

**Case Study: Ms F, age 25, completed the Emotional Wellbeing Hub**

**Offence: Acquisitive (Shoplifting)**

Ms F indicated that her proficiency to manage her mood impacts on her ability to cope. One specific exercise in the Emotional Wellbeing Hub helped Ms F identify that persistent thought(s) she was having caused her problems. Ms F identified that one main problematic thought she had was that certain people “don't like me”. Through the Hub Ms F was able to develop her resilience by addressing her negative thought and countering it with helpful thoughts such as: “They are just having a bad day”, using alternative, more positive thoughts and self-talk helped Ms F cope.

The Emotional Wellbeing Hub encouraged Ms F to identify her strengths. Thinking about her skills, qualities helped her develop confidence and resilience. Focusing on how her support network could play a part in improving her ability to cope highlighted the importance of relationships and interactions. This encouraged her to communicate with friends and family better and to be open when she was struggling.

The Hub helped Ms F further monitor and develop an understanding of her sleep through a sleep diary. She was able to identify that it was taking her hours to fall asleep and that when she did, she was sleeping for over 12 hours. The diary helped her see the link between poor sleep and mood, as a result she was happy to be signposted to her GP for further advice and guidance as well as trying techniques highlighted by the Hub regarding improving her own sleep.

