BounceBack®
reclaim your health

Canadian Mental Health Association
Québec Division
Mental health for all

Workbook Descriptions

1 STARTING OUT ... AND HOW TO KEEP GOING IF YOU FEEL STUCK
DR. CHRIS WILLIAMS
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2 UNDERSTANDING LOW MOOD AND DEPRESSION
DR. CHRIS WILLIAMS
D

3 DOING THINGS THAT BOOST HOW YOU FEEL
DR. CHRIS WILLIAMS
D

4 NOTICING EXTREME AND UNHELPFUL THINKING
DR. CHRIS WILLIAMS
D A

5 CHANGING EXTREME AND UNHELPFUL THINKING
DR. CHRIS WILLIAMS
D A

6 PRACTICAL PROBLEM SOLVING
DR. CHRIS WILLIAMS
D A

7 UNDERSTANDING PANIC AND PHOBIAS
DR. CHRIS WILLIAMS
A

8 UNDERSTANDING WORRY AND STRESS
DR. CHRIS WILLIAMS
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9 UNDERSTANDING HOW WE RESPOND TO ILLNESS
DR. CHRIS WILLIAMS
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10 FACING FEARS AND OVERCOMING AVOIDANCE
DR. CHRIS WILLIAMS
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11 OVERCOMING SLEEP PROBLEMS
DR. CHRIS WILLIAMS
O

12 BEING ASSERTIVE
DR. CHRIS WILLIAMS
O

13 BUILDING RELATIONSHIPS WITH YOUR FAMILY AND FRIENDS
DR. CHRIS WILLIAMS
O

14 USING EXERCISE TO BOOST HOW YOU FEEL
DR. CHRIS WILLIAMS
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15 HELPFUL THINGS YOU CAN DO
DR. CHRIS WILLIAMS
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16 UNHELPFUL THINGS YOU DO
DR. CHRIS WILLIAMS
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17 ALCOHOL, DRUGS AND YOU
DR. CHRIS WILLIAMS
O

18 UNDERSTANDING AND USING ANTI-DEPRESSANT MEDICATION
DR. CHRIS WILLIAMS
O

19 PLANNING FOR THE FUTURE
DR. CHRIS WILLIAMS
O

20 INFORMATION FOR FAMILIES AND FRIENDS— HOW CAN YOU OFFER THE BEST SUPPORT?
DR. CHRIS WILLIAMS
O

D Core depression workbooks   **A** Core anxiety workbooks   **O** Optional workbooks

See over

Workbooks are available in multiple languages.

BounceBack® reclaim your health

Workbook Descriptions

1 Starting out...and how to keep going if you feel stuck

Learn more about this program, how best to use it, and what to do if you feel stuck.

2 Understanding low mood and depression

Understand more about low mood and depression and why you feel the way you do.

3 Doing things that boost how you feel

Learn how low mood and stress cause you to do less. Plus, learn step-by-step techniques to incorporate helpful activities back into your life.

4 Noticing extreme and unhelpful thinking

Find out more about patterns of thinking that you may have and how to identify the ones that cause you to feel worse and affect what you do.

5 Changing extreme and unhelpful thinking

Learn effective ways to challenge and overcome unhelpful and upsetting thoughts.

6 Practical problem solving

Life throws things at you that are expected or unexpected — learn a 7-step plan to overcome these practical problems.

7 Understanding panic and phobias

Learn about what panic and phobias are and whether they are impacting your thoughts, feelings, emotions, and behaviours.

8 Understanding worry and stress

Understand the impact of anxiety, worry, and stress and identify the areas you need to deal with to overcome your own anxiety problems.

9 Understanding how we respond to illness

Look at how you respond to illness, as well as helpful and unhelpful things you can do that impact how you feel.

10 Facing fears and overcoming avoidance

Find out why you feel like avoiding things that seem scary and learn how avoiding things can make you feel worse.

11 Overcoming sleep problems

Learn how to overcome sleep problems and improve the quality of your sleep.

12 Being assertive

Learn the differences between passive behaviour, aggressive behaviour, and assertiveness.

13 Building relationships with your family and friends

Often, when you feel down, anxious or irritable, it's easy to take it out on those who are closest to you. Learn about how the way you feel can affect your relationships with those around you.

14 Using exercise to boost how you feel

Keeping active can help improve how you feel instantly. Learn how to use exercise to reduce feelings of stress and anxiety, and discover how exercise can help you feel better about yourself.

15 Helpful things you can do

Learn about helpful things you can do that give you a boost and plan some ways that you can do these things, even when you are busy or under stress.

16 Unhelpful things you do

Find out why and how you sometimes act in ways that backfire.

17 Alcohol, drugs and you

Learn some useful facts about drugs and alcohol, discover how drugs and alcohol affect you/your family, and plan next steps to bring about change.

18 Understanding and using anti-depressant medication

Anti-depressant medication can be helpful as part of a package of care. Find out more in this workbook.

19 Planning for the future

This workbook will help you manage how you feel moving forward.

20 Information for families and friends — how can you offer the best support?

Learn about this program and how the person you are supporting is using it, as well as helpful and unhelpful things you can do.