



Ten Tips to Help People Undertaking eMH Treatment Programs

1. Be patient with the registration process – you only have to do it once!
2. If the program you are doing asks you how you are every time you log on you can usually skip it, but answering can provide you with important information about your progress.
3. Set aside a specific time in the day and the week to work on the program. Treat it like you would an appointment with a professional.
4. Keep a notebook or journal to record your thoughts as you progress through the course.
5. Download, and maybe even print out, resources and other things you might want to refer back to. If you have the skills (it's not difficult) you might even like to take screenshots of things that are important for you in the programs and paste them onto a document of your own
6. Don't try and do the program all at once. Give yourself time to do the exercises in each program and to think about what each part means to you.
7. Set yourself goals each week to work on between sessions.
8. Ask for help if you have trouble with any of the content
9. Involve a supportive friend or relative in your use of the program – it's good to have someone to discuss it with and they might benefit from it too!
10. Don't expect to see immediate benefit. It takes time for new ideas to grow.