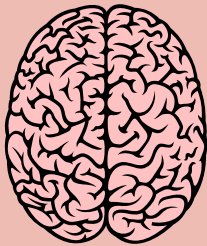


# Unhelpful Thinking Styles Worksheet

Uncovering habitual and unconscious thinking biases to help reduce emotional distress and balance your thinking.

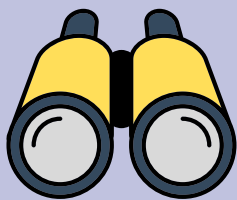
## Black or White

Focusing on only one aspect of a situation (often negative) while overlooking others (positive), creating tunnel vision.



## Catastrophising

Exaggerating a situation in the negative.



## Magnification and Minimisation

Magnifying the positives in others, while discounting your own.

## Fact or Feelings?

Assessing situations through the lens of your current emotion, where your emotions are interpreted as fact.

## Jumping to Conclusions

Assuming we know what will happen, without evidence to support it.

Two types:

Mind reading: Assuming we know what someone else is thinking or what their rationale is behind their behaviour.

Predictive thinking: Predicting outcomes usually overestimating negative emotions or experiences.

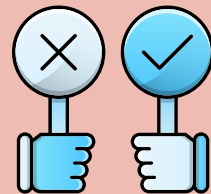


## Should-have and Must-have Statements

Putting unreasonable expectations on oneself.

## Absolute Thinking

Absolute thinking where one focuses on an extreme and ignores the other. There is no in-between.



## Personalisation

Blaming yourself unnecessarily for external negative events.

## Labelling

Using sweeping, negative statements to describe yourself or others.

## Overgeneralising

Interpreting a single, negative event as the norm, or enduring pattern.



# Unhelpful Thinking Styles Worksheet

List down you unhelpful thinking styles

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What is a different way of thinking about the situation  
next time?

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# Unhelpful Thinking Styles Worksheet

*Negative*  *Positive*

*My negative thought:* \_\_\_\_\_

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*Evidence for my thought:*

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*Evidence against my thought:*

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*How can I reframe my negative thought to a more realistic one?*

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# THE BENEFITS OF ART THERAPY

Art can be used as a creative and enjoyable way to express oneself by utilising materials such as acrylic paint, water colours, coloured pencils, photography, clay, collage, and markers. In addition, aside from being able to express ourselves, art has shown to have numerous benefits on a person's emotional and mental wellbeing. As such, art is often used as a form of therapy to help treat mental health conditions such as anxiety, depression, post-traumatic stress disorder, and addictions.

Although, there are numerous benefits to Art Therapy, this article will specifically focus on four ways that Art Therapy can help to boost our well-being and mood

## 1. Help to Improve Communication

When living with a mental health condition, verbally communicating how we feel can often be difficult. Therefore, creative expression can be a useful way for an individual to express and communicate their thoughts, feelings, fears, and beliefs. Art can also be used as a way to gain a new perspective on an old situation.

## 2.Reduce Depressive Symptoms

Art Therapy has shown to reduce symptoms of depression by releasing the neurotransmitter dopamine, a chemical linked to feeling happy. When we engage in creative expression, dopamine is released which helps to increase mood, thus reducing depressive feelings. In addition, when dopamine is released, we can feel more positive and eager to pursue our goals.

## 3.Help to Manage Stress

When we are feeling worried, it can be often difficult to switch our brain off and relax. However, art can provide a healthy and positive distraction from ruminating. Furthermore, even if you are feeling stressed, these worries and thoughts can be conveyed into your art work. Thus, art can provide a healthy and productive way of dealing with negative thoughts and channelling bad energy into something positive.



## 4.Improving Self-Esteem

Art provides us the ability to create and be creative, which can provide us purpose and meaning into our lives. In addition, art is not about skill or talent, but rather enjoying the process and learning to let go of those critical and judgemental thoughts about ourselves. Therefore, being creative can be good for the soul and teach us many skills such as self-acceptance and self-compassion, which can contribute to improving our self-esteem.

