



MANAGING MY Depression

For people experiencing difficulties around
substance use

If you would like to make and maintain positive changes, this manual is for you!

Aimed at:

- THOSE WHO ARE EXPERIENCING LOW MOODS FOR LONG PERIODS OF TIME
- THOSE WHOSE MOOD IS AFFECTING THEIR EVERYDAY LIFE
- THOSE WHO FEEL HOPELESS, FRUSTRATED AND EMOTIONAL
- THOSE WHO HAVE SEEN A LONG TERM NEGATIVE CHANGE IN THEIR EMOTIONS AND BEHAVIOUR

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never
give
up

Believe
in
Yourself

DEPRESSION

Depression is a low mood that lasts for a long time and affects your every day life. Depression can be experienced at different levels, for some people it may mean being lower in mood than usual whereas for others it can include suicidal ideation and self-harming behaviours.



How is your depression affecting you?

You might move between mild, moderate or severe feelings of depression. There are also specific types of depression:

Seasonal Affective Disorder - depression that occurs at a particular time of year or during a certain season.

Dysthymia – continuous mild depression that lasts for two years or more

Prenatal depression – depression that occurs during pregnancy.

Postnatal depression (PND) – depression that occurs in the first year after giving birth.

Symptoms:

- down, upset or tearful
- restless, agitated or irritable
- guilty, worthless and down on yourself
- empty and numb
- isolated and unable to relate to other people
- finding no pleasure in life or things you usually enjoy
- a sense of unreality
- no self-confidence or self-esteem
- hopeless and despairing
- suicidal.

THE CYCLE OF DEPRESSION

STRESSORS

Any situation that causes strain or hardship, this can be short term or long term.

THOUGHTS

Stressors often lead to negative thoughts, which can be irrational or exaggerated eg., I'm not good at anything, nobody likes me

FEELINGS

The way a person think will have a major impact on the way they feel and vice versa eg., sadness, hopelessness, anger

