



me +

Guiding the way to confident living
with intermittent catheterisation

Continence Care Emotional Wellbeing Workbook Module 3

This workbook has been designed to accompany the wellbeing modules, providing you with a space to reflect and follow along with the guided exercises.



Welcome

We're delighted that you've taken this important step in navigating the journey of becoming an intermittent catheter user. At this moment, you may have a range of feelings about this, and we're here to support you in exploring them.

We recommend working through each module over at least one week, possibly two or more if you need to. Each module contains guided exercises to complete in your workbook alongside the videos.

To get the most out of the programme, use the resources available and do the home practice.

While the modules are designed to be sequential, you can skip ahead to address specific needs. If you skip ahead, remember to return to the earlier modules later to get the full benefit.

Wellbeing modules

- 1 Getting familiar with catheterisation
- 2 Common fears & reducing pain
- 3 Enhancing life with catheterising**
- 4 Socialising & social context
- 5 Movement & catheterising
- 6 Intimacy
- 7 Facing your feelings
- 8 Negative thoughts & your relationship with yourself
- 9 Building confidence in yourself
- 10 Who are you now and where are you going?

Ready, let's continue

Daily pixel tracker

It can be helpful alongside the module reflections to recognise how you are feeling daily to track changes as you move through the programme.

Simply click the emotion that represents your current mood.

There are some suggestions below but feel free to add some additional emotions in the spare boxes.

	Terrified	Anxious	Frustrated	Unsure	Ok	Relieved			
Week 1	Mon	☹️	😞	😡	😟	😊	😌	😐	😐
	Tues	☹️	😞	😡	😟	😊	😌	😐	😐
	Wed	☹️	😞	😡	😟	😊	😌	😐	😐
	Thurs	☹️	😞	😡	😟	😊	😌	😐	😐
	Fri	☹️	😞	😡	😟	😊	😌	😐	😐
	Sat	☹️	😞	😡	😟	😊	😌	😐	😐
	Sun	☹️	😞	😡	😟	😊	😌	😐	😐
Week 2	Mon	☹️	😞	😡	😟	😊	😌	😐	😐
	Tues	☹️	😞	😡	😟	😊	😌	😐	😐
	Wed	☹️	😞	😡	😟	😊	😌	😐	😐
	Thurs	☹️	😞	😡	😟	😊	😌	😐	😐
	Fri	☹️	😞	😡	😟	😊	😌	😐	😐
	Sat	☹️	😞	😡	😟	😊	😌	😐	😐
	Sun	☹️	😞	😡	😟	😊	😌	😐	😐

3

Enhancing life with catheterising

This module has been created to help you recognise automatic patterns that happen when you're anxious about catheterising or dealing with health issues in daily life. By identifying these patterns, you can make adjustments that build confidence and support you in doing things that are important to you.

Before we get started, please fill in your pixel tracker on page 2.



Practical issues of catheterising

As well as worrying about the action and experience of catheterising, people often have other practical worries.

Check the box of the below statements if you have had any of these worries/concerns.

It might take me a long time to do and affect plans or days out

Will public toilets have the right facilities?

I might be delayed by toilet trips

Will I be able to dispose of my catheter discreetly?

Where will I store my catheters?

Will I be able to bring enough catheters out/ away with me?

Watch the videos on-screen to learn more about other users' practical issues and how they navigated them.