*If you are interested in getting creative and giving art a go, Skylight Mental Health offers Art Classes which provide a great way to express yourself and also meet new people! To learn more or to register your interest please visit [www.skylight.org.au/our-services/therapeutic-groups](http://www.skylight.org.au/our-services/therapeutic-groups)*

**or**

*Phone 08 83784100*



NEW

# LETSS TALK ABOUT....

We asked, you told, and we listened! Recently, we asked for some feedback on what you would like to see more of within our LETSS issues. Many people shared that they would like us to cover 'heavier' topics. For instance, topics such as drug abuse, suicidal ideation, and safe sex just to name a few! So, as part of our commitment to bringing you the content you ask for, we have introduced a new section called "LETSS TALK ABOUT" in which we talk about some of the heavier topics surrounding mental health. However, we acknowledge that this might not be for everyone! So please only read whatever you feel comfortable with and for those who do chose to read ahead, we hope you enjoy and please feel free to provide feedback on the kind of topics you would like to see more of!



**Trigger Warning**  
Please be advised that this section  
discusses some difficult topics that  
may be triggering for some readers.  
If you require support please contact  
us on 1800 013 75

## In this issue...

**HOW TO NAVIGATE  
CONVERSATIONS  
AROUND HAVING  
SAFER SEX**

**CLEAN  
NEEDLE  
PROGRAMS**



# LETSS TALK ABOUT...

## HOW TO NAVIGATE CONVERSATIONS AROUND HAVING SAFER SEX

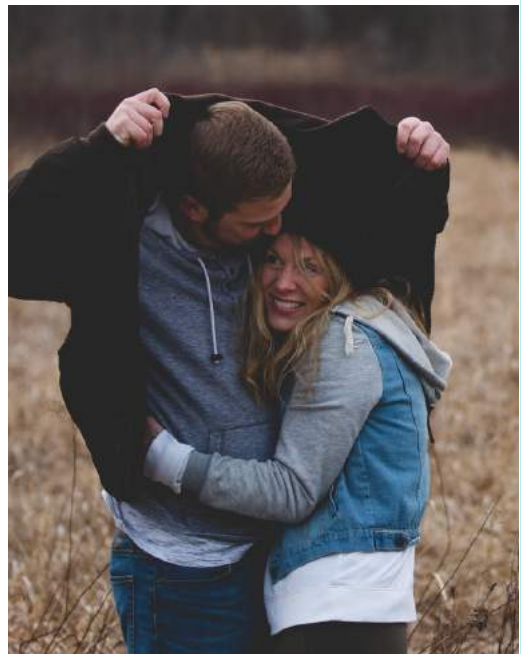
Safe sex is consensual sex that involves taking precautions to protect and respect ourselves and others from Sexually Transmitted Infections (STIs), unwanted pregnancy and supporting our emotional wellbeing.

The best time to have a conversation about safer sex is BEFORE you start having sex. It is important to have this discussion beforehand so that all parties are aware of boundaries and are able to express their needs around protection, contraception and consent. Thinking about having an intimate conversation like this can be anxiety provoking, however you will feel relieved once it is over and glad you brought it up (your partner will be glad too!).

A great starting point is to think about why you want to have the discussion, it is likely you care about the safety of yourself and your partner and want to do everything you can to protect them and the relationship. Expressing this to them is a great way to get the conversation going. Then talking about your own thoughts and experiences with safer sex may help your partner open up and feel comfortable sharing their perspective too.

Sometimes you and your partner may have different perspectives. In moments like this it is important to value your needs and safety as your number one priority by honouring your boundaries and holding strong if a disagreement occurs. Remember that your boundaries are in place because you want yourself and your partner to be safe, this is a good line to refer to if you feel uncomfortable during this discussion. For example, if your partner states they prefer to have sex without a condom but this is something that you need to be safe during sex, stating something like "I actually prefer using condoms as I care about our safety, when you say you don't want to use a condom it makes me feel like my safety isn't being valued". Other tips on how to navigate push back in conversations from your partner around safe sex can be found at: <https://stoptherise.initiatives.qld.gov.au/but-what-if-they-say>.

At the end of the day, our own safety and wellbeing is the most important thing when it comes to sex. Thinking about what safer sex means to us and making sure our needs are known to our sexual partners before the sex begins is essential to ensure we have fun without risk!



## Some questions to consider asking.....

Have they ever had a sexual health check before and how long ago was it?

Have they ever had an STI before and whether it was treated?

