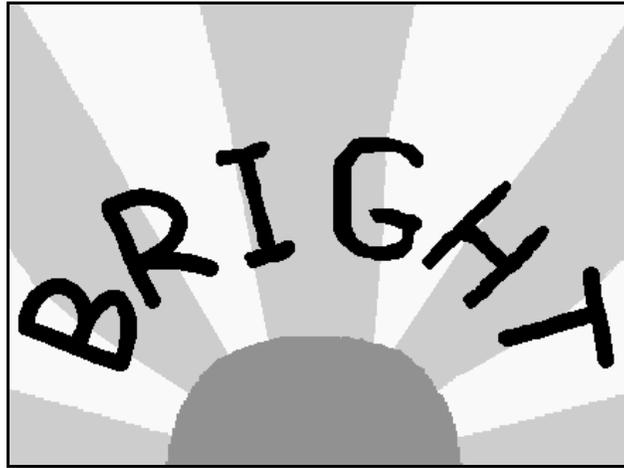


# Group Member's Guidebook

*"Activities and Your Mood"*



August 2006

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Including drawings by Erich Ippen

# **Group Cognitive Behavioral Therapy for Depression**

\*

## **Activities and Your Mood**

Other modules in this treatment program  
are as follows:

Thoughts and Your Mood  
People Interactions and Your Mood

---

**Revised August 2006 based on original manuals by**

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Drawings by Erich Ippen

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\* Please cite in this way

**This is your book to keep. Feel free to write in it.**

**This guidebook belongs to:**

---

**(Name)**

---

**(Date)**



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# SESSION 1: DOING HEALTHY ACTIVITIES TO IMPROVE YOUR MOOD

## PURPOSE

- Get an overview of the group, Cognitive Behavioral Therapy, and depression.
- Understand the connection between activities and mood.
- Understand why you are not doing the activities you used to enjoy.
- Identify activities you enjoyed in the past.
- Choose one activity that you can still do.

## OUTLINE

- I. Welcome
- II. Group Rules
- III. Announcements
- IV. Introductions
- V. What is Depression?
- VI. What is Cognitive Behavioral Therapy (CBT)?
- VII. How Does CBT Treat Depression?
- VIII. How Have You Been Feeling?
- IX. Review
- X. New Topic: The Connection between Activities and Your Mood
  - A. How Does Depression Get in the Way of Doing Activities?
  - B. What Activities Did You Used to Enjoy?
  - C. Coming to Group CBT is a Healthy Activity
- XI. Key Messages
- XII. Practice
- XIII. Feedback
- XIV. Looking Ahead

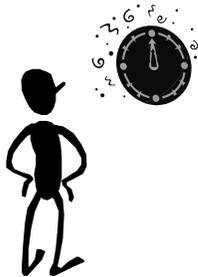


# GROUP RULES

---

**1. Come to every group meeting.** If you can't make it, call us at this number:

( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ (Contact number)



**2. Come to group meetings on time.**



**3. Maintain the confidentiality of the group.**

Please do not share what you hear in the group with anybody else. Likewise, group leaders will not repeat what you say. There are three exceptions.

First, your group leaders share information with each other and with the licensed mental health professional that is supervising the group.

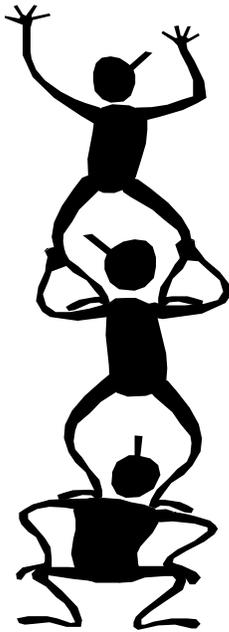
Second, if group leaders hear something that makes them think your health or safety is in danger they will talk with your doctor or others.

Finally, by law, a group leader must report:

- If a child or dependent adult is being abused or neglected.
- If an older adult is being abused or neglected.
- If someone is in danger of hurting himself or herself or someone else.

**4. Be respectful and supportive of others in the group.** The group is based on respect for all people. If you have a problem with another group member and your feelings are getting in the way of your group therapy, discuss the problem with a group leader.

**5. Find a balance between talking and listening.** You and the other group members will get the most out of the group if everybody has a chance to talk about their thoughts, feelings, problems, and experiences.



Plus, in each session, the group leaders need time to introduce new ideas that will help everybody in the group. Unfortunately, the time allowed for each group session is limited. The group leaders will:

- Keep track of the time for each session.
- Gently remind you to give others a turn to talk.

**6. Know that you don't have to share everything.**

**7. Practice.** Practicing outside of class will strengthen your ability to use the skills you have learned and will increase the likelihood that you will feel better.

**8. Tell us if you are unhappy with the group or your treatment.**



## ANNOUNCEMENTS

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The group leader will make any announcements that might be necessary.

Is there anything you would like to let the leader know about?



# INTRODUCTIONS

## Group Leaders

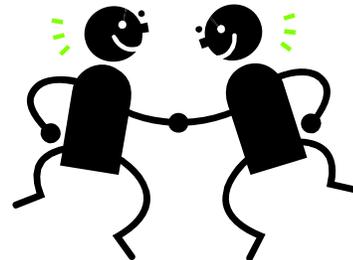
Your group leaders are:

\_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
(Name) (Contact number)

\_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
(Name) (Contact number)

## Group Members

You will be coming to group CBT with the group of people you are meeting in this session. Talking with them will be an important part of CBT.



Now group members will introduce themselves. We will be talking about your experiences with depression as the group progresses. At this time, we want to know a bit about you as an individual. Begin by telling the group your name, and then **choose one or two of the following** subjects to talk about.

- Where you grew up
- Your family
- What kind of work you have done
- Your main interests or hobbies
- Something about yourself that you think is special

# WHAT IS DEPRESSION?

---

## Depression is Common

- Nearly everyone in his or her lifetime feels sad.
- Most adults have had depressed moods and/or know what they are.
- 10–25% of women will have at least one serious episode of depression.
- 5–12% of men will have at least one serious episode of depression.

## *What is depression like for you?*

### Depression is:

- A low mood or sad feelings that make it hard to carry out daily duties.
- Possible at any point in your life.
- Possible diagnosis if you have five or more of the following symptoms most of the day, almost every day, for two weeks or more.

## The Nine Symptoms of Depression

1. Feeling depressed, down, or irritable nearly every day.
2. Loss of interest or pleasure in activities that you normally enjoy.
3. Significant increases or decreases in your weight or appetite.
4. Sleeping too much or too little.
5. Change in the way you move (moving restlessly or slowly).
6. Feeling tired or fatigued.
7. Feeling worthless or having terrible guilt.
8. Trouble concentrating or making decisions.
9. Repeated thoughts of death or suicide.

## **Possible Triggers for Depression**

- Being sick with medical problems
- Biological/chemical imbalance in your body
- Economic/money problems
- Losing someone you love
- Upsetting things happening, or continual problems
- Struggles with people you are close to
- Big life changes
- Stress that lasts a long time

***What was happening in your life when you got depressed?***

## **What You Can Do**

- Come to this CBT group!
- Practice the skills you learn during the CBT group.
- Get help and support from family members, friends, and others.
- Discuss how you feel with your doctor, nurse, therapist, or counselor.
- Ask your doctor if antidepressant medicines might be helpful.

***Let the group leader know if you have thoughts of death or suicide. We can help you get the support you need to feel better.***

# WHAT IS COGNITIVE BEHAVIORAL THERAPY?

---

This treatment provides a specific kind of help—Cognitive Behavioral Therapy, or CBT for short—for people who are depressed. CBT teaches skills to help you change your thoughts and behaviors. These changes can improve the way you feel.

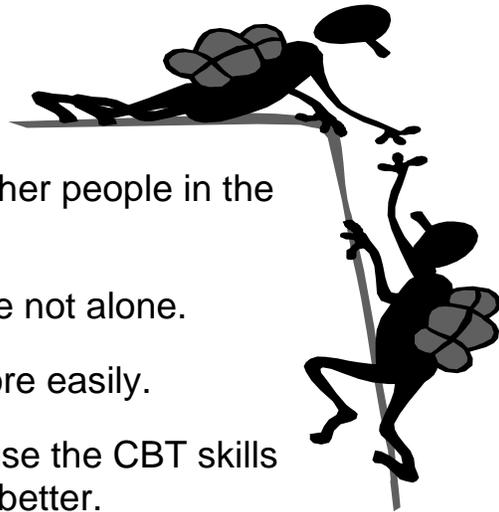
Making changes in your thinking and behavior can help your depression no matter what caused you to feel down. This approach does not mean that your thoughts and behaviors caused your depression in the first place.