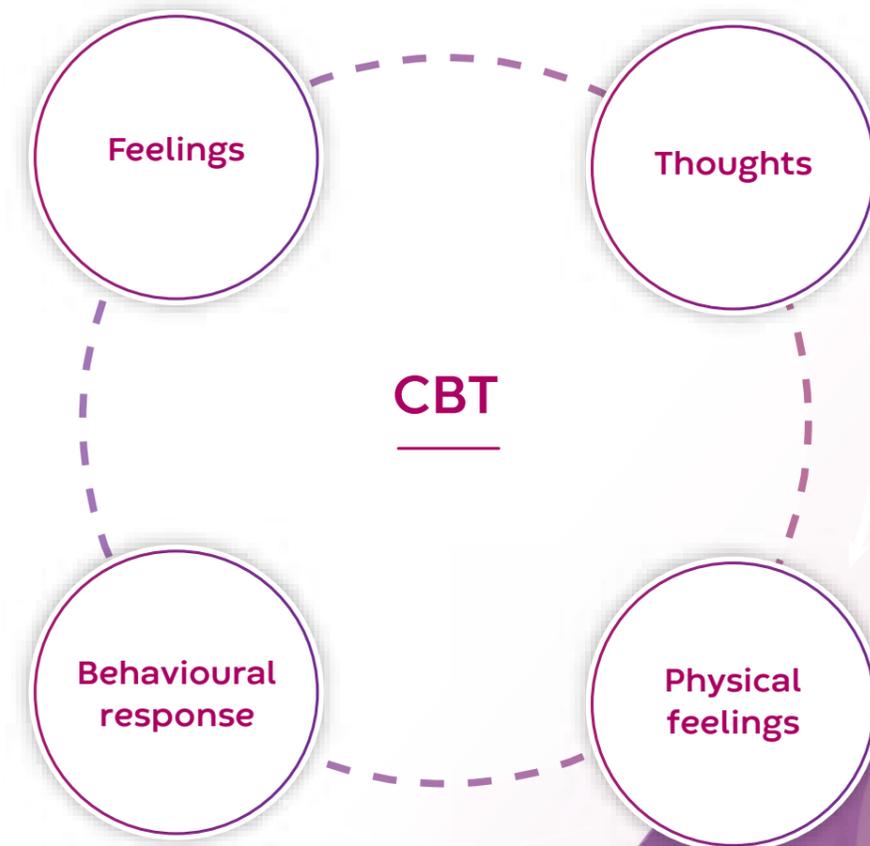
How you respond to practical issues

When we're not already stressed or having to deal with many things, we naturally problem solve practical issues quite well. However, our brain's ability to do this is impeded when the problems are tied up with other difficulties.

CBT framework

CBT helps to clarify how our experiences, influence our thoughts, feelings, and behaviours and how all of these elements influence each other.

Let's look at cognitive behavioural models, also known as CBT.



On the screen now, you'll be able to click through different situations and their potential CBT models.

CBT framework

Once you have clicked through the examples on-screen answer the questions below.

- 1** Are there any of these situations you can relate to?
- 2** What do you do in these situations?
- 3** How does this affect your thoughts and feelings?

Think about the different situations you encounter with catheterising and try out filling in your own CBT cycle.

Fill in the blanks in the cycle below.



Safety behaviours

Safety behaviours are things that we do, designed to keep us safe from things we are worried about, but that can keep issues going in the long run.

Read the examples of safety behaviours on-screen, try to think of two examples of safety-behaviours you do and then the issues these may cause and fill these out in the table below.

1

Safety behaviour	Issue

2

Safety behaviour	Issue

Avoidance

Avoidance is where we try to escape the feared scenario or negative thing from happening. There are lots of things we might avoid when you have worries about catheterising.

Read the examples on-screen and try writing down three things you may avoid.

- 1.
- 2.
- 3.

Identifying concerns and worries

While listening to Kiera on-screen fill out the information below.

1. Get specific - what is the worry you have?

2. Now identify which category it falls under. On screen there will be examples of different types of worries.

Present worry within your control

Present worry outside of your control

Future hypothetical worry

3. If it is a worry within your control, you can then apply problem solving.

3.1

List as many solutions as you can think of to the problem

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3.2

Pick one that feels most accessible and feasible

3.3

If you can action it straight away, do that. If you can't put in a plan and time frames of when you will

3.4

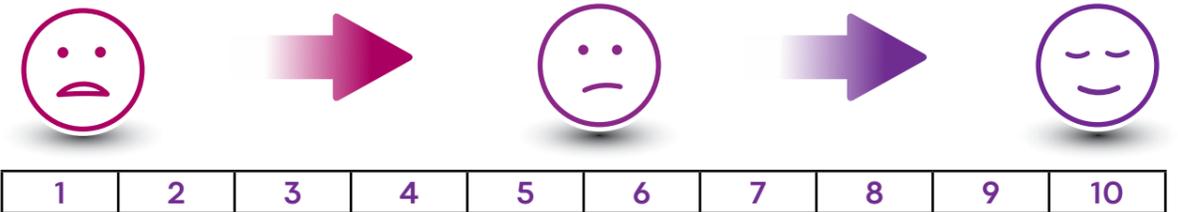
Review the outcome and see if you need to consider other solutions

If there is still something left to solve, go back to step 1

Let's reflect

During module 3 we have learned more about safety behaviours and avoidance.

