

Kat – low mood and anxiety

At the assessment

Kat describes withdrawing from activities, ruminating, forgetting tasks and poor dietary habits. This is made worse by feeling bullied at work, a lot of meetings and over thinking what was happening at work. The coach suggests using a behavioural activation workbook to address Kat's low mood and anxiety.

Treatment goals: To improve my mood and get back to my activities.

How **coaching** worked for Kat

Real-life
practice

Sessions
with the
coach

Kat starts on her behavioural activation workbook and keeps a diary of activities.

Kat starts with achievable activities like walking the dog and a social outing.

Kat adds more activities and implements strategies.

Kat reads about relapse prevention.

The coach explains how re-engaging with helpful activities will begin to lift Kat's mood.

Kat and the coach discuss balancing activities and getting back to the easier ones first.

Kat and the coach talk about how increasing helpful behaviours improves mood levels. They discuss ways to manage anxiety.

Kat says her mood has improved. Her outcome measures indicate she is in recovery.

Kat and the coach talk about identifying and avoiding old behaviours. Kat decides to continue her diary to help her notice early warning signs.