Do you usually use contraception and what kind of contraception do they use?

Have they ever shared needles with someone else for piercings, tattoos, or drugs?

What are they are comfortable with? (This means you are establishing boundaries and making sure you are both comfortable, and have each others consent)





# LETSS TALK ABOUT... CLEAN NEEDLE PROGRAMS

## *What is it and why is it important?*

### **What is the Clean Needle Program?**

Good question! The clean needle program is a public health initiative that aims to reduce the spread of blood borne viruses such as HIV and hepatitis C among people who inject drugs and also the wider community.

### **What does the clean needle program entail?**

The program provides a wide range of services which include

- Provision of sterile needles and syringes
- Sharp disposal containers and disposal facilities
- Education and information, and referrals for people who inject drugs

### **What are the benefits of the clean needle program?**

Another good question! And the answer is there are an abundance of benefits to the program!

For instance, the implementation of the clean needle program means there is the distribution of sterile needles and syringes, and appropriate safe disposal equipment. In addition, people are able to get education and information about safer injecting practices as well as referrals for a variety of different services which can include legal, social, health and drug treatment services.

Furthermore, the clean needle program has been associated with overall improvement in quality of life, reduced rates of injecting, higher rates of enrolment in drug treatment programs and higher retention within programs.

If you would like to find a clean needle program site or find out more information please scan the QR code below or visit the SA Health website



# LETSS REVIEW

Welcome to LETSS review! Where our Peer Workers review books, apps, podcasts and more!

## SBS STRUGGLE STREET SEASON 3

When the first ever season of Struggle Street came out, critics slammed the series calling it "Poverty Porn" and a degrading and patronising misrepresentation of Australia's disadvantaged populations. It seems that perhaps that SBS listened because Season 3 is a stark contrast to the original Struggle Street that first came onto our TV screens in 2015.

Season 3 introduces us to the lives of several families and individuals who live rurally in the New South Wales Riverina Area. There are a diverse range of people with unique stories to tell. However, there is one common factor that bonds them together - they are often isolated and faced with little to no support, and if they did wish to seek professional mental health support they would have to drive hours to get it.

It is a harsh reminder that although mental health support exists it is often limited to central city areas. As such, there are many people who are doing it tough and on their own. As such, I would highly recommend this show for anyone who wants to gain some insight into what it is like for people living rurally and doing it tough. It is eye-opening and inspiring.

Struggle Street can be streamed for free via the SBS website.

## THE ADVENTURE ZONE

The Adventure Zone is a live-play tabletop role playing game (TTRPG) podcast starring brothers Justin, Travis, and Griffin McElroy, as well as their Father Clint McElroy. One member of the family (usually Griffin, but not always) acts as the game master (a person who runs the game) while the rest of the family work together to fight enemies, solve puzzles and go on adventures, often with humorous results.

The podcast is very inclusive, and in each of the story arcs listeners will find different characters of all sorts of body types, ages, and identities to relate to. Even though the players end up going on some wild adventures, it all still feels relatable, and you get a real feeling of camaraderie following along with what happens. What makes this podcast special for me however is that while sometimes the adventures can lead to some dark places, there is always a sense of hope and promise in the story being told, all the while making sure everything stays fun to listen to at the same time.

The October 12th 2021 episode titled "The Adventure Zone Primer - Where to Start" is a good episode to start, as it gives a rundown of all the different story arcs that the McElroy's have covered. My personal favourite is the "Amnesty" arc which uses the Monster of the Week game ruleset. The story is very character driven - and if you enjoy shows like Supernatural or Being Human you'll find it has a similar vibe.

If you haven't played a TTRPG before - don't worry. The "Balance" arc is a great place to start as they also explain how a TTRPG works as well (Dungeons and Dragons specifically). Overall, I can highly recommend listening.

**Picture: SBS Struggle Street**



# LETSS SHOUT OUT

**A big part of LETSS is helping our callers navigate around the mental health system and find valuable supports. That is why we wanted to dedicate a section to some of the wonderful services that we refer our callers to which they might find helpful.**

Skylight Mental Health has a new office in the North!

