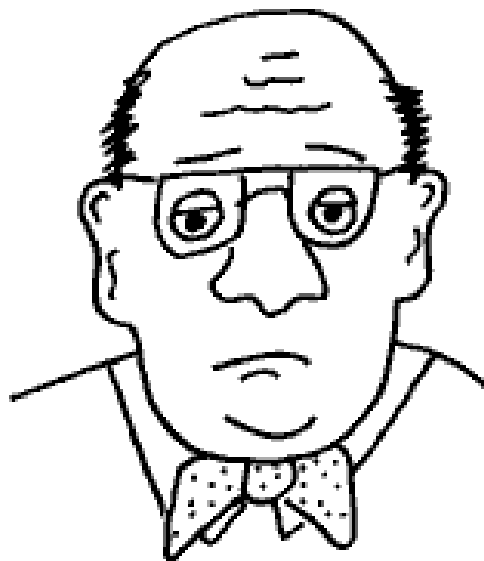


Materials for depression



**These materials can be
used stand alone or in
conjunction with the
depression self-help
guide**

Created by:
CWP Learning Disability Psychology

Schedule activities

Plan activities each day which can make you have a feeling of:



- **Plan activities which are important to you**
- **Plan goals that are realistic and that you might be able to achieve. For example: if you have been avoiding shopping then aim to walk to your local shop and back rather than a full day of shopping. You can plan new goals when you have reached a planned goal.**

Weekly activity schedule

Time of day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	E.g. Eat breakfast and have a shower						
Afternoon	E.g. Go swimming						
Evening	E.g. Go to disco and see friends						

Things you can think about

- What are you thinking about when you get low?
- Is what you are thinking a fact or yours or someone else's opinion?
- Is what your worried about really as important as you think?
- Are you expecting too much from someone or a situation?
- Are you quick to make conclusions or is there another explanation or reason for what's happened?
- Are you only focusing on the worst thing that could happen rather than something positive that could happen?
- Are you putting myself down a lot and being negative about yourself? E.g. I am not good at anything
- Is there another way of thinking about what is happening or yourself?
- Try thinking about the colour **orange** for positive energy and breath out **blue/black** for negative energy.



Positive comments

When you have a negative thought balance it out by making a positive comment about yourself:



Negative thought	Positive comment
E.g. Sarah has ignored me. She doesn't like me	E.g. Sarah looked is busy and she might not have seen me. Sarah probably still likes me.

Lets try and solve a problem

Sometimes it is difficult to understand what is going on and it can be difficult to solve a problem. Lets try and solve a problem together now:

What is the problem?

Have you had this problem before? If so what did you do?

Lets think of some solutions:

Lets think about what is good and bad about each solution:

Lets pick a solution which you can try out:

Keeping a depression diary

- an depression diary is really useful
- it helps you keep a check on what makes you feel low
- it helps you to learn how to improve your mood



This is a depression diary

You can photocopy more pages if you need to

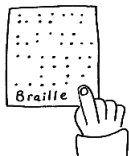
Fill in the boxes every time you feel low



Date and time:	What were you doing? e.g. shopping	How did your body feel? e.g. achy	What were you thinking? e.g. worried, "I want to go home"	What did you do? e.g. leave the room, cry

Date and time:	What were you doing? e.g. shopping	How did your body feel? e.g. achy	What were you thinking? e.g. worried, "I want to go home"	What did you do? e.g. leave the room, cry

This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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