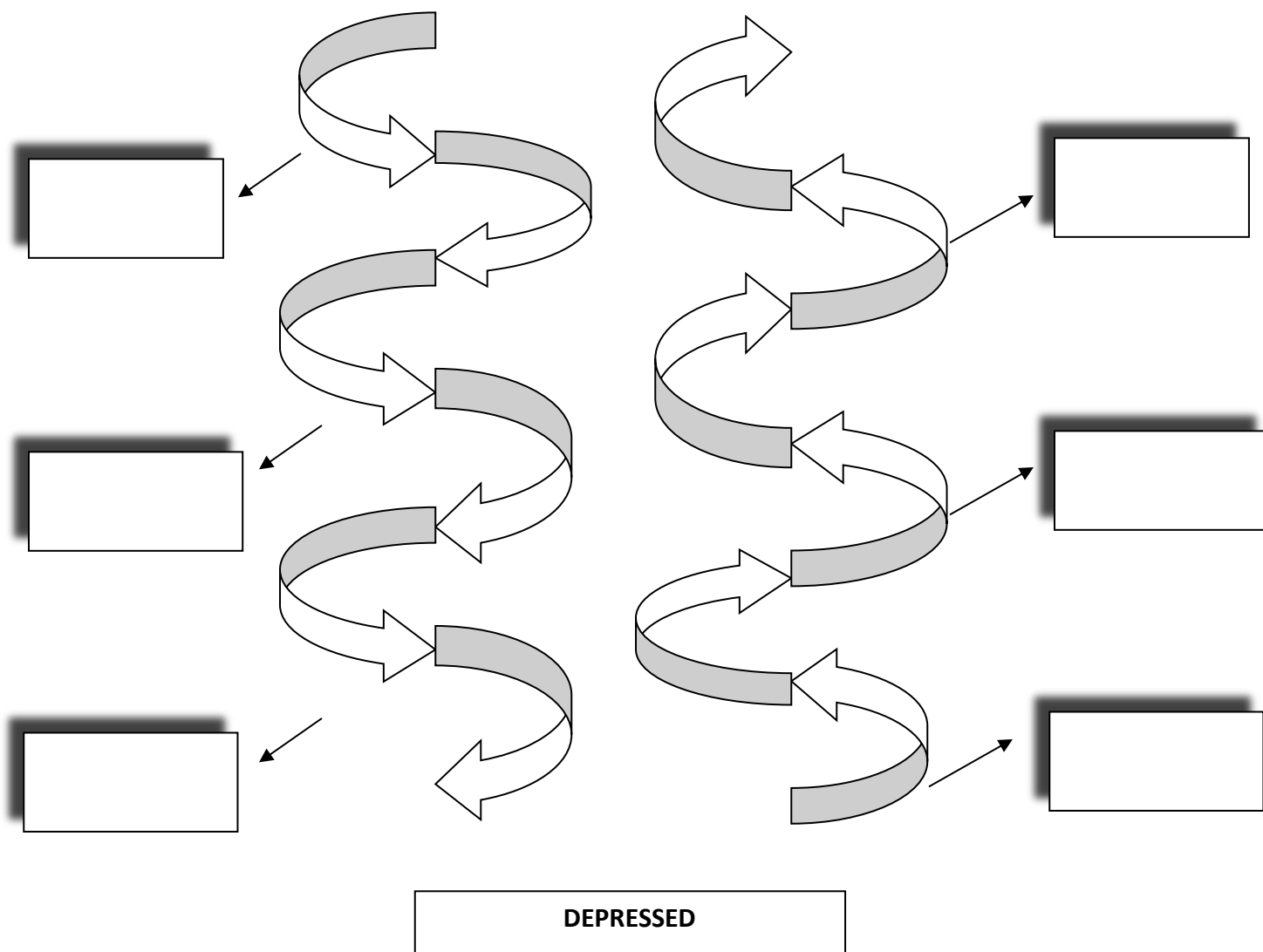


Depression Spiral

Depression often involves feelings of sadness, irritability, or ambivalence (e.g., “I don’t care”), doing fewer enjoyable activities (e.g., withdrawing from others), and thinking more negatively (e.g., “I’m worthless,” “Why bother?”). As the spiral downward on the left represents, negative thoughts and withdrawal can lead to feeling “depressed.” As shown on the right, focusing on valued thoughts and engaging in valued activities can reverse that spiral, leading to living the life that you choose. Use the blocks on the left spiral to write the thoughts that are leading to a downward spiral and feeling depressed. Use the block on the right spiral to write the thoughts and activities that could lead you to live a more valued life.

“Stressful” Situation/Event

Living the Life You CHOOSE



Recognizing Depression

How do you know when you or someone else is depressed? What are the signs?

Some signs include the following:

Physical	Behavioral	Thoughts	Emotional
Tired or fatigued	Doing less	Difficulty concentrating	Sadness
Appetite change (increase or decrease)	Sleeping more or less	Expecting the worst	Anger/irritability
More aches and pains	Withdrawing from others	Thoughts of suicide	Guilty feelings

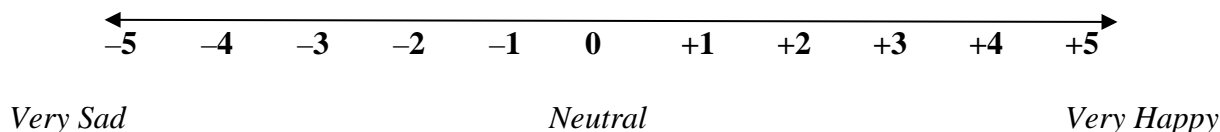
What are the physical, emotional, and behavioral signs of depression that you have noticed in yourself?

Physical	Behavioral	Thoughts	Emotional

Improving Your Mood

To identify the situations that affect your mood, it can be helpful to monitor how your mood changes. Consider using this diary to track how your mood changes from day to day and try to identify patterns that occur.

Daily Mood Record



1. Using the scale above, rate your general level of sadness or happiness at the end of each

day.

2. This rating is based on how you felt on average over the course of each day.
3. If you felt great, mark +5.
4. If you felt really bad (e.g., the worst you have ever felt or can imagine feeling), mark -5.
5. If you felt “so-so” or neither sad nor happy, mark “0.”

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Average
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								

Increasing Activities

When we perceive ourselves as overwhelmed or not feeling well, we often choose to avoid activities that we once enjoyed, but by not spending time in those activities, we have fewer opportunities for enjoyment. One of the most important steps to help reduce depressive symptoms is to engage in potentially enjoyable or meaningful activities.

Setting Enjoyable or Meaningful or Physical Activity Goals

1. Is the Goal Realistic?
2. Is a Target Date Set for Completion?
3. Is the Goal Measurable?
4. Is the Goal Broken Down Into Small, Realistic Parts?
5. Once Accomplished, What Rewards Will You Use?
6. Is the Goal Personally Meaningful?
7. Is a Relapse Plan Clearly Established?
8. Example of Goal Setting

Week 1: Walk 8 min/day, 3 days/week

Week 6: Walk 16 min/day, 4 days/week

Week 2: Walk 10 min/day, 3 days/week

Week 3: Walk 12 min/day, 3 days/week

Week 4: Walk 12 min/day, 4 days/week

Week 5: Walk 14 min/day, 4 days/week

Week 7: Walk 16 min/day, 5 days/week

Week 8: Walk 18 min/day, 5 days/week

Week 9: Walk 20 min/day, 5 days/week

Week 10: Walk 20 min/day, 5 days/week