

What happens in CBT?

We will work together with you.

You have lots of useful ideas and important things to say and we want to hear them.

We will experiment together and test out new ideas to learn what helps you. You will learn to:

- **Check out** your thoughts and find helpful ways of thinking.
- **Discover** ways of managing your unpleasant feelings.
- **Solve** and overcome your difficulties.

How to contact us:

If you have any questions, you can contact us on **01225 821340** Monday to Friday 8.30am to 4pm. Queries can be emailed to us at ruh-tr.paedscfsme@nhs.net

Our administrative team will do their best to help answer your query or will pass on a message to your therapist.

www.ruh.nhs.uk/cfs

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Combe Park, Bath BA1 3NG
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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656/ 826319

Supporting Young People with Chronic Fatigue

Cognitive Behaviour Therapy

ME/CFS Patient Information



Hassles and problems are part of everyday life. When someone has chronic fatigue it can seem like everything is a problem.

Luckily, most people are quite good at sorting out many of these problems, but sometimes there can seem to be too many to sort out.

They may just seem too big and difficult. The problems seem to take over and you may end up feeling unhappy or worried.

At times like this you need to discover different ways of dealing with your problems. This leaflet will explain how **Cognitive Behaviour Therapy (CBT)** can help.

Cognitive Behaviour Therapy

What is CBT?

CBT is a way of coping with problems that looks at the links between: **The way you think**, **How you feel** and **What you do**.

Why is this link important?

People with difficulties can often think in **unhelpful** ways.

They may, for example:

- Expect the worst to happen.
- Seem to notice more of the things they can't do.
- Worry about what other people think about them.
- Blow things up so they seem worse than they are.

These ways of thinking can actually make you feel **worse**:

- If you expect the worst to happen, you might end up feeling **anxious**
- If you keep thinking about the things you can't do, you might end up feeling **sad or unhappy**
- If you think that other people don't believe you, or say unkind things about you, you may end up feeling **cross or angry**
- If you blow things up, you might end up feeling very **stressed**



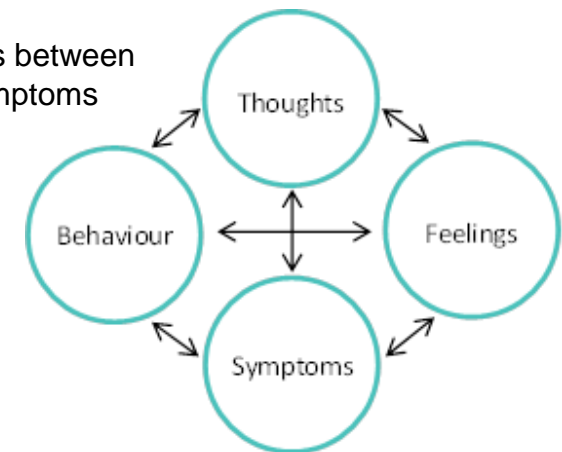
People don't like to feel like this and so try to find ways of making themselves feel better.

Unfortunately some of the things they end up doing can actually make them feel worse. They may **stop doing things**. They may **avoid** things they find difficult, **give up** trying to do things or spend more time **on their own**.

How will CBT help?

We use CBT to look at the links between thoughts, feelings, physical symptoms and what we do.

These patterns can be helpful for learning new ways of managing different things, including symptoms of fatigue, worries and low mood.



CBT can help you find:

- The thoughts and feelings you have.
- The **link** between what you think, how you feel and what you do.
- More **helpful** ways of thinking.
- How to **manage** unpleasant feelings.
- How to face and **overcome** your problems.