



me +

Guiding the way to confident living
with intermittent catheterisation

Continence Care Emotional Wellbeing Workbook Module 7

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?


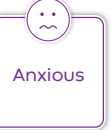

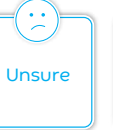
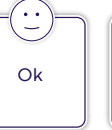
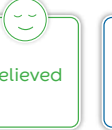

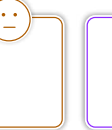































































































































Ready, let's continue

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.

										
Week 1	Mon									
	Tues									
	Wed									
	Thurs									
	Fri									
	Sat									
	Sun									
Week 2	Mon									
	Tues									
	Wed									
	Thurs									
	Fri									
	Sat									
	Sun									

Facing your feelings

This module highlights the importance of understanding and managing your emotions. Many people aren't taught why this is important or how to do it. By exploring this, you'll learn how handling your emotions can help you reach your goals in this programme.

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



How are you feeling today?

Please describe.

Select all the emotions that apply to you.

Good

Bad

Curious

Interested

Low

Stressed

Bored

Overwhelmed

Motivated

1. Identifying emotions

1.1

Think of a recent time when you felt a strong emotion.

Describe what happened

1.2

What emotion did you feel?

Example: happiness, anger, sadness

1.3

Did you notice any physical sensations?

Example: tight chest, butterflies in stomach

2. Recognising moods

2.1


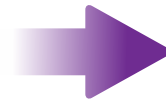

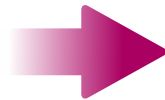

How has your mood been over the past week?

2.2

What might have influenced your mood?

Example: stress, good news

2.3 Rate your mood from 1 to 10.



1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

(1 = very low, 10 = very high) tick the number in the box.

3. Exploring different feelings

3.1

Recall a time when you had mixed feelings.
Describe the situation

3.2

List the different emotions you felt.
Example: anxious, excited

3.3

How would you sum up these feelings?
Example: I felt excited but anxious

Emotional coping styles

We all cope with emotions differently. Understanding whether you use approach or avoidant strategies can help you manage your emotions more effectively.

- **Approach** = acknowledging emotions and using strategies to regulate them
- **Avoidant** = escaping or denying emotions

Complete the example below to help identify your current emotional coping style and how we might explore new strategies.

Think about a recent emotional experience.

1. What emotion did you feel?



2. Which coping strategies did you use? Using the check boxes, select all that apply.

Approach	Avoidant
Labelling emotions	Ignoring emotions
Expressing feelings	Distracting through busyness or entertainment
Making intentional choices (e.g., exercise, relaxation)	Numbing with substances (e.g., alcohol, drugs)
Practicing mindfulness	Suppressing or pushing down feelings
Using cognitive reappraisal	Withdrawing from others and situations
Problem-solving	Intellectualising (overthinking emotions)

3. How did these strategies affect your emotions? Did they help or hinder you?

Exploring new ways of coping

1. Choose one **avoidant** style from the list you often use.

- Ignoring emotions
- Distracting through busyness or entertainment
- Numbing with substances (e.g., alcohol, drugs)
- Suppressing or pushing down feelings
- Withdrawing from others and situations
- Intellectualising (overthinking emotions)

2. Choose an **approach** styles from the list you could try instead.

- Labelling emotions
- Expressing feelings
- Making intentional choices (e.g., exercise, relaxation)
- Practicing mindfulness
- Using cognitive reappraisal
- Problem-solving

3. Plan a situation where you can use this new coping style.

Great work, by understanding your emotional coping styles it can help you manage your emotions better. By trying new strategies, we can start to improve your emotional wellbeing.



The emotion wheel



1. Look at the centre of the wheel to find basic emotions like happiness, surprise, fear, anger, disgust, and sadness.

Happy Surprised Bad Fearful Angry Disgusted Sad

Write down which specific emotion(s) you are feeling in the second layer of the wheel.

-
-
-
-
-

Using the outer layer of the wheel identify which emotion best describes your feelings right now.

3.1


3.2

3.3


Is there a strategy you can use to cope or make the most of these feelings?

Noticing your emotions


Using a pacing diary to track your emotions at different points in the day can help you build emotional awareness. You can click for a recap on-screen on how to use your pacing diary.



pm



am



Time	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6	
Monday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Tuesday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Wednesday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Thursday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Friday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Saturday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Sunday	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>






Let's reflect

During module 7 we have covered the importance of understanding and addressing your emotions. Many of us aren't taught how crucial this is or how to do it. By working with your emotions, you can progress toward achieving your goals in this programme.

For this module's home practice, keep up with everything you have been doing so far.

Add in time to your day to observe and label your feelings and emotions, make sure to keep a record of this in your pacing diary.

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



1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Notes

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





Guiding the way to confident living
with intermittent catheterisation