Before you go, how are you currently feeling about catheterising?
Log your current rating of anxiety about catheterising by ticking a number.



CBT practice

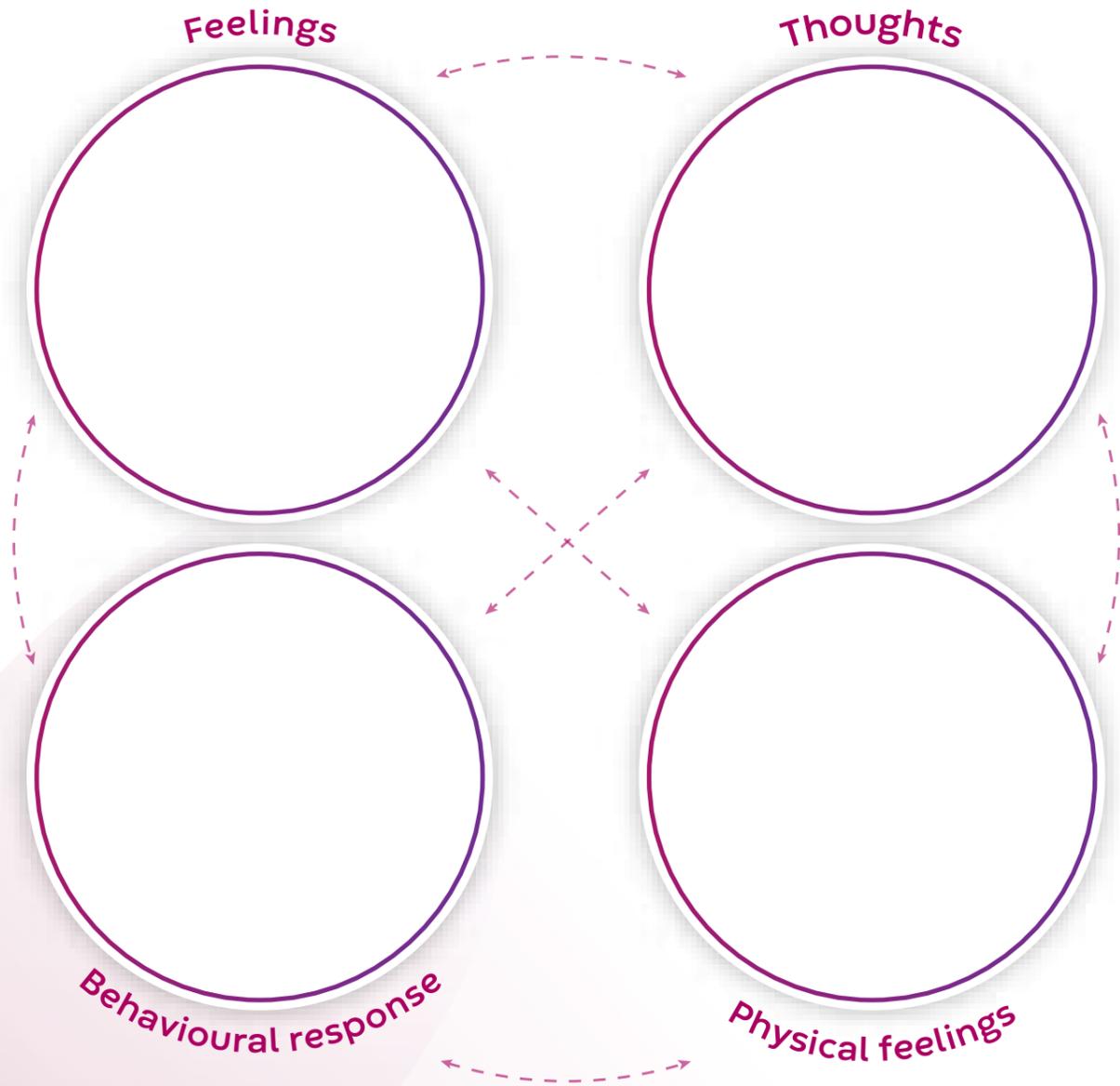
Over the next week, try to think about the different situations you encounter with catheterising.