## ***“Managing” your depression means to:***

- Make the feelings of depression less intense.
- Make the time that you are depressed shorter.
- Learn ways to prevent getting depressed again, despite real problems.

***The group meetings are helpful because they:***

- Provide you with support from other people in the group.
- Help you understand that you are not alone.
- Help you learn the CBT skills more easily.
- Show many ways other people use the CBT skills to deal with depression and feel better.



***During the group you will learn skills to:***



- Change your thoughts.
- Change your behaviors, including your
  - Activities, and
  - Interactions with other people.
- Improve the way you feel.

***During the group you will NOT be asked to:***



- Lie down on a couch.
- Share all your painful thoughts and experiences.
- Talk at length about your family or childhood.

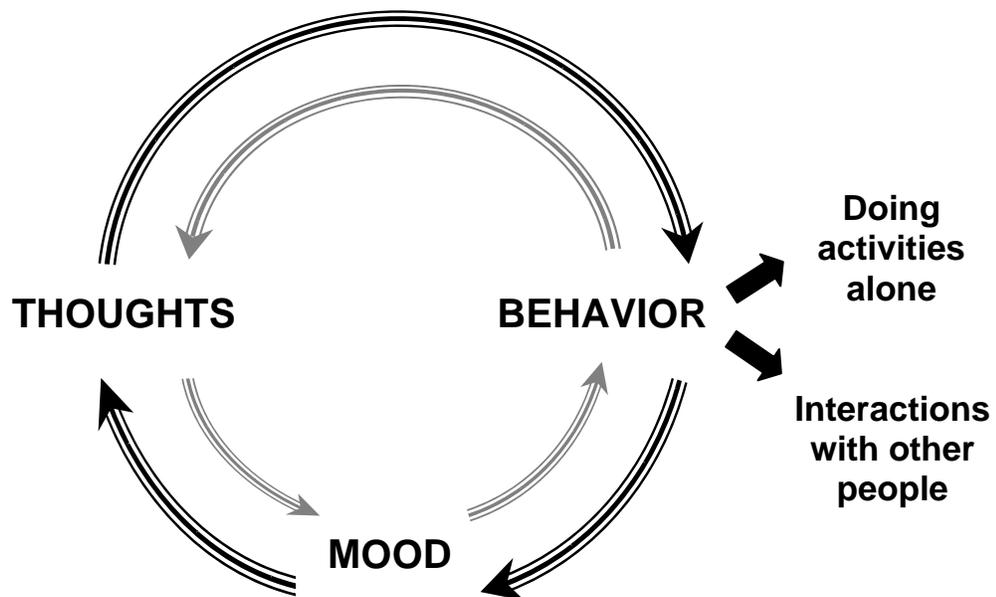
***The group will focus on practical strategies to improve things right now.***

**What does the name “Cognitive Behavioral Therapy” mean?**

**Cognitive** refers to thoughts.

**Behavioral** refers to **how you act** or **what you do**. In CBT, when we talk about behavior, we mean how you act, including what activities you do and how you interact with other people.

We will focus on your thoughts and your behavior to improve your mood.



***This CBT treatment program is organized into three modules with four sessions in each module.***

- Module: How your **thoughts** affect your mood    **= 4 sessions**
- Module: How your **activities** affect your mood    **= 4 sessions**
- Module: How your **interactions with other people** affect your mood    **= 4 sessions**

---

**Total CBT sessions    = 12 sessions**

Group members can join the group at any module. However, each group member must begin with Session 1 of a module. For example, if you begin with the “Activities” module and complete all 4 sessions, you would then continue onto the “People Interactions” module.

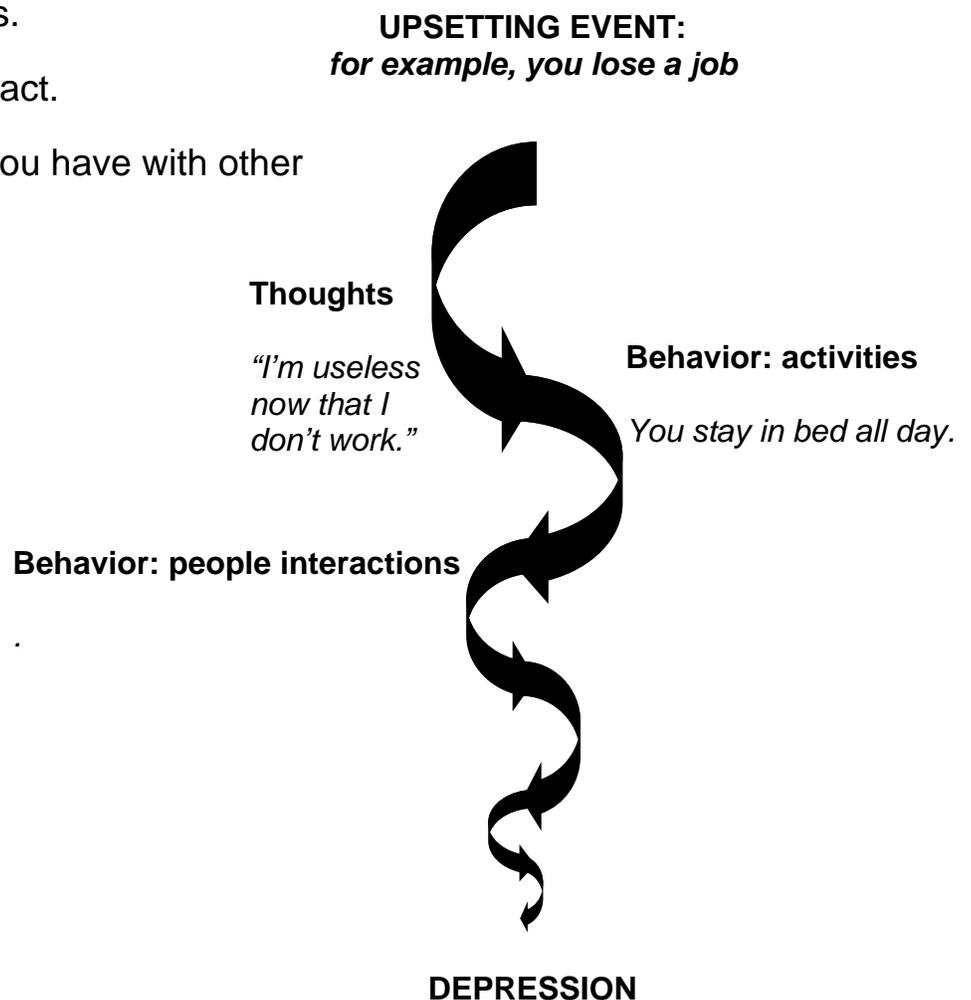
Each module focuses on one subject, but they overlap with each other and you will find that we mention the other subjects throughout the treatment.

# HOW DOES CBT TREAT DEPRESSION?

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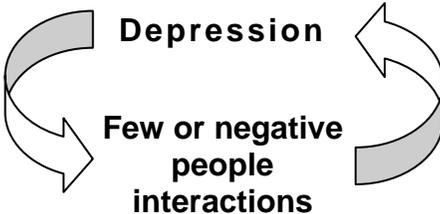
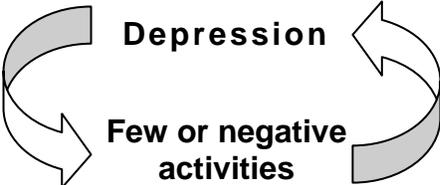
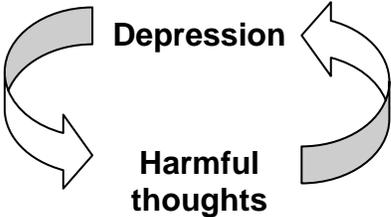
Depression can be looked at as a downward spiral. You might enter the spiral when something upsetting happens. For example: you lose a job or friend, a relative dies, you get sick, or you experience a big disappointment. These upsetting events are real and almost anyone would feel a certain amount of sadness, anger, or frustration because of them. But other factors can add to your suffering. They include:

- Your thoughts.
- The way you act.
- Interactions you have with other people.

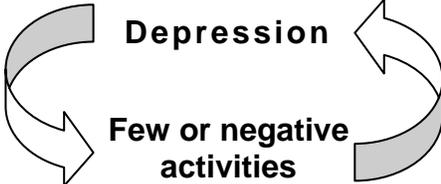


CBT helps you break the downward spiral of depression by teaching you that for each of these factors—thoughts, activities, people interactions—there is a part that you can manage and change. Also, because they are all connected, you can make changes in one area to affect the other areas.

