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Wellbeing  
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**vita**  
health group



# Women's Health

## How Cognitive Behavioural Therapy (CBT) Can Help

Cognitive Behaviour Therapy (CBT) is a brief therapeutic approach that can be helpful for a wide variety of common mental health problems, such as anxiety and low mood. CBT helps people develop practical ways of managing their problems, providing understanding, coping skills and helpful strategies.

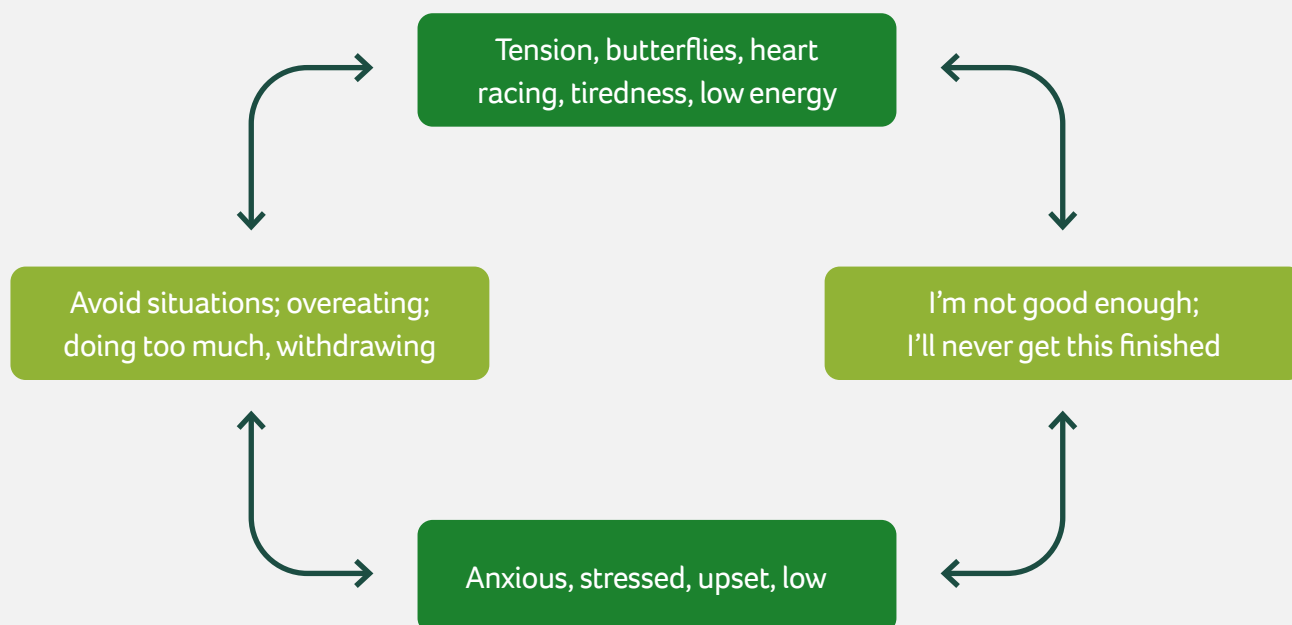
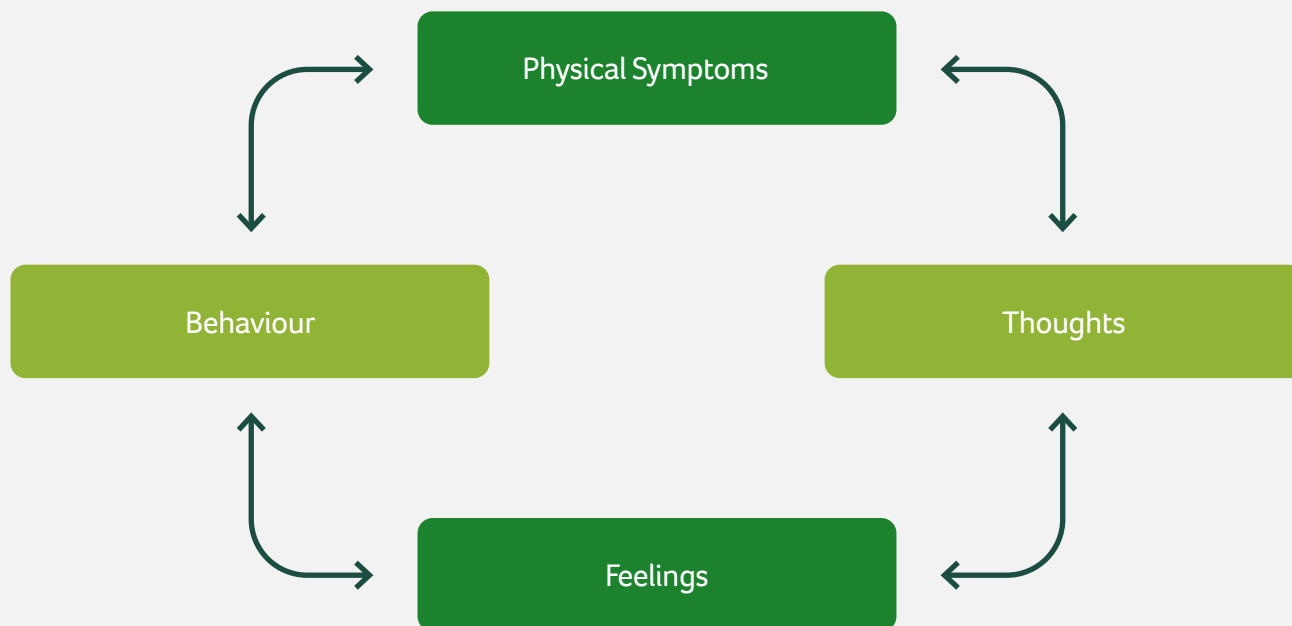
Women go through several clear different stages throughout their lives.