- What do you do in these situations?
- What thoughts go through your mind?
- How does that affect how you feel?

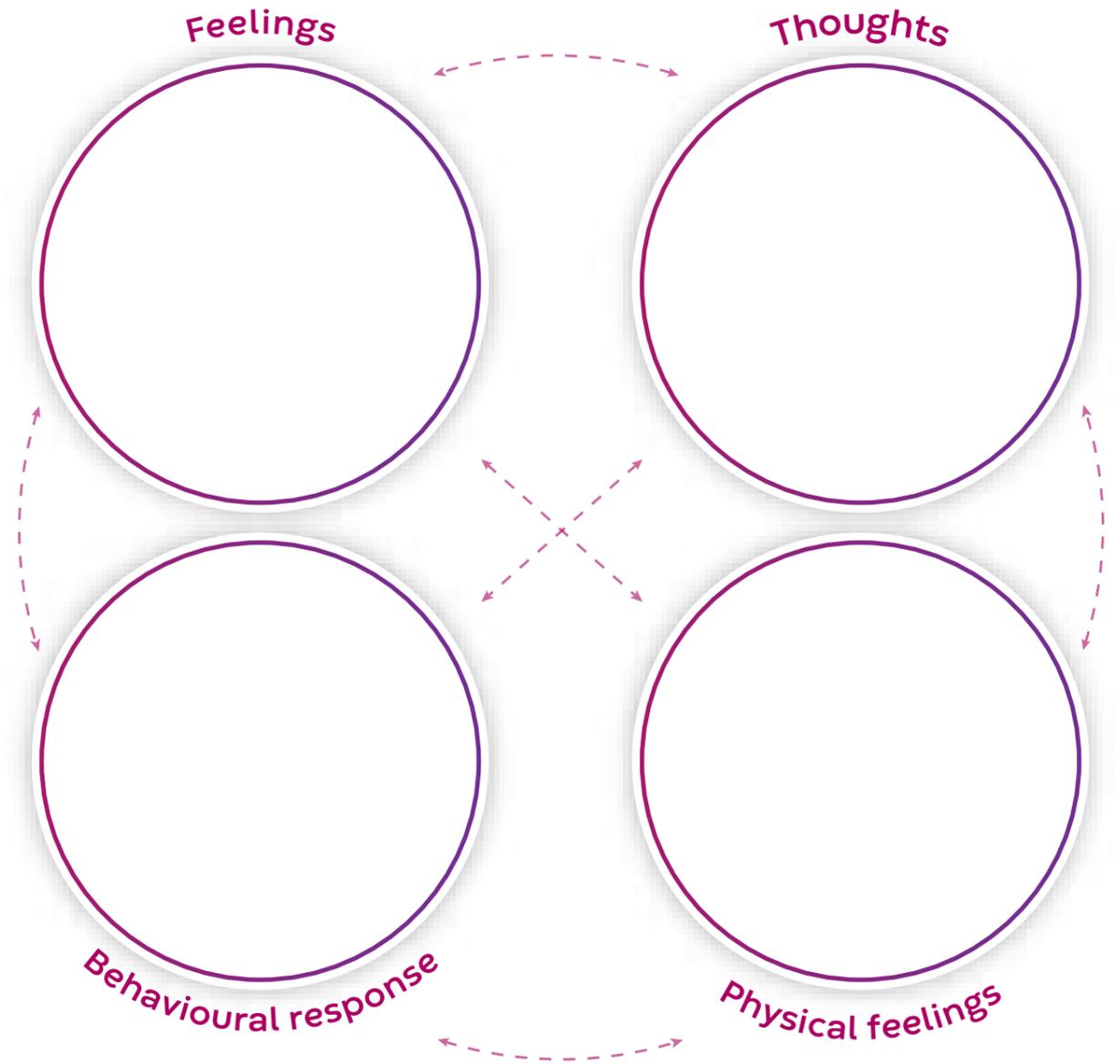
Pick 1-3 situations related to your experience of catheterisation and draw up your own CBT cycle, there are some blank CBT cycles on the page below or download on screen.