*We will be working on breaking these connections.*



In this module, we focus on the connection between depression and activities.



# HOW HAVE YOU BEEN FEELING?

---

The questionnaire you filled out at the beginning of the session is called the “Patient Health Questionnaire” or PHQ-9 for short. You will fill out the PHQ-9 before Sessions 1 and 3 of each CBT module. It allows you and your group leaders to check how you are feeling today and to keep track of how you are feeling while you are attending the group.



## REVIEW

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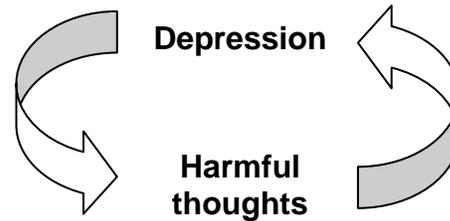
### Practice

If you were part of the CBT program for the last module (“Thoughts and Your Mood”), you have been practicing CBT skills. How is your practice going? At the end of the last module, we asked you to:

- 1. Use the Quick Mood Scale to track your moods and your thoughts.***
- 2. Review in your guidebook*** the ideas for how to have more helpful thoughts. Try them out and think about which works best for you.

## Last Module

***The key messages from the Thoughts module were:***



### ***Session 1: Your Thoughts and Mood are Connected***

- A thought is a sentence you say to yourself.
- A feeling is an emotion or mood.
- Your thoughts can affect how you feel.
- You can use your thoughts to improve your mood.

### ***Session 2: How to Identify Harmful and Helpful Thoughts***

- A harmful thought can lead to another harmful thought, bringing your mood down.
- A helpful thought can lead to another helpful thought, bringing your mood up.
- You can learn to notice your harmful thoughts by being aware of common ways of thinking.
- You can begin to question your harmful thoughts.
- You can try to think in ways that help you have a healthy mood.

### ***Session 3: Talking Back to Your Harmful Thoughts***

- You can learn ways to talk back to your thoughts to improve your mood.
- You can examine your thoughts to learn more about them and decide if they are harmful or helpful.
- You can learn to replace a harmful thought with a helpful thought.

### ***Session 4: How to Have More Helpful Thoughts to Improve Your Mood***

- You can use strategies to have more helpful thoughts.
- Having more helpful thoughts can improve your mood and help you live the life you want.

## NEW TOPIC: THE CONNECTION BETWEEN ACTIVITIES AND YOUR MOOD

---

What you do affects the way you feel. When you are active and do things that are healthy for you, your mood is likely to improve.

Doing activities:

- Can help you feel more positive.
- Creates pleasant thoughts—memories—that stay in your head even after the activity is over.
- Gives you a break from your worries.
- Can help you become healthier physically.

### How Does Depression Get in the Way of Doing Activities?

The thoughts below might get in the way of doing activities. Check any that sound familiar to you. ***They are related to depression. You can feel better, and CBT can help!***

- I don't really feel like doing anything.
- Nothing sounds that enjoyable to me.
- All I want to do is sleep.
- I don't have the energy to take a shower or get dressed.
- I don't deserve to have fun.



**How else does depression get in the way of doing activities?**



loneliness  
DESPAIR  
sadness



f e a r  
stress  
indecision

G U I L T   i s o l a t i o n  
exhaustion



### **What Activities Did You Used to Enjoy?**

What activities did you enjoy before you became depressed,

***Write down one activity you used to enjoy.***



## Coming to Group CBT is a Healthy Activity

Did you find it hard to come to this CBT group? You are normal! When you are depressed, it is hard to do activities. It is also normal to feel nervous about sharing your feelings with a new group of people.

Give yourself a pat on the back—by coming to the group meeting you are doing a healthy activity to help yourself feel better.

Try to remember how you felt before you came to today's session and rate your mood on the scale. Then rate what your mood is now. Can you see that the effort to do an activity can help you feel better?

### Rate Your Mood Before and After CBT

Before I came to CBT today my mood was (circle one number).	
Best mood	9
	8
	7
	6
OK/average mood	5
	4
	3
	2
Worst mood	1

Now my mood is (circle one number).	
Best mood	9
	8
	7
	6
OK/average mood	5
	4
	3
	2
Worst mood	1



## KEY MESSAGES

---

- What you do can affect how you feel.
- It is common for people who have depression to lose interest in doing activities.
- Doing healthy activities can help you feel better. And when you feel better, you will feel more like doing healthy activities.



## PRACTICE

---

This treatment will be successful for you if you learn skills for managing your mood and you feel confident using these skills in your daily life. You will need to practice. If you don't practice the skills, you won't learn them.

Each session's practice will consist of one or more projects that everybody in the group will do. This session's practice is:

**1. Track your mood using the Quick Mood Scale.** The Quick Mood Scale and instructions for how to use it are on the next page. The scale provides a "quick" way for you to keep track of your moods. Try to complete the Quick Mood Scale at the same time each day—for example, before you go to sleep each night. As the treatment progresses, and as you practice the skills you learn in each session, you will probably find that your mood improves.

**2. Do an activity that you used to enjoy.**

**What activity will you do?**

---

---



## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.

Day of the Week							
<b>Best mood</b>	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
<b>OK/average mood</b>	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
<b>Worst mood</b>	1	1	1	1	1	1	1



## FEEDBACK

---

The group leaders will ask for your comments about the session. They might ask the following questions:

- What was helpful about today's session?
- What was less helpful?
- What did you learn that was most helpful in terms of improving your mood?
- What suggestions do you have to improve your treatment?



## LOOKING AHEAD

---

In the next session we will talk about how to think of new activities you might enjoy doing.





## SESSION 2: DOING A NEW ACTIVITY

### PURPOSE

- Find a way to do activities even when you don't feel like it.
- Get some ideas for activities you might like to do.
- Make a commitment to doing a new activity.

### OUTLINE

- I. Announcements
- II. Review
- III. New Topic: Doing New Activities
  - A. The Link between Activities and Mood: A Chaining Activity
  - B. Getting Past Depression: Doing Activities Even When You Don't Feel Like It
  - C. How to Get Ideas for Activities
  - D. Think about Activities that You Can Do
  - E. More Ideas for Healthy Activities
- IV. Key Messages
- V. Practice
- VI. Feedback
- VII. Looking Ahead



## ANNOUNCEMENTS

---

The group leader will make any announcements that might be necessary.

Is there anything you would like to let the leader know about?



## REVIEW

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### Practice

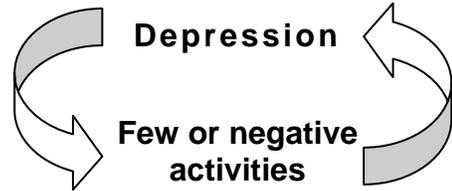
In Session 1, we talked about some practice activities. How did your practice go?

- 1. Track your mood using the Quick Mood Scale.***
- 2. Do an activity that you used to enjoy.***

## Last Session

### *Key messages from last session are:*

- What you do can affect how you feel.
- It is common for people who have depression to lose interest in doing activities.
- Doing healthy activities can help you feel better. And when you feel better, you will feel more like doing healthy activities.



Today we will talk more about the connection between activities and mood. You will get some ideas for new activities that you might enjoy.



# NEW TOPIC: DOING NEW ACTIVITIES

---

## The Link between Activities and Mood: A Chaining Activity



### Instructions

1. In the table on the next page, **write a statement of a fact or an event** on the line next to #5.
2. Think about things you could do that would bring your mood down. What activity might bring your mood down just a little? Don't take a step that is too big. Choose an activity instead of a thought and make sure it is realistic. **Write that activity next to #4.**
3. **Think of a continuous chain of activities** that make you feel worse, until your mood is at its lowest. Write that chain of activities on lines #3, #2, and #1.
4. Complete the rest of the chaining activity spiraling up. What is an activity that would make your mood improve just a little? **Write that activity next to #6.**
5. Fill in lines #7 and #8.
6. What activity might make you really happy? **Write that next to #9.**

**Example** 

<b>Best mood</b>	9.	Join a bowling league.
<b>↑</b>	8.	Go bowling with my new friend.
	7.	Make a new friend at work.
	6.	Join a divorce support group.
<b>Okay/ average mood</b>	5.	<b>I got a divorce.</b>
<b>↓</b>	4.	Don't see old friends who also knew my husband.
	3.	Don't answer the phone.
	2.	Don't get dressed on weekends.
<b>Worst mood</b>	1.	Stay in bed all day.

**Your Chaining Activity** 

<b>Best mood</b>	9.	
<b>↑</b>	8.	
	7.	
	6.	
<b>Okay/ average mood</b>	5.	<b>Statement of a fact or an event</b> _____
<b>↓</b>	4.	
	3.	
	2.	
<b>Worst mood</b>	1.	

