whether you have any additional root beliefs. As part of this, identify and bring along to the next session three positive root beliefs you hold about yourself. Remember it is safe and healthy to feel your emotions.

Chapter Six - Room To Grow

Habits, activity planning, problem solving, and social media.

Drill Review

Discussion

- Since we last met, were you able to recognise patterns in your emotional responses to events?
- Did you identify any additional root beliefs, or identify any positive root beliefs you hold?

Habits

Habits are behaviours that have been repeated enough times to become automatic. They can make little difference day-to-day, but a big impact over months and years.

Social Media

Discussion

- Make some notes with your mentor now about the positive and negative aspects of your relationship with technology and social media. If you don't use social media, think about your relationship with technology as a whole.

Challenging our Root Beliefs

We can test the validity of our root beliefs by asking ourselves:

- What would happen if my root belief were true?
- Has that happened/does that happen?
- What is an alternative root belief that makes me feel calmer?

The Habit Loop

- The Cue: Cues in our environment that trigger habits
- The Craving: The motivational force behind the habit
- The Response: The actual habit you perform
- The Reward: The end goal of every habit

Discussion

- Think back to Chapter One when you explored the goals you wish to achieve. Do your habits support you towards your goals? Do your habits enhance the likelihood that you will achieve your goals?

Activity Planning

If we know we have something coming up that might make us feel anxious or low, we can ensure that we have planned an activity either before or after that we enjoy and can look forward to, to make the difficult activity easier to cope with.

Session Recap:



Problem Solving

We can't solve all problems. This is important to note so that we don't cause ourselves needless suffering trying to solve the unsolvable, or putting pressure on ourselves to 'think positively' through something difficult for many people, like a bereavement. We then go through the 5 Stages we can follow when we are problem solving.

Activities

- Activity One - Can you think of any habits you have? Try to think of at least two good habits and two bad habits.
- Activity Two - Choose one bad habit and one good habit and apply them to the habit loop to break them down. It can help to think back to when you started the habit and consider what the reward was at that point.
- Activity Three - Can you think of any activities you engage in that make you feel worse in the long run? Which activities make you feel better?
- Activity Four - What is a problem you have recently experienced? Write it in your journal and work through the five steps with your mentor to begin to solve it.

Drills

Try to plan an activity that you enjoy. Notice how you feel before and after the activity, and whether it had an impact on how you felt about the more difficult things you did. As well as this, try to practice using the problem-solving five stage method we have covered in this session to at least one problem you face.

Chapter Seven - The Fire

Purpose, self-esteem and confidence, negative mental chatter, self-compassion, and reflecting on achievements.

Drill Review

Discussion

- Did you manage to plan an activity that you enjoy since our last session? If so, how did it go?
- Did you use the problem-solving technique?
- Did you learn anything about yourself through doing your drills?

Purpose

Purpose is a person's overarching intention that gives meaning to their life and day-to-day actions, helping them to achieve their unique vision.



Self-Esteem & Confidence

Discussions:

- What does self-esteem and confidence mean to you? How would you describe your own self-esteem and confidence?
- When you are suffering, do you have empathy for yourself, and do you take action to try and help yourself? Are you kind to yourself?

We can work on our self-compassion by carrying out many different practices. Some examples include:

- Treating yourself as you would treat a friend
- Accepting love and kindness from yourself
- Speaking and thinking kindly of yourself
- Forgiving yourself for mistakes you have made
- Engaging in activities you enjoy
- Taking care of your mind and body
- Respecting yourself



Session Recap:



Activities

- Activity One - Write down 3 things you find purpose in, and how that purpose motivates you.
- Activity Two - Determine three areas where you feel you may lack self-esteem and confidence and write these down.
- Activity Three - Have a chat with your mentor to find some of the ways you can improve your own self-esteem and confidence and note down three changes you can make in your life to improve your self-esteem and confidence. Whichever you pick, you must make a conscious effort to be consistent. Consistency is KEY when we want to make a change. Try to make sure changes are realistic, even if that means only making a small change at first.
- Activity Four - Write down 5 things about yourself that you are proud of or are happy about.

Drills

Before our next session, answer the following questions. These questions are designed to help you reflect on your achievements and passions, and uncover your personal values and wider purpose:

- What has been the most meaningful moment in my life? Why was it meaningful?
- What do I enjoy doing?
- When have I felt least satisfied?
- What makes me angry?
- What accomplishments do I take the most pride in?

Chapter Eight - Beyond the Grid

Self care, gratitude, planning for the future, and reflection.

Drill Review

Discussion

- Did you reflect on your achievements and passions?
- Did you learn anything about yourself through doing your drills?

Self-Care

Self-care is a really important way of maintaining our well-being, making ourselves a priority and looking after ourselves. Here are some ways you can prioritise your own self-care:

- Movement and Physical Exercise
- Nutrition
- Sleep
- Leisure



Self-Care Discussions

Discussions:

- Do you currently do any form of exercise?
- How does your body feel when you exercise?
- Are there any forms of exercise you used to do regularly and now miss? Or are there any exercises you would like to try?
- Are you happy with the kinds of foods you typically eat, and how much water you drink?
- Are there changes you'd like to make to food or drink that might make you feel better mentally or physically?
- How would you describe your sleep in general?
- Is there anything that routinely disrupts your sleep?
- What, if anything, would you like to change about your sleep?
- What are some of your favourite things to do in your free time?
- Does your daily life leave you with barely any time to relax?
- Is there anything you'd like to do more of?

Gratitude

Gratitude is the ability to recognise what we are thankful for, showing appreciation, along with returning kindness.

Discussion

- Have a quick chat with your mentor about what you have written in the gratitude section at the end of each of your Bazaar sessions. What is it about these things that you are grateful for?

We can make gratitude more of a daily practice in our lives by keeping a gratitude journal: the habit of recording and reflecting on the things that you are grateful for.

Session Recap:



Reflection and Planning for the Future

Discussions:

- Do you remember the three goals you set during Chapter One? Now it's time to reflect on these and see how far you have come in the past 8 sessions. Spend some time now with your mentor evaluating and reviewing your goals from Chapter One.
- Knowing how to deal with setbacks can help make us more resilient in the long-term. When you have a setback, what will you do, or what would you like to do?

Activities

- Activity One - Write down three things that you will continue to do after Bazaar - these can be coping mechanisms you've enjoyed, mindfulness, or anything else you have picked up during your time here.

Drills

Write two letters to yourself. Keep them somewhere safe, either in your journal or in a safe place so you can return to them.

- A letter to yourself 8 weeks ago before you started this programme
- A letter to your future self, in 6 months or even 10 years' time