

# Moodjuice Self-Help Guides

**Learn more about common mental health problems and skills to cope with them.**

These self help and relaxation audio guides introduce common mental health problems and describe methods for overcoming them.

<http://www.moodjuice.scot.nhs.uk>

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Title	Subtitle	Summary / URL	Duration
<b>Progressive Muscular Relaxation Exercise</b>	Moodjuice Relaxation Exercises	Tension often builds up when we feel upset or stressed. These symptoms can be painful and can cause anxiety in themselves. Muscular relaxation exercises can help you to control such unpleasant symptoms. They can reduce physical tension and help you to relax in general. During this exercise you tense and then relax different muscles in your body. You should focus on the feelings that you experience whilst doing this. With practice you will then be more able to recognise and respond to the onset of tension. <a href="http://www.moodjuice.scot.nhs.uk/downloads/progressivemuscularrelaxation.mp3">http://www.moodjuice.scot.nhs.uk/downloads/progressivemuscularrelaxation.mp3</a>	0:20:26
<b>Relaxation Exercise</b>	Moodjuice Relaxation Exercises	It is important to make time to relax. This can help to improve your mood and reduce your anxiety or stress levels by calming the body and mind. It can also help you to sleep. Without taking the time to unwind, it is easy to feel overwhelmed and stressed. <a href="http://www.moodjuice.scot.nhs.uk/downloads/relaxation.mp3">http://www.moodjuice.scot.nhs.uk/downloads/relaxation.mp3</a>	0:23:07
<b>Visualisation Exercise</b>	Moodjuice Relaxation Exercises	It is important to make time to relax. This can help to improve your mood and reduce your anxiety or stress levels by calming the body and mind. It can also help you to sleep. Without taking the time to unwind, it is easy to feel overwhelmed and stressed. <a href="http://www.moodjuice.scot.nhs.uk/downloads/visualisation.mp3">http://www.moodjuice.scot.nhs.uk/downloads/visualisation.mp3</a>	0:24:28
<b>Anger Self Help</b>	Moodjuice Self Help Guides	This guide aims to help you to: 1) Recognise whether you may be experiencing anger problems. 2) Understand what anger is, what causes it and what keeps it going. 3) Find ways to understand, manage or overcome your anger. Accompanying worksheets are also available. <a href="http://www.moodjuice.scot.nhs.uk/downloads/anger.mp3">http://www.moodjuice.scot.nhs.uk/downloads/anger.mp3</a>	0:40:37
<b>Anger Self Help (enhanced)</b>	Moodjuice Self Help Guides	This guide aims to help you to: 1) Recognise whether you may be experiencing anger problems. 2) Understand what anger is, what causes it and what keeps it going. 3) Find	0:40:37