The chaining activity illustrates that:

- When you do one activity, you often start a chain--one activity could lead to another activity, other thoughts, other feelings, and contacts with other people. In general, more helpful activities lead to more helpful thoughts and feelings. So it is important to keep in mind that you have some choice in the thoughts and activities you engage in.
  
- Activities are linked to mood. When you feel down, it may be hard to find the energy to do healthy activities. But when you do activities you are more likely to:
  - Feel happier and healthier.
  
  - Have positive thoughts about yourself and your life.
  
  - Have healthy contact with other people.

# Getting Past Depression: Doing Activities Even When You Don't Feel Like It



## ***Depression presents a sneaky problem.***

When you are depressed you often don't feel like doing activities ...

but

... activities can help you feel less depressed.

How can you solve this problem? What thoughts might help you to do an activity even when you don't feel like it? Try to finish these sentences to help you get going.

1. Yes, I don't feel like doing an activity, but \_\_\_\_\_

\_\_\_\_\_

2. If I don't do an activity, I will feel \_\_\_\_\_

\_\_\_\_\_

3. If I do an activity, I might feel \_\_\_\_\_

\_\_\_\_\_

## How can you increase the chances that you will do a healthy activity?

### **Act “as if.”**

Even if you are feeling down, see what it feels like to act “as if” you feel good. Smile, even if you don’t feel like smiling. Research shows that smiling can help people feel better.

The same applies to doing activities. Try to do an activity even if you don’t feel like it. You might be surprised at how your mood improves.

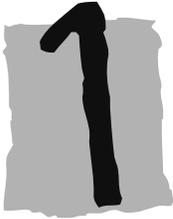


### **Make a move by taking small steps.**



Once you get started doing an activity, it is easier to keep going. What small step could you take right now? If you are standing in your living room, you could either sit down or put on your walking shoes. **Make a move**—put on your walking shoes. What step could you take next? Opening the door? Take one step or walk to the end of the block. See what happens next!

## How to Get Ideas for Activities



**Ask yourself some questions that get you thinking.**  
For example:

- Before you were depressed, did you have plans to try something you had never done before?
- What have you been meaning to do, but keep putting off?
- What were your dreams when you were a child? What did you want to “be” when you grew up? Do those dreams give you ideas for something new you might try?
- What do other group members enjoy? What do your family, friends, or coworkers enjoy?
- When you look at the newspaper or walk outside, do you see people doing healthy activities that you could do?



**Think about activities that you can do:**

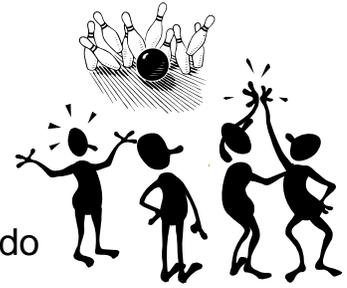
- *Alone*
- *With other people*
- *For free*
- *Quickly and simply*

***It is good to have activities you can do alone.***

- You can control when you do them and you are not dependent on anyone else.
- It is important to have time alone to think and enjoy your own thoughts.

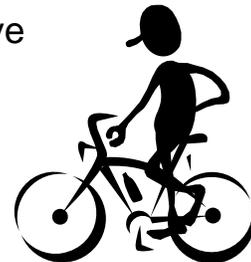
***It is also good to have activities you can do with other people.***

- Pleasant contacts with people often make us feel better.
- Other people may increase your motivation to do the activity.
- Doing fun stuff together helps people enjoy each other more, and can build and improve relationships.



***Activities that are inexpensive or free are important.***

- You can do more of them.
- You won't feel stressed because you are spending money.
- You can do them at any time, whether you have extra money or not.



***Activities that don't take too much time are important.***

- You can do more of them.
- They are useful when you are busy and can't find a lot of time.
- Brief activities give you a glimpse of the beauty of the world.

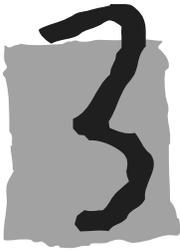
## Healthy Activities: What Could You Do?

Alone	
With other people	
Free or low cost	
Short and simple	

***“I will do one or more of these activities before the next CBT session.”***

---

*Your Signature*



It may be helpful to think about healthy activities in four general categories.

**Self-care activities** are the things you do to take care of yourself and the business of your life. For example:

- Taking a shower
- Getting to sleep on time
- Paying the electric bill

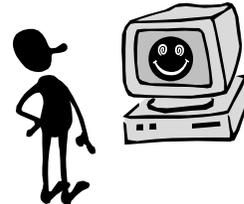


**Fun activities** are simple, healthy things you do that bring you pleasure. For example:

- Going to a movie with a friend
- Walking
- Listening to music
- Watching a bird in a tree

**Learning activities** give you a sense of accomplishment or of having learned to do something well. For example:

- Learning how to work a computer
- Starting an exercise program
- Reading a book or newspaper
- Practicing the CBT skills



**Meaningful activities** fit with your values. Meaningful activities boost your healthy self image and bring purpose to your life. For example:

- Being a good parent or friend
- Working
- Letting somebody else go first in line
- Participating in church, social, political, or community activities

## More Ideas for Healthy Activities

Here are some ideas of healthy activities that you could do.



1. Wear clothes you like
  2. Listen to the radio
  3. Watch people
  4. Look at clouds
  5. Eat a good meal
  6. Help a neighbor mow the lawn
  7. Care for a houseplant
  8. Show an interest in what others say
  9. Notice good things that happen
  10. Give a compliment or praise someone
  11. Talk about sports or current events
  12. See beautiful scenery
  13. Take a walk
  14. Make a new friend
  15. Go to a movie or play
  16. Go to a museum
  17. Play cards or chess
  18. Watch a sunset
  19. Do artwork or crafts
  20. Learn something new
  21. Collect things
  22. Join a club
  23. Read something inspiring
  24. Volunteer at the animal shelter
  25. Go to a garage sale
  26. Help someone
  27. Rearrange your room or house
  28. Talk on the telephone
  29. Volunteer
  30. Accept a compliment
  31. Read books, magazines, or poetry
  32. Daydream
  33. Brush your teeth
  34. Cook a good meal
  35. Do crossword puzzles
  36. Take a long bath or shower
  37. Talk about old times
  38. Write stories or poetry
  39. Spend time with friends
  40. Sing
  41. Go to church
  42. Read the newspaper
  43. Go to a meeting or a lecture
  44. Exercise
  45. Solve a personal problem
  46. Listen to music
  47. Do outdoor work
  48. Get a haircut or your hair done
  49. Pray
  50. Sit in the sun
  51. Have peace and quiet
  52. Go to a park, fair, or zoo
  53. Write letters
  54. Listen to birds sing
  55. Go to the library
  56. Keep a clean house
  57. Plant flower seeds
  58. Spend play time with family/children
  59. Eat a piece of fresh fruit
  60. Do your laundry
  61. Shine your shoes
  62. Recycle
  63. Practice playing the guitar
  64. Take a class
  65. Improve your math or reading skills
  66. Have the oil changed in your car
  67. Learn yoga or Tai Chi
- Add your own ideas for healthy activities.**
68. \_\_\_\_\_
69. \_\_\_\_\_
70. \_\_\_\_\_
71. \_\_\_\_\_



## KEY MESSAGES

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- Because of your depression, it may feel difficult to get started doing healthy activities.
- Remember that activities can be things you do alone, with other people, or for free. They can be short and simple.
- Activities can fall into four categories: self-care, fun, learning, and meaningful.



## PRACTICE

---

**1. Track your mood using the Quick Mood Scale.** Notice that at the bottom there is a place for you to keep track of how many healthy activities you do each day.

**2. Do one or more new activities.** They can be activities:

- You do alone
- You do with other people
- That are free or low cost
- That are quick and simple

They can be any of the four types of activities:

- Self-care
- Fun
- Learning
- Meaningful

**Hint:** You don't have to feel like doing something to start doing it. Do an activity anyway.

## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- Try to remember about how many healthy activities you did each day and write the number at the bottom of each column.

Day of the Week							
<b>Best mood</b>	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
<b>OK/average mood</b>	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
<b>Worst mood</b>	1	1	1	1	1	1	1
<b>How many healthy activities did you do each day?</b>							



## FEEDBACK

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The group leaders will ask for your comments about the session. They might ask the following questions:

- What was difficult about today's session?
- What did you learn that was most helpful in terms of improving your mood?
- What suggestions do you have to improve your treatment?