This one is located at 15 Elizabeth Way, Elizabeth, SA. For those unfamiliar with Skylight, it is an organisation that is part of the Links to Wellbeing consortium, and offers a wide range of mental health services aimed to support the community. Skylight's approach is one of 'seeing Mental Health Differently' and focuses not on diagnosis or labels, but on a recovery-based framework where each person's potential and goals are highlighted.

Skylight has been providing community-based mental health services in Adelaide's northern suburbs for more than 20 years, so it is with great excitement that it is now opening its doors to the new northern office. Much like their other locations, the new Northern office will offer a range of different services, accessible to both NDIS and Non-NDIS participants. Some of these services include:

**NDIS information** – staff can assist you in understanding the NDIS and support you to get the most out of your NDIS plan.

**NDIS Support-coordination** – mental health workers can use their knowledge of the NDIS space to connect you with the kinds of supports you are looking for.

**NDIS Plan Management** – takes the administrative hassle out of your NDIS plan, allowing you to make the most of your funding with greater choice and control.

**Group activities** – develop new friendships and social connections through activities like art, music, cooking and much more.

**Individual support** – whether you want support in accessing the community, developing a new skill or getting on top of your daily tasks, your support worker can be there to assist you.

**One on One Counselling** – a safe and confidential collaboration between qualified counsellors and participants to promote mental health and wellbeing.

**Therapeutic services** – offering a range of therapeutic services including Art therapy, Trauma Sensitive Yoga, Everyday Wellbeing and more. Some of these services are also available one on one.

**SEE  
MENTAL  
HEALTH  
DIFFERENTLY.**



**15th Elizabeth Way,  
Elizabeth  
(08) 8378 4100  
[skylight.org.au/northern](http://skylight.org.au/northern)**







# My Self Care Journal



**This Journal belongs to**

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# Self-Care Notes

Things I can do when i'm sad

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Things I can do when i'm bored

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Things I'm looking forward to

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## My favorites

Favorite movies

Favorite books

Favorite places

# Self Care Day at Home



**Turn The Relaxed Vibes On**



**Reflect On The Day**



**Organise Yourself For Tomorrow**



**Connect With The Universe**



**Unwind With A Book**



**Light some scented candles and play a relaxing playlist.**

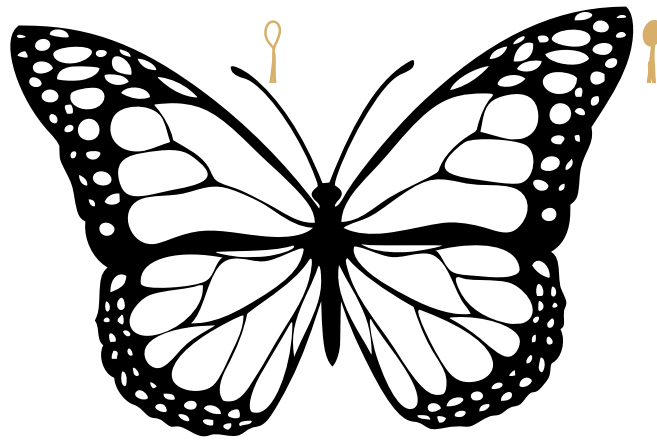
**Think about your last 24 hours and write down at least one thing that went pretty well**

**Choose your next day outfit, get you bag ready and prepare your breakfast in advance**

**You can meditate, pray, make declarations, or affirmations**

**This will help you slow down even more and take your mind away, getting your body ready to sleep**





# Self Care Goals

**Who gives me comfort?**

**What keeps me grounded?**

**When am I at my best?**

**Where do I feel safest?**

*You need time to breathe and grow.*

# Questions To Check-In with Yourself

What is  
exciting to  
you?

Were you  
able to relax  
today?  
Why/Why  
not?

How was  
your day?

What do  
you need  
right now?

What do  
you do  
nowadays?