		ways to understand, manage or overcome your anger. Accompanying worksheets are also available. <a href="http://www.moodjuice.scot.nhs.uk/downloads/anger.m4a">http://www.moodjuice.scot.nhs.uk/downloads/anger.m4a</a>	
<b>Communication &amp; Assertiveness</b>	Improve your communication skills.	This self help guide introduces strategies for effective communication and assertiveness. It covers topics such as listening to others, expressing yourself, styles of communication and techniques and strategies to becoming more assertive. <a href="http://www.moodjuice.scot.nhs.uk/downloads/communication.mp3">http://www.moodjuice.scot.nhs.uk/downloads/communication.mp3</a>	0:06:45
<b>Problem Solving</b>	Improve your problem solving skills.	This self help guide introduces strategies for problem solving. The process is broken down into five steps. Accompanying worksheets are also available. <a href="http://www.moodjuice.scot.nhs.uk/downloads/problemsolving.mp3">http://www.moodjuice.scot.nhs.uk/downloads/problemsolving.mp3</a>	0:05:03
<b>Lifestyle</b>	Consider making positive changes to your lifestyle.	This self help guide introduces strategies to improve your lifestyle. It includes guidance on relationships, health eating, exercise, routine and surroundings. It also covers issues such as alcohol, drugs, smoking and caffeine. <a href="http://www.moodjuice.scot.nhs.uk/downloads/lifestyle.mp3">http://www.moodjuice.scot.nhs.uk/downloads/lifestyle.mp3</a>	0:05:19
<b>Relaxation Guide</b>	Learn how you can feel more relaxed, both physically and mentally.	This self help guide introduces different strategies for relaxation. It includes guidance on controlled breathing, muscular relaxation and distraction techniques. A series of Moodjuice Relaxation Exercises are also available that can help you to practice effective relaxation. <a href="http://www.moodjuice.scot.nhs.uk/downloads/relaxationguide.mp3">http://www.moodjuice.scot.nhs.uk/downloads/relaxationguide.mp3</a>	0:13:23
<b>Activity Scheduling</b>	Make good use of your time.	This self help guide introduces strategies to help you to make best use of your time. This approach is sometimes called 'Behavioural Activation'. It involves actively planning a schedule of activities ahead of time, leaving time for the things that you need to do, as well as making space for pleasurable and positive activities. Accompanying worksheets are also available. <a href="http://www.moodjuice.scot.nhs.uk/downloads/activityscheduling.mp3">http://www.moodjuice.scot.nhs.uk/downloads/activityscheduling.mp3</a>	0:05:07
<b>Depression Self Help</b>	Moodjuice Self Help Guides	This guide aims to help you to: 1) Recognise whether you may be experiencing symptoms of depression. 2) Understand what depression is, what causes it and what keeps it going. 3) Find ways to understand, manage or overcome your depression. Accompanying worksheets are also available. <a href="http://www.moodjuice.scot.nhs.uk/downloads/depression.mp3">http://www.moodjuice.scot.nhs.uk/downloads/depression.mp3</a>	0:25:58
<b>Depression</b>	Moodjuice	This guide aims to help you to: 1) Recognise whether you	0:25:5

<b>Self Help (enhanced)</b>	Self Help Guides	may be experiencing symptoms of depression. 2) Understand what depression is, what causes it and what keeps it going. 3) Find ways to understand, manage or overcome your depression. Accompanying worksheets are also available. <a href="http://www.moodjuice.scot.nhs.uk/downloads/depression.m4a">http://www.moodjuice.scot.nhs.uk/downloads/depression.m4a</a>	8
<b>Thought Challenging Exercise (2mins)</b>	Moodjuice Self Help Guides	Listen to this guide when you are trying to challenge an unhelpful thought. Think through your responses in the time left between the questions. You can use this technique to test your thoughts are realistic and balanced. An accompanying worksheet is available. <a href="http://www.moodjuice.scot.nhs.uk/downloads/thoughtchallengingworksheet.mp3">http://www.moodjuice.scot.nhs.uk/downloads/thoughtchallengingworksheet.mp3</a>	0:01:58
<b>Sleep Self Help</b>	Moodjuice Self Help Guides	This guide aims to help you to: 1) Recognise whether you may be experiencing problems with your sleep. 2) Understand what sleep problems are, what causes them and what keeps them going. 3) Find ways to understand, manage or overcome your sleep problems. Accompanying worksheets are also available. <a href="http://www.moodjuice.scot.nhs.uk/downloads/sleep.mp3">http://www.moodjuice.scot.nhs.uk/downloads/sleep.mp3</a>	0:28:12
<b>Sleep Self Help (enhanced)</b>	Moodjuice Self Help Guides	This guide aims to help you to: 1) Recognise whether you may be experiencing problems with your sleep. 2) Understand what sleep problems are, what causes them and what keeps them going. 3) Find ways to understand, manage or overcome your sleep problems. Accompanying worksheets are also available. <a href="http://www.moodjuice.scot.nhs.uk/downloads/sleep.m4a">http://www.moodjuice.scot.nhs.uk/downloads/sleep.m4a</a>	0:28:12