## LOOKING AHEAD

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Session 3, in the “Activities and Your Mood” module is called “Overcoming Obstacles to Doing Healthy Activities.”





# SESSION 3: OVERCOMING OBSTACLES TO DOING HEALTHY ACTIVITIES

## PURPOSE

- Identify the obstacles that may come up as you begin to do healthy activities.
- Learn how to overcome obstacles.
- Learn how to create balance in your life with a variety of activities.

## OUTLINE

- I. Announcements
- II. How Have You Been Feeling?
- III. Review
- IV. New Topic: Overcoming Obstacles
  - A. Problem Solving
  - B. Pacing Yourself
  - C. Balancing Your Activities
  - D. Predicting Pleasure
- V. Key Messages
- VI. Practice
- VII. Feedback
- VIII. Looking Ahead



## **ANNOUNCEMENTS**

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The group leader will make any announcements that might be necessary.

Is there anything you would like to let the leader know about?

## **HOW HAVE YOU BEEN FEELING?**

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The questionnaire you filled out at the beginning of Session 1 and again today is called the “Patient Health Questionnaire” or PHQ-9 for short. It allows you and your group leaders to check how you are feeling today and to keep track of how you are feeling while you are attending the group.



## REVIEW

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### Practice

**1. Track your mood using the Quick Mood Scale.**

Did you track your mood using the Quick Mood Scale? Did you count the number of healthy activities you did each day?

**2. Do a new activity.** Were you able to do the new activity you committed to doing? How did you make it happen? How did you feel after doing the activity? If not, what got in the way?

### Last Session

***Last session's key messages were:***

- Because of your depression, it may feel difficult to get started doing healthy activities.
- Remember that activities can be things you do alone, with other people, or for free. They can be short and simple.
- Activities can fall into four categories: self-care, fun, learning, and meaningful.



# NEW TOPIC: OVERCOMING OBSTACLES

## Problem Solving

Be a detective. Try using this problem-solving method to figure out what is making it hard for you to do activities, and then to get past the obstacles.



### Step 1: Identify the Problems

### Step 2: How can you overcome the obstacles?

<p>Tell yourself out loud or in your head what is getting in your way.</p> <ul style="list-style-type: none"> <li>• I would have done it BUT...</li> <li>• I can't do it BECAUSE...</li> </ul>	<p>Think about all the possible solutions to the problems. Don't think about whether the solutions are good or bad, possible or not.</p>
<p>1. I would have done an activity after work, but I worked late and didn't have time.</p>	<p>1. Do an activity that does not take a lot of time. You could:</p> <ul style="list-style-type: none"> <li>• Call a friend to plan an activity for another day.</li> <li>• Water a plant.</li> <li>• Read a story in the newspaper.</li> <li>• Eat an apple.</li> <li>• Take a warm bath before bed.</li> </ul>
<p>2.</p>	<p>2.</p>
<p>3.</p>	<p>3.</p>
<p>4.</p>	<p>4.</p>
<p><b>Step 3</b> Choose the solution that is the best for you, even if it isn't perfect. Or combine two or three of your ideas.</p>	
<p><b>Step 4</b> Try the solution and see if it works.</p>	
<p><b>Step 5</b> If the solution doesn't work, choose a different solution and try it.</p>	

## Pacing Yourself

When you begin to do more activities, you can start small, at your own speed—you don't have to run a marathon the first time you step outside. It is more important to do **something** than it is to do **everything**. What pace is right for you?

**1. Given my energy level, health, and time, if I wanted to exercise, what might I do? (Circle one or write your own.)**

Do nothing.	⇨	Get up and move for 5 minutes.	⇨	Walk 1 block outside.	⇨	Walk around the block.	⇨	Go for a brief walk.	⇨	Go for a long walk.	⇨	Go for a hike.	⇨	Run around the block.	⇨	Go for a 1-mile run.	⇨	Go for a 5-mile run.
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**2. If I wanted to see a movie, what might I do? (Circle one.)**

Do nothing.	⇨	Watch a movie on TV.	⇨	Ask someone to rent a movie for me.	⇨	Go to a video store and rent a movie.	⇨	Go to a small movie theater nearby.	⇨	Go to a large movie theater nearby.	⇨	Go to a large movie theater far away.
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What kind of movie might I watch, given my energy level, health, time, mood, and personal preference?

**(Circle one.)**    romantic comedy    comedy    action    adventure    drama    horror    documentary

**3. What is something else I would like to do?** \_\_\_\_\_

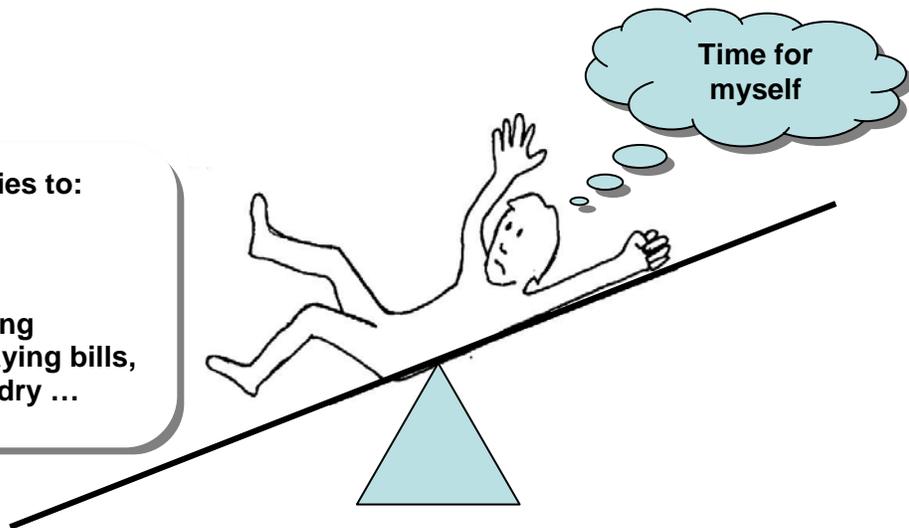
**4. How can I make sure that I do activities at a pace that fits me?** \_\_\_\_\_



