



convatec

# me +

Guiding the way to confident living  
with intermittent catheterization

## Continence Care Emotional Well-being Workbook

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This workbook has been designed to  
accompany the well-being 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 program, 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.

## Well-being modules

- 1 Getting familiar with catheterization
- 2 Common fears & reducing pain**
- 3 Enhancing life with catheterizing
- 4 Socializing & social context
- 5 Movement & catheterizing
- 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 begin

# Daily pixel tracker

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

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									



# 2

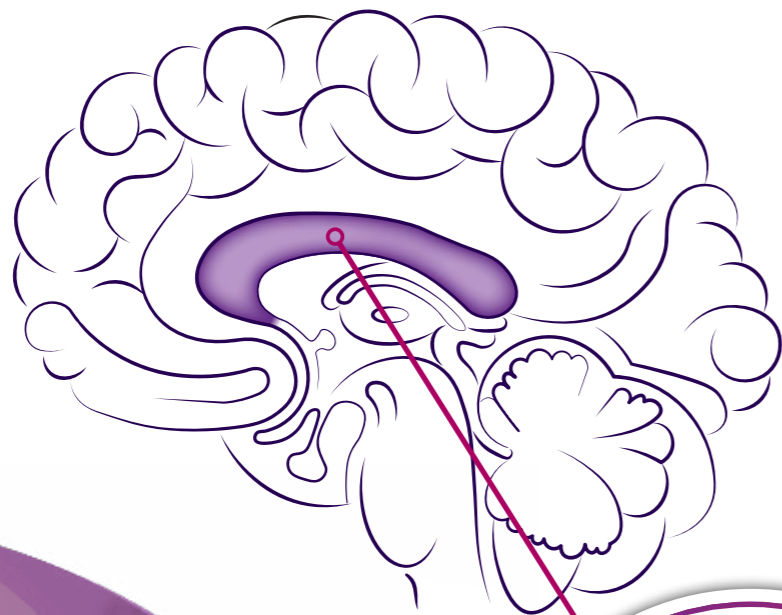
## Common fears & reducing pain

This module has been created to help you reduce your worries about catheterizing and to learn different techniques to calm your mind and body during the process.

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



In the last module, you reflected a little on your journey to this point. Now, we're going to look at the specifics of your worries and concerns about catheterizing.



When we get anxious or fearful this is represented by activity in the middle of our brain.



## Getting clear on your fears

Step 1: identifying a specific worry or fear

Think about something that worries you. Take some time to think about the following questions.

1

What do you worry will happen?

2

What can you see?

3

What do you feel?

Getting clear on your fears continued...

4

What can you imagine happening next?

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5

How will that affect your day?

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6

Do you worry it will have an effect for longer than one day?

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7

If so, how long? What does it look like?

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### Step 2: Which fear is most worrying?

Using these questions as a starting point, write down as many specific negative possibilities you can think of, which feel likely due to catheterizing.

Number the negative possibilities in order of which is the most worrying (1 being the most worrying).

Negative possibilities	Order
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

## The nervous system dial

This is the “nervous system dial,” it explains the three modes that our nervous system operates in.

Mark with a tick where you fit on the nervous dial at the moment.

1

### Red

**Sensations** = agitated, heart racing, shallow breathing, quick brain, tingling

**Emotions** = anxious, excited, rushed, urgent, stressed, determined

**Thoughts** = I need to..., I should, how do I figure this out?

2

### Purple

**Sensations** = heavy, tired, slow, full, fatigued

**Emotions** = low motivation, low, sad, guilt, numb

**Thoughts** = I can't be bothered, things can't change, I'm stuck, this will last forever

3

### Green

**Sensations** = light, energized, loose, flexible, still

**Emotions** = relaxed, calm, content, satisfied, safe

**Thoughts** = now is ok/good, I'm getting somewhere, I can do... this is enjoyable



## Practice calming the nervous system

By practicing this exercise, you will gradually get to know and understand your body better.

Try practicing this exercise at different points during the day to check-in on your body in different states.

**Now it's time to set your practice goal:** thinking about your routine write down your answers in the boxes below.

1. Are there specific times of day you could do the exercise?

2. Are there things in your routine that usually signal your body to rest, or triggers a freeze mode or fight/flight mode?

## Behavioral contract

Take some time to fill in the details below as to how often, when and how you will track your progress in your behavioral contract.

Adding a reminder to practice calming the nervous system and reviewing your progress in your calendar may be helpful.

I will practice this nervous system check-in at least \_\_\_\_\_ times every day.  
(e.g., 2)

I will practice this \_\_\_\_\_  
(e.g., when I wake-up, before catheterizing, after dinner, before bed)

I will mark each completed session on my calendar and review my progress every \_\_\_\_\_  
(e.g., day of the week)



# Let's reflect

During module 2 we have learned more about behavioral experiments and techniques for calming your mind and body.

Over the next week, practice by setting up your own behavioral experiments and practicing calming techniques.

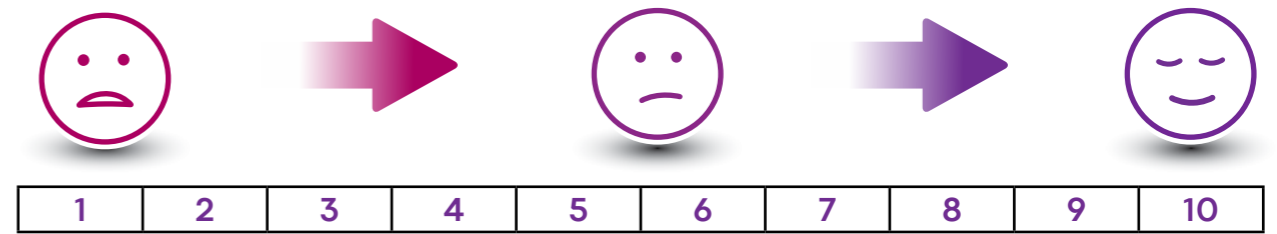
Which behavioral experiments will you set up and test out?

What skills will you use in calming your body down?

Scan for additional resources and access to Convatec me+ Continence Care support or visit [qr.convatec.com/cc-meplus](https://qr.convatec.com/cc-meplus)



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



## Notes





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