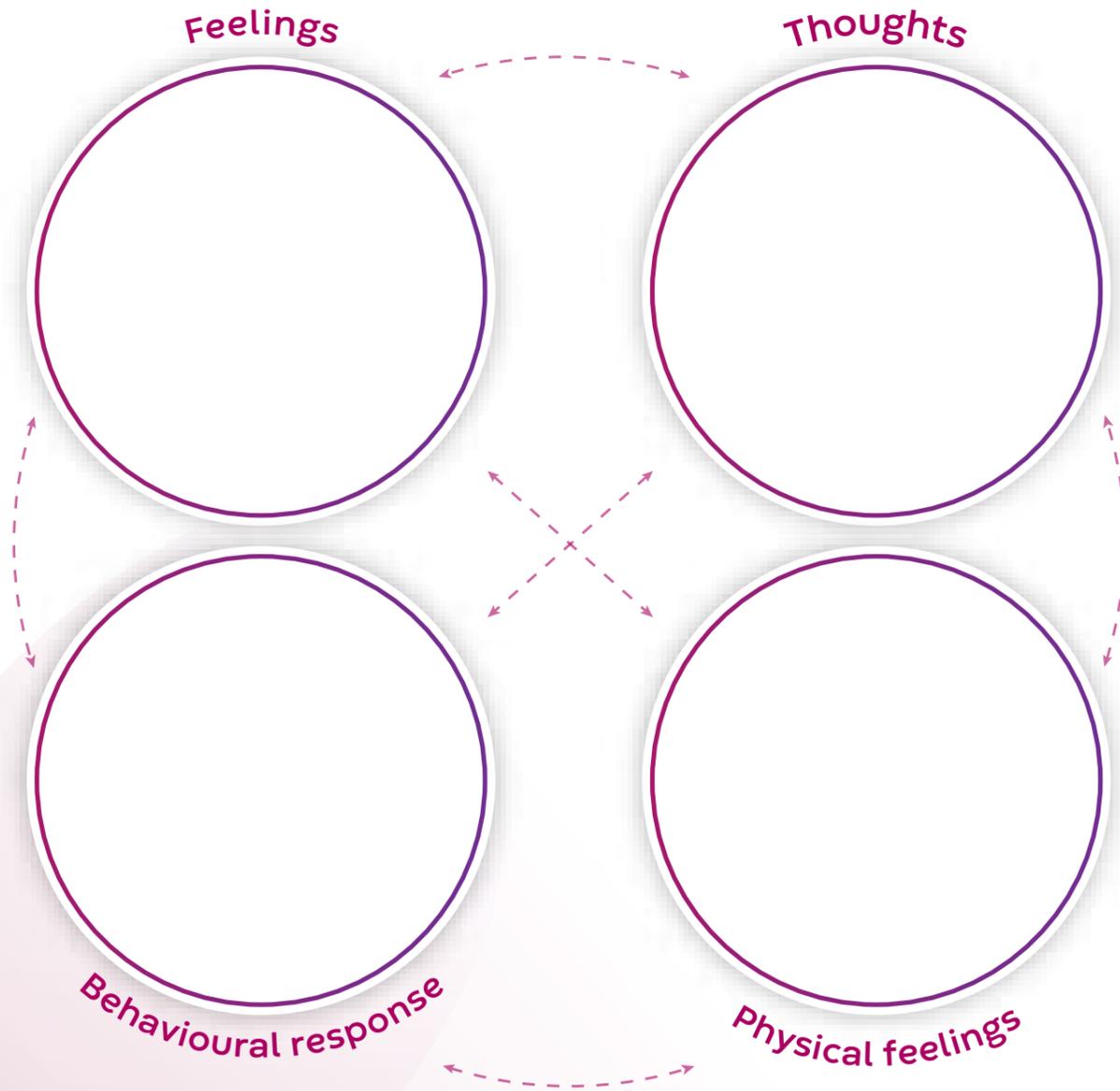


CBT practice 1



CBT practice 2





Scan for additional resources and access to Convatec me+ Continence Care support or visit qr.convatec.com/cc-meplus





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