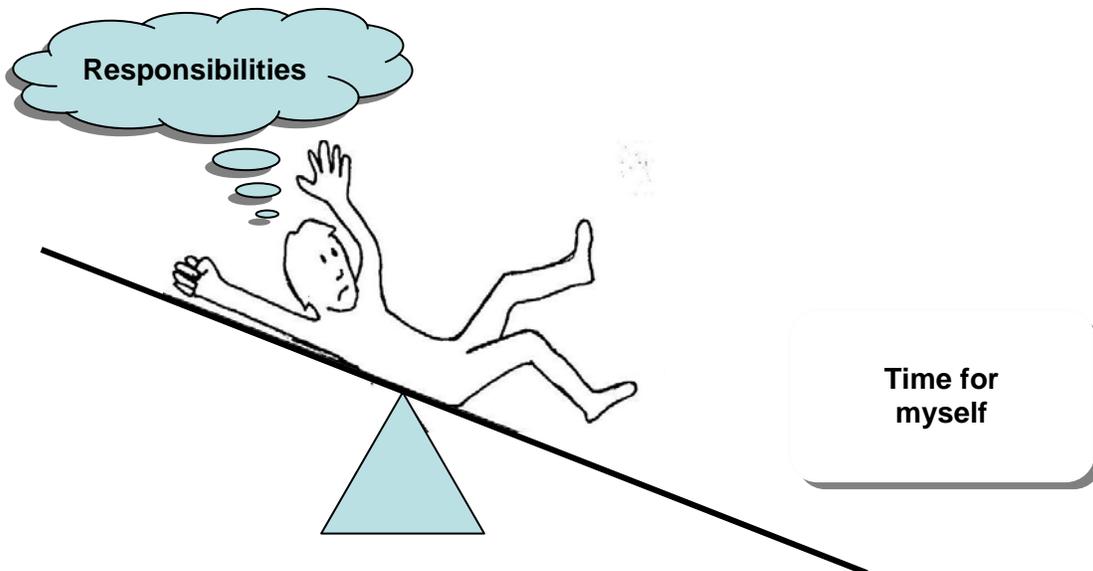
## Balancing Your Activities

### Responsibilities to:

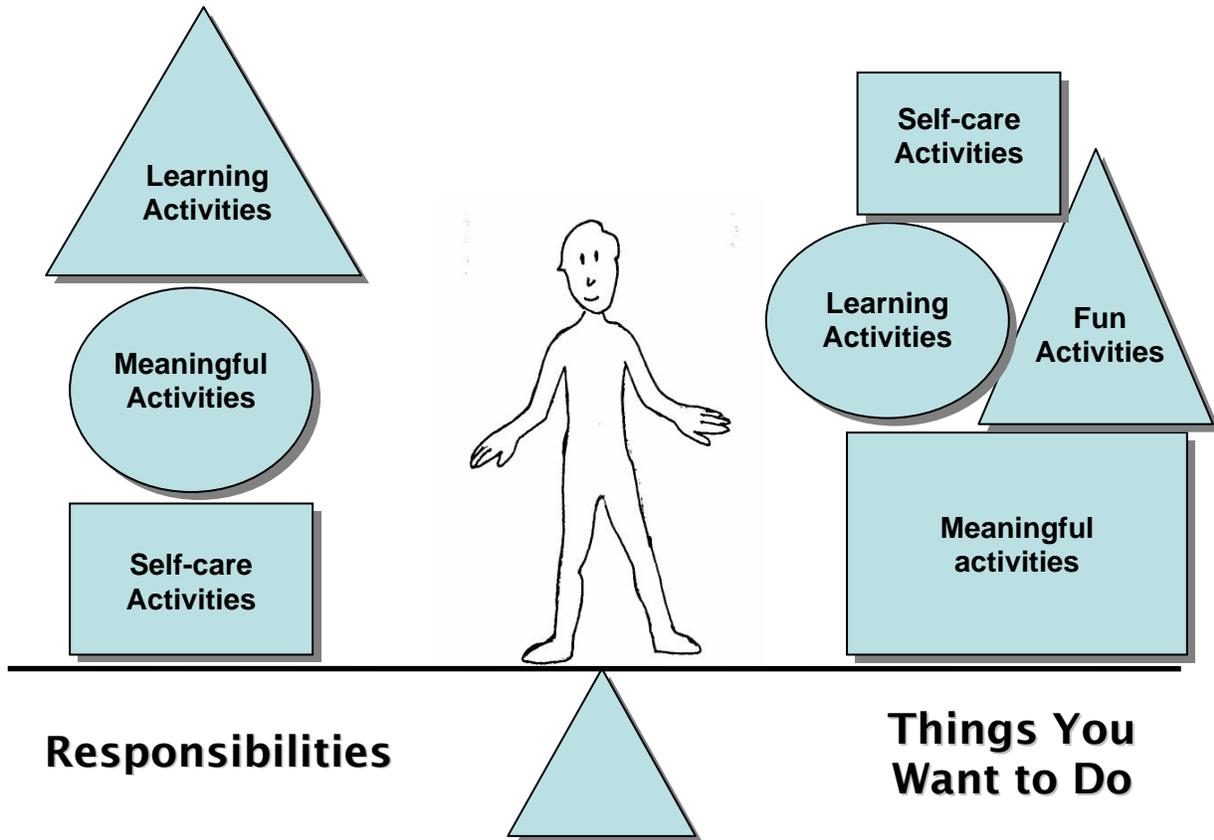
- Family
- Work
- Self—staying healthy, paying bills, doing laundry ...



How you spend your time is important to how you feel. If you spend much of your time doing activities of only one kind, you are likely to feel down more than if you **balance** the types of activities that you do.



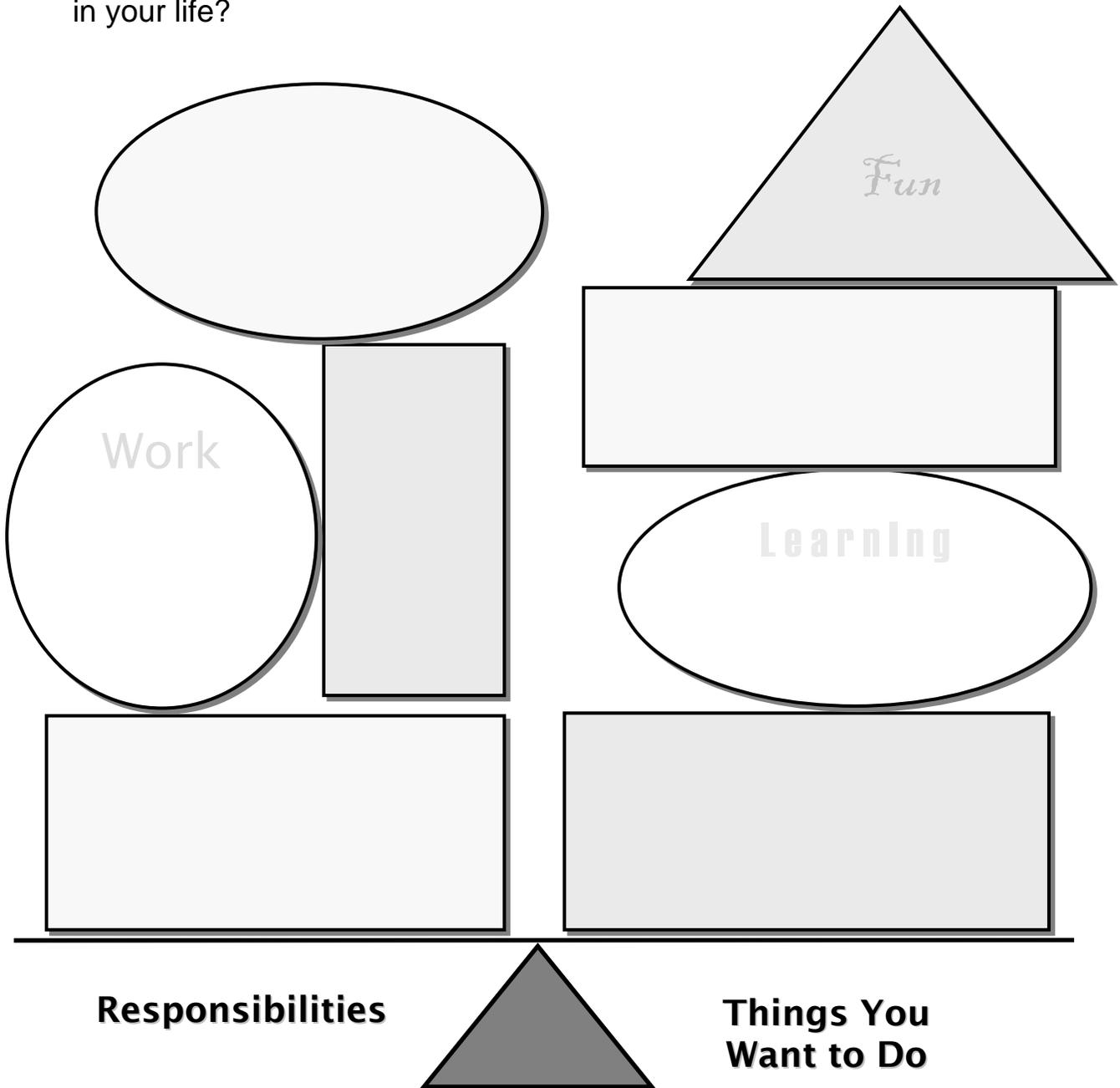
Most people feel best when they balance their time among all types of activities. They take care of themselves and their families, work, have fun, learn, and do things that are meaningful for them.



***Make your own to-do list***

Make a to-do list of some activities that you will do. Write your list in the shapes below. Make sure your list includes a variety of activities so that your life is in balance.

Is one side of the scale heavier than the other? Do you have balance in your life?



## Predicting Pleasure



A common problem for people who are depressed is that even before they do an activity they think it won't be enjoyable. They avoid doing activities, thinking "what's the use?"

You can do three things to increase the chances that you will **DO** activities and that you will **enjoy** them.

- **First**, pick an activity that sounds like it might be **fun for you**. Write it down in the first column in the chart at the bottom of the page.
- **Second**, do the activity under **conditions that will make it most enjoyable for you**. For example, if you have decided which movie to watch, then choose whether you would see it alone or with someone.
- **Third**, do some "pleasure predicting." Before you do an activity, **guess how much you think you will enjoy it**. Even if you don't think you will enjoy it, do it anyway. After you have done the activity, **think about how much you actually enjoyed it**. Most people find that they enjoyed doing the activity more than they expected—and then they are motivated to do another activity.

### Pleasure Predicting Chart (Sample)

Star rating system: * not at all      ** a little bit      *** moderately      **** quite a bit      ***** extremely		
Activity	Before How much do you <b>think</b> you will enjoy this activity?	After How much did you <b>actually</b> enjoy this activity?
Going to a museum	**	***



## KEY MESSAGES

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- You can use problem-solving to help you find solutions to what is getting in the way of doing activities.
- Once you start doing more activities, it is still important to think about obstacles and not create new ones for yourself.
  - Go at your own pace.
  - Balance your activities.
  - Use pleasure predicting to remind you of how enjoyable an activity can be.