CBT can be an effective approach to support and empower women throughout these stages and common difficulties. CBT aims to promote women's well-being and can help normalize common difficulties that women may experience. It can effectively assist with managing symptoms that relate to women's conditions or other common difficulties.

**Making People Better**

# What is Cognitive Behavioural Therapy (CBT)?

CBT breaks down negative cycles that we can all get caught up in and looks for skills and strategies that can improve our situation.



# CBT can be an effective approach to support a multitude of symptoms

The versatility of CBT means that it can effectively assist with a range of common difficulties ranging from burnout and self-confidence issues, to maternal mental health and menopausal symptoms. If you would like further support, speak to your manager for a referral to Vita's mental health provision.



## Periods, Cyclical-based symptoms & conditions

CBT can be beneficial to help provide women with their own toolbox that they can access during more difficult times of the month relating to the physical & emotional symptoms of PMS, PME and the more severe symptoms of the cyclical hormone-based mood disorder PMDD. It can also help women identify any unhelpful thought patterns & behaviours that may exacerbate symptoms.

## Stress & burnout

With CBT, women can learn more about stress & burnout and identify any lifestyle factors that may be contributing towards those difficulties. It can help create helpful ways of coping by developing new ways to relax, developing a balance of enjoyable activities and challenge any unhelpful thoughts that may contribute towards stress.

## Menopause

CBT can help women manage menopausal symptoms and provide further understanding. It can help assist women to consider potential lifestyle changes & learn healthy ways to cope with stress which may reduce the severity of symptoms such as menopause-related sleep problems, depression & anxiety. In addition, menopause often happens during midlife, when you may be dealing with other life challenges, such as parent's becoming older and their ill health, adolescent children, children leaving (or not leaving) home and work demands. Having hot flushes and night sweats can be stressful, but having increased anxiety and stress can in turn make hot flushes more difficult to deal with. This can lead to a vicious cycle that CBT can help you break.

## Self-esteem & confidence

CBT can help women learn how to become more compassionate towards themselves, identify their own unique strengths and challenge any unhelpful beliefs with CBT techniques. Overall, this can help to create a more positive self-image, leading to more confidence and healthy self-esteem.

## Cancer

CBT can help with improve the quality of life for cancer sufferers and survivors, however, it might be that you need a counselling space to talk and process the changes that a diagnosis like this can bring, especially in the early stages of being diagnosed or during treatment itself. There are many specialised organisations to support people with this, such as MacMillan.

## Maternal mental health

CBT can support women during & post pregnancy. It can help women navigate the common experience of 'baby blues', the transitions of motherhood, coping with sleep deprivation, and in some cases, Post-Natal Depression. CBT can also be used to treat post-partum related anxiety or OCD.

## For Further Support:

Should you wish to access support, you can talk to your line manager and ask for a referral to Vita Health Group.

## Contact us



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[vitahealthgroup.co.uk](http://vitahealthgroup.co.uk)