# Self Care Reflection

Things I do to process my feelings

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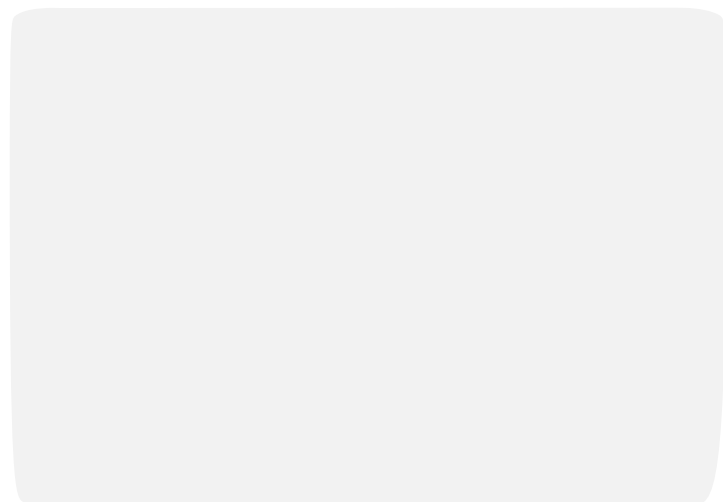
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Things that help  
me feel confident

Things that keep me busy





# Self-Care

## Ideas For A Bad Day



Breathe deeply

Exercise

Try an Affirmation

Go for a  
long Walk



Write A Journal

Develop a  
Morning Routine

Walk  
In Nature

Cook Your  
Favorite Meal



Write 5 Things  
You Love

Watch Your  
Favorite Movies



# 30 Self-Care Ideas



<input type="radio"/> Stretch all your muscles	<input type="radio"/> Drink more water	<input type="radio"/> Go for a walk in nature	<input type="radio"/> Eat your favorite treat	<input type="radio"/> Go to bed early
<input type="radio"/> Listen to favorite song	<input type="radio"/> Try cooking a vegetarian meal	<input type="radio"/> Take a nice bubble bath	<input type="radio"/> Cook your favorite meal	<input type="radio"/> Practice yoga
<input type="radio"/> Go on a solo date	<input type="radio"/> Journal	<input type="radio"/> Give yourself a facial	<input type="radio"/> Practice gratitude	<input type="radio"/> Try a DIY Project
<input type="radio"/> Watch the sunrise	<input type="radio"/> Read a book	<input type="radio"/> Explore a new part of the city you haven't before	<input type="radio"/> Watch your favorite movie	<input type="radio"/> Give yourself a manicure
<input type="radio"/> Get some sunlight	<input type="radio"/> Start a new hobby	<input type="radio"/> Write out your goals	<input type="radio"/> Organise your closet	<input type="radio"/> Watch the sunset
<input type="radio"/> Give yourself time to rest	<input type="radio"/> Learn a new skill	<input type="radio"/> Write down your ideal future	<input type="radio"/> Call a friend	<input type="radio"/> Dance or sing out loud

# WAYS TO TAKE CARE OF YOURSELF



CATCHING UP WITH FRIENDS

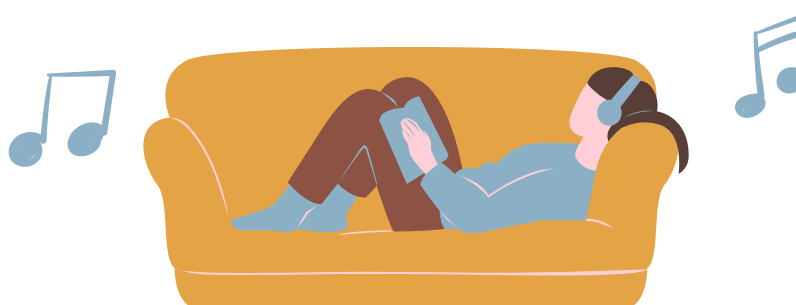


ENJOYING YOUR FAVORITE DRINK



DOING YOUR SKINCARE OR MAKEUP

EXERCISING



READING A BOOK



# Need a break?

Then why not check out The Mindfulness Moment Series, a series of guided meditation audios created by our LETSS team. To access, simply visit [letss.org.au/index.php/self-help](https://letss.org.au/index.php/self-help) or scan the QR code below



# LETSS Keep Connected!

LETSS is a free non-crisis mental health support service for people in the Adelaide Metropolitan Region.

Call us or webchat

7 days a week from 5:00pm - 11.30pm

**Information | Navigation | Support**



**1800 013 755**



**@LetssAus**



**/LETSSAus**



**letss.org.au**

Links to Wellbeing is a consortium commissioned by the Adelaide PHN and run in partnership between Neami National, Mind Australia, Skylight Mental Health and Uniting Care Wesley Bowden.