## PRACTICE

---

### **1. Track your mood using the mood scale.**

Continue tracking the number of healthy activities you do each day.

### **2. Pick one activity from each of the four categories—self-care, fun, learning, and meaningful—and do them.**

**3.** Before and after you do a new activity, **fill out the Pleasure Predicting Chart** (it is in your guidebook after the Quick Mood Scale).

**4.** If you find it difficult to do the activities, **try using the strategies we talked about** to overcome obstacles—problem solving, pacing yourself, balancing activities, and predicting pleasure.

## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- Try to remember about how many healthy activities you did each day and write the number at the bottom of each column.

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	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
<b>Worst mood</b>	1	1	1	1	1	1	1
<b>How many healthy activities did you do each day?</b>							



## Pleasure Predicting Chart

**Instructions:** See how good you are at predicting fun. Write in the left column some new activities that you could do. Use the star rating system to predict how much you will enjoy the activities. Do two or more of the activities, then afterwards rate how much you actually enjoyed the activities.

Do you see a pattern? What have you learned? Notice in the examples that sometimes a person enjoys an activity more than he or she expects to.

\* **not at all**    \*\* **a little bit**    \*\*\* **moderately**    \*\*\*\* **quite a bit**    \*\*\*\*\* **extremely**

Activity	Before you do the activity: How much do you think you will enjoy this activity?	After you do the activity: How much did you actually enjoy this activity?
Going to a museum	**	***
Talking to a friend	***	*****



## FEEDBACK

---

The group leaders will ask for your comments about the session. They might ask the following questions:

- What was helpful about today's session?
- What was less helpful?
- What did you learn that was most helpful in terms of improving your mood?
- What suggestions do you have to improve your treatment?



## LOOKING AHEAD

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In the next session of the Activities module, we will talk about how doing activities can help you meet some goals.





# SESSION 4: DOING HEALTHY ACTIVITIES TO SHAPE YOUR FUTURE

## PURPOSE

- Talk about setting reachable goals.
- Set a long-term goal.
- Define some short-term steps that will help in reaching the long-term goal.
- Say goodbye to graduating group members.

## OUTLINE

- I. Announcements
- II. Review
- III. New Topic: Doing Activities to Shape Your Future
  - A. The Importance of Setting Goals
  - B. What are Your Dreams for the Future?
  - C. Long-Term and Short-Term Goals
  - D. Steps to Reach My Short-Term Goal
  - E. Celebrate
- IV. Key Messages
- V. Practice
- VI. Feedback
- VII. Review of Activities Module
- VIII. Goodbye to Graduating Group Members
- IX. Looking Ahead to the Next Module



## ANNOUNCEMENTS

---

The group leader will make any announcements that might be necessary.

Is there anything you would like to let the leader know about?



## REVIEW

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### Practice

- Review your Quick Mood Scale. How many healthy activities were you able to do?
- What did you learn by using the Pleasure Predicting chart?
- What did you do last week when you ran into an obstacle to doing an activity?

## Last Session

### *Last session's key messages were:*

- You can use problem-solving to help you find solutions to what is getting in the way of doing activities.
- Once you start doing more activities, it is still important to think about obstacles and not create new ones for yourself.
  - Go at your own pace.
  - Balance your activities.
  - Use pleasure predicting to remind you of how enjoyable an activity can be.

# NEW TOPIC: DOING ACTIVITIES TO SHAPE YOUR FUTURE

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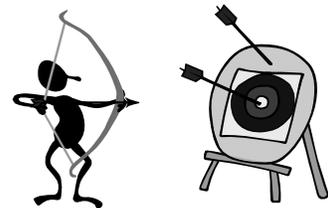
## The Importance of Setting Goals

Depression can take away your motivation. Depressed people often say that they no longer feel a sense of purpose. This makes it difficult to find the energy to do things, even something as simple as getting out of bed. Depression often brings with it the thought: “What’s the point?”

As you start to leave depression behind, you may feel a bit unsure of which way to head. Choosing a goal or goals to move toward can provide **a sense of direction**.

Having a goal helps you to:

- Organize your energy.
- Focus.
- Figure out what is most important to you in life.

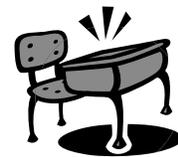


***Goals can give meaning to one’s life.***

If you already have a set of goals in mind, choose those you want to focus on first. If you do not have a set of goals at this time, look to your personal values.

**Values** are general principles or personal guidelines. Ask yourself, “What do I value?” For example, you may choose to live your life with a focus on:

- Family
- Helping other people
- Being good to the environment
- Achieving as much as you can in your work
- Education
- Practicing your faith
- Expressing yourself artistically
- Physical fitness
- Being outdoors
- Meeting certain financial goals



These values would help shape your **goals**.

**Goals** are specific objectives.

Values give meaning to goals.

## Values and Goals

Values	Long-term Goal	Short-term Goals
Family	Build close relationships with immediate and extended family.	Have family dinners five evenings a week. Attend all of child's soccer games. Organize annual birthday parties for mother, sister, and father-in-law.
Helping other people	Make a difference in other people's lives. Teach children to be kind.	Volunteer at a homeless shelter once a month. Take children to visit elderly neighbor once a week.
Respecting the environment	Produce only two pounds of trash per week. Find a job in environmental field.	Recycle. Take a class to learn how to compost. Join Sierra Club and volunteer.
Achieving as much as you can at work	Be promoted within two years.	Be on time every day. Get education and training. Talk often with boss. Take extra assignments.

***Warning: Some goals are destructive. For example:***

- Perfectionism (because no one is perfect)
- Considering yourself “a failure” if you aren’t “the best”
- Setting goals for others and making ***your*** happiness dependent on ***them*** reaching the goals

In the following section, you will work on setting helpful goals. Remember that you can change your goals later. Don't overwhelm yourself by thinking that you have to choose the “best” goals possible, or that your goals have to be ambitious or even special. You are learning to live without depression. Think of this as a way to practice setting goals. Goals can help motivate you to get going.

## What are Your Dreams for the Future?

Working towards your goals will help you feel better.

The self-care, fun, learning, and meaningful activities that you choose to do now can help you reach your goals for the long term (one year from now or longer). Follow these steps to fulfill your dream and improve your mood.



**Step 1. First, set a long-term goal.** It is important that the goal is important to you, to make it worth the work.

It is helpful to set a goal to **do** something instead of **not doing** something. For example, it is easier to “eat more vegetables” than it is to “not eat junk.”



**Step 2. Make sure your goal is realistic.** You might like to travel to Jupiter, but that is a little unlikely. Choose something that is possible and that is right for you.

- Work with the money you have.
- Give yourself a deadline.



**Step 3. Be specific.** Pick your goals and nail them down, stating when, what, how much, where, and how.

Which is more specific?

*I am going to start exercising more, OR*

*I will exercise three times a week starting Monday at the YMCA.*

*I want to do more activities, OR*

*I will do at least one activity a day, even if it is a small activity that takes less than five minutes.*



**Step 4. Make sure your goal is something you can manage.**

You can't make other people do what you want or control their actions no matter how much you ask, beg, plead, or yell.

There are many things in life that you can't control. You can't control what other people do or how they feel.

Make sure your goal is under **your** control.

Make sure that you aren't setting goals for other people; for example, "Next year my son will get all A's and B's on his report card."

If you do what **you** set out to do, you have reached your goal, whether or not other people behave the way you want them to.



**Step 5. Break your goal into steps.** Long-term goals are often big and complicated. It can be overwhelming to try to reach them.

Breaking goals into steps makes your work easier and less stressful.

Steps are like small goals. They need to be specific and under your control.

It's easier to see the progress you are making towards your goal when you take small steps.

Ask for help when you can't reach your goal alone.



