

Message Schedule – (EO13) Friday Managing Mood Group AMEND SCHEDULE AS REQUIRED

Message Schedule Frequency/Day/Time	Message Content	Character Number (inc. spaces)
Once, Day 0, Triggered by patient sign up	Hi, I'm Florence your NHS self care service. I need to confirm you want to join in. Get started by replying "YES". Don't reply if you didn't ask to join in.	Not Applicable Standard Message
Once, Day 0, Triggered by patient Opting in with "YES"	Hi, it's Florence. Thanks for joining. I'm here to help you manage your own health better. At times I'll send advice for you to act on. To help you I may also share information with your healthcare team.	Not Applicable Standard Message
Pre-group message, day 1 @ 10:00	Hi. It's Flo. 1 in 4 people will experience some kind of mental health problem in the course of a year, so you are not alone	123
Pre-group message, day 2 @ 10:00	Hi. It's Flo. Connecting with people around you will help to improve your mental health. Attending the group might be the first step.	133
Pre-group message, day 3 @ 10:00	Hi. It's Flo. Being active can help with mental health. Try to find a physical activity that you enjoy and that suits your level of mobility and fitness.	154
Pre-group message, day 4 @ 10:00	Hi. It's Flo. Take notice. Be curious. Catch sight of the beautiful. Remark on the unusual.	92
Pre-group message, day 5 @ 10:00	Hi. It's Flo. Keep learning. Try something new. Rediscover an old interest.	76
Pre-group message, day 6 @ 10:00	Hi. It's Flo. Do something nice for a friend or neighbour. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding.	154
Group day message, day 7 @ 10:00	Hi. It's Flo. Your group starts today. We look forward to meeting you. You may feel nervous but this is normal. Remember that you can bring someone with you.	157
Session 1 support message, day 9 @ 10:00	Hi. It's Flo. Try to think about your own vicious cycle. Text # for more	72
Additional messages triggered by patient texting #	Hi. It's Flo. Try to think about the physical symptoms that have you noticed. (e.g. tense shoulders, headaches) Text # for more.	129
Additional messages triggered by patient texting #	Hi. It's Flo. Look for the changes in the things that you do (e.g. sleeping in, avoiding people). Text # for more.	114

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Additional messages triggered by patient texting #	Hi. It's Flo. Look at the thoughts you are having (e.g. unhelpful thoughts). Text # for more.	93
Additional messages triggered by patient texting #	Hi it's Flo. Look at what is happening around you (e.g. money worries, work stress)	83
Session 1a support message, day 11 @ 10:00	Hi. It's Flo. Try to look at how you might change your vicious cycle.Text # for more.	85
Additional messages triggered by patient texting #	Hi. It's Flo. Use your cycle to think about areas to make changes to. Text # for more.	86
Additional messages triggered by patient texting #	Hi. It's Flo. Ask others what changes they have noticed. Text # for more.	73
Additional messages triggered by patient texting #	Hi. It's Flo. Have a look at your vicious cycle and see where you could make a change. Text # for more.	103
Additional messages triggered by patient texting #	Hi. It's Flo. Add everything you discover to your vicious cycle.	64
Session 2 support message, day 16 @ 10:00	Hi. It's Flo. Don't forget to start using your activity diary. Text # for more.	79
Additional messages triggered by patient texting #	Hi. It's Flo. Think about your routine activities. Text # for more.	67
Additional messages triggered by patient texting #	Hi. It's Flo. Think about your necessary activities. Text # for more.	69
Additional messages triggered by patient texting #	Hi. It's Flo. Think about your pleasurable activities. Text # for more.	71
Additional messages triggered by patient texting #	Hi. It's Flo. Try to get a balance between the 3 activities.	60
Session 2a support message, day 18 @ 10:00	Hi. It's Flo. Try to practice your techniques (mindfulness or relaxation). Text # for more.	92
Additional messages triggered by patient texting #	Hi. It's Flo. Don't forget to look at the podcast (see handout for web address). Text # for more.	98

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Additional messages triggered by patient texting #	Hi. It's Flo. Try to take note of smells around you. Text # for more.	70
Additional messages triggered by patient texting #	Hi. It's Flo. The more you practice, the easier it gets. Text # for more.	74
Additional messages triggered by patient texting #	Hi. It's Flo. Remember to practice your breathing techniques (e.g. controlled breathing).	89
Session 3 support message, day 23 @ 10:00	Hi. It's Flo. Remember that goals should be SMART. Set goals that are specific e.g. Join a health club and workout 3 days a week. Text # for more.	145
Additional messages triggered by patient texting #	Hi. It's Flo. Measure what you are trying to achieve. Ask questions such as - How much? How many? Text # for more.	115
Additional messages triggered by patient texting #	Hi. It's Flo. Ensure you can achieve your goals. Try to identify goals that are most important to you, Text # for more.	119
Additional messages triggered by patient texting #	Hi. It's Flo. Set realistic goals. Your goal should represent an objective toward which you are willing and able to work. Text # for more	137
Additional messages triggered by patient texting #	Hi. It's Flo. A goal should be set within a time frame. If you want to lose 10lbs, when do you want to lose it by? Set a date to work to.	137
Session 3a support message, day 25 @ 10:00	Hi. It's Flo. Watch our for any unhelpful thoughts you might notice. Text # for more	84
Additional messages triggered by patient texting #	Hi. It's Flo. Think about what style of thinking you tend to use (see session handout). Text # for more.	104
Additional messages triggered by patient texting #	Hi. It's Flo. Try to capture your own negative thoughts and how they link to your own vicious cycle. Text # for more.	117
Additional messages triggered by patient texting #	Hi. It's Flo. Write your thoughts down as this may help you understand. This may be difficult but will help you to feel better. Text # for more.	144
Additional messages triggered by patient texting #	Hi. It's Flo. Don't ignore your positive thoughts. Try to find at least one positive thought each day.	102

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Session 4 support message, day 30 @ 10:00	Hi. It's Flo. Don't forget to look at problem solving. Text # for more.	71
Additional messages triggered by patient texting #	Hi. It's Flo. Think of a problem and use the 7 steps to break it down. Text # for more.	87
Additional messages triggered by patient texting #	Hi. It's Flo. Remember to take small steps. Text # for more.	60
Additional messages triggered by patient texting #	Hi. It's Flo. Identify possible solutions then choose one. Text # for more.	75
Additional messages triggered by patient texting #	Hi. It's Flo. Think about what steps it would take to achieve the solution.	75
Session 4a support message, day 32 @ 10:00	Hi. It's Flo. Try to identify your own vicious cycle of stress and anxiety. It is common to feel stress and anxiety when depressed. Text # for more.	148
Additional messages triggered by patient texting #	Hi. It's Flo. Try to identify some worries that are causing stress and anxiety. Use the worry tree to work through these. Text # for more.	138
Additional messages triggered by patient texting #	Hi. It's Flo. Try to identify a specific worry time. It is important to allow yourself dedicated time to process your worries. Text # for more.	143
Additional messages triggered by patient texting #	Hi. It's Flo. Mindfulness can help. Practice this technique by engaging in an activity and being mindful of your senses. Text # for more.	137
Additional messages triggered by patient texting #	Hi. It's Flo. Relaxation can also help with stress and anxiety but it is a skill and needs to be practiced regularly.	118
Final message, day 36 @ 10:00	Hi. It's Flo. Well done - you have now completed your group. Keep practicing! Use your tool-kit you have been given. We wish you all the best for the future.	157