**Step 6. Set a short-term goal.**

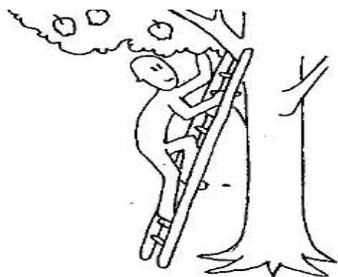
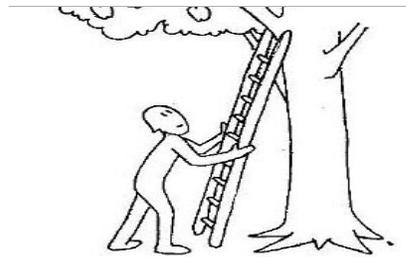
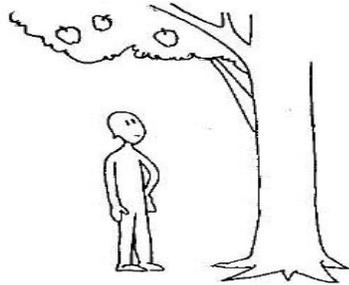
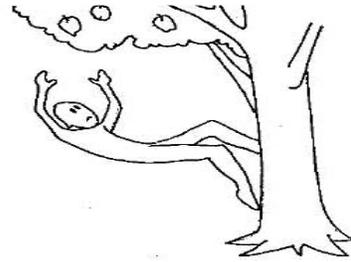
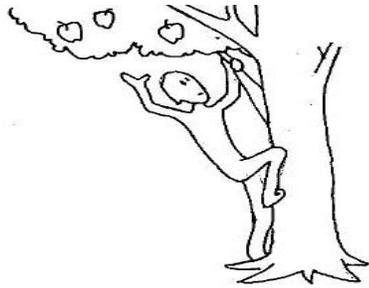
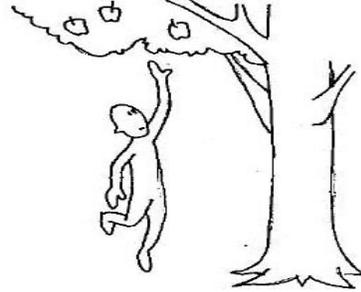
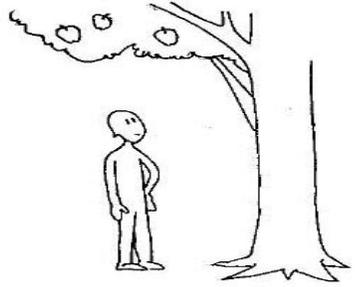
Think of a goal that can be finished in six months—one that will get you closer to your long-term goal.



**Step 7. When you reach your goal or complete a step toward your goal, celebrate.**

Why is it important to celebrate when you make progress towards your goals?

***You can't get to the top of the tree by jumping, but it's easy if you use a ladder and take one step at a time.***



## Long-Term and Short-Term Goals



***My long-term goal*** (at some point in the next year or more)

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***My short-term goal*** (in the next six months)

To achieve my long-term goal, I need to set a short-term goal that will help me get there. My short-term goal is to:

---

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---

## Steps to Reach My Short-Term Goal



Think about these questions related to what you need to do to achieve your short-term goal.

I will begin (when):

---

I will do (what):

---

---

I will do this much (how much or how little):

---

---

I will do it in this place (where):

---

---

I will do it in this way (your method, or the steps you will take):

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Celebrate!

*I will celebrate reaching my short-term goal by:*



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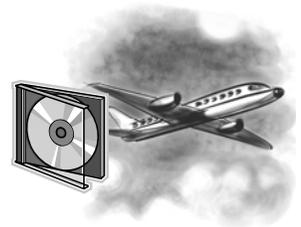
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*I will celebrate reaching my long-term goal by:*



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## KEY MESSAGES

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- To feel good, it is helpful to have daily reasons to enjoy life (activities) and something to look forward to (short-term and long-term goals).
- You can reach your long-term goals by doing short-term activities.
- By setting goals and doing activities, you can shape your future.



## PRACTICE

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1. **Quick Mood Scale.** Keep track of your mood on the Quick Mood Scale. Track the number of healthy activities you do each day.
2. **Do one of the steps** you wrote down to work towards your short-term goal.
3. **Do another new activity.**

## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- Try to remember about how many healthy activities you did each day and write the number at the bottom of each column.

### Day of the Week

<b>Best mood</b>	<b>9</b>						
	<b>8</b>						
	<b>7</b>						
	<b>6</b>						
<b>OK/average mood</b>	<b>5</b>						
	<b>4</b>						
	<b>3</b>						
	<b>2</b>						
<b>Worst mood</b>	<b>1</b>						
<b>How many healthy activities did you do each day?</b>							



## FEEDBACK

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The group leaders will ask for your comments about how Session 4 and the Activities module went. They might ask the following questions:

- What was helpful about today's session and the Activities module?
- What was less helpful?
- What was difficult?

## REVIEW OF MODULE: ACTIVITIES AND YOUR MOOD

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Over the past four sessions, we have been focusing on activities, and you have been learning about how the way you act affects how you feel. You have learned to make changes in the way you act to affect the way you feel.

- How have you made changes in what you do since beginning the Activities module?
- What message or ideas will you take away?

***The key messages from “Activities and Your Mood” are:***

***Session 1: Doing Healthy Activities to Improve Your Mood***

- What you do can affect how you feel.
- It is common for people who have depression to lose interest in doing activities.
- Doing healthy activities can help you feel better. And when you feel better, you will feel more like doing healthy activities.

***Session 2: Doing a New Activity***

- Because of your depression, it may feel difficult to get started doing healthy activities.
- Remember that activities can be things you do alone, with other people, or for free. They can be short and simple.
- Activities can fall into four categories: self-care, fun, learning, and meaningful.

### ***Session 3: Overcoming Obstacles to Doing Healthy Activities***

- You can use problem-solving to help you find out what is getting in the way of doing activities.
- Once you start doing more activities, it is still important to think about obstacles and not create new ones for yourself.
  - Go at your own pace.
  - Balance your activities.
  - Use pleasure predicting to remind you of how enjoyable an activity can be.

### ***Session 4: Doing Healthy Activities to Shape Your Future***

- To feel good, it is helpful to have daily reasons to enjoy life (activities) and something to look forward to (short-term and long-term goals).
- You can reach your long-term goals by doing short-term activities.
- By setting goals and doing activities, you can shape your future.



## GOODBYE TO GRADUATING GROUP MEMBERS

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If you have completed all three modules in CBT, you are now a CBT graduate.

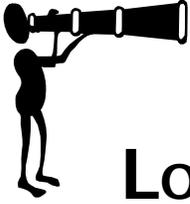
CONGRATULATIONS!

***Since you are leaving the group, you might want to talk about the following.***

1. What have you learned that you think will help you feel better?
2. What have you learned that will help you reach some of your goals?
3. How will you get support in your everyday life when you are no longer coming to group meetings?
4. What will you do the next time you feel depressed?

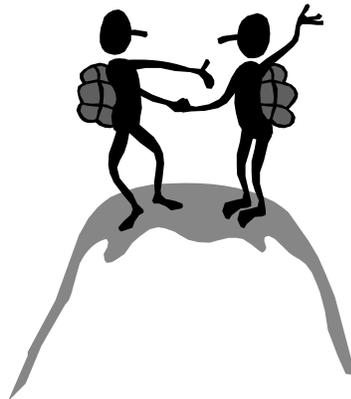
***If you still feel depressed***, tell your group leader, and he or she will help you get further treatment.





## LOOKING AHEAD TO THE NEXT MODULE

The next module is called “People Interactions and Your Mood.” You will learn how depression may cause problems in your relationships and how important it is to have positive contacts with healthy, supportive people.



# RESOURCES FOR GROUP MEMBERS

## ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION

### **Depression and Bipolar Support Alliance (DBSA)**

1-800-826-3632

[www.dbsalliance.org](http://www.dbsalliance.org)

### **Los Angeles County Department of Mental Health**

1-800-854-7771

[www.dmh.co.la.ca.us](http://www.dmh.co.la.ca.us)

### **National Alliance for the Mentally Ill (NAMI)**

1-800-950-6264

[www.nami.org](http://www.nami.org)

### **Project Return** (wellness and support for people with mental illness)

1-213-250-1500 x10

[www.prtns.org](http://www.prtns.org)

### **Recovery Inc.** (self-help program for mental health)

1-312-337-5661

[www.recovery-inc.org](http://www.recovery-inc.org)

## BOOKS AND VIDEOTAPES ABOUT DEPRESSION

### ***Control Your Depression***

Authors: Peter M. Lewinsohn, Ricardo F. Muñoz, Mary A. Youngren,  
and Antonette M. Zeiss.

Published by Fireside Books, New York, New York, 1992.

***Coping with Depression (videotape)***

Author: Mary Ellen Copeland

Published by New Harbinger Publications, Inc., Oakland, California  
1994.

***Feeling Good: The New Mood Therapy***

Author: David D. Burns

Published by William Morrow, New York, New York, 1980.

***The Loneliness Workbook: A Guide to Developing and  
Maintaining Lasting Connections***

Author: Mary Ellen Copeland.

Published by New Harbinger Publications, Inc., Oakland, California  
2000.

***Mind Over Mood: Change How You Feel by Changing the Way  
You Think***

Authors: Dennis Greenberger and Christine A. Padesky.

Published by Guilford Press, New York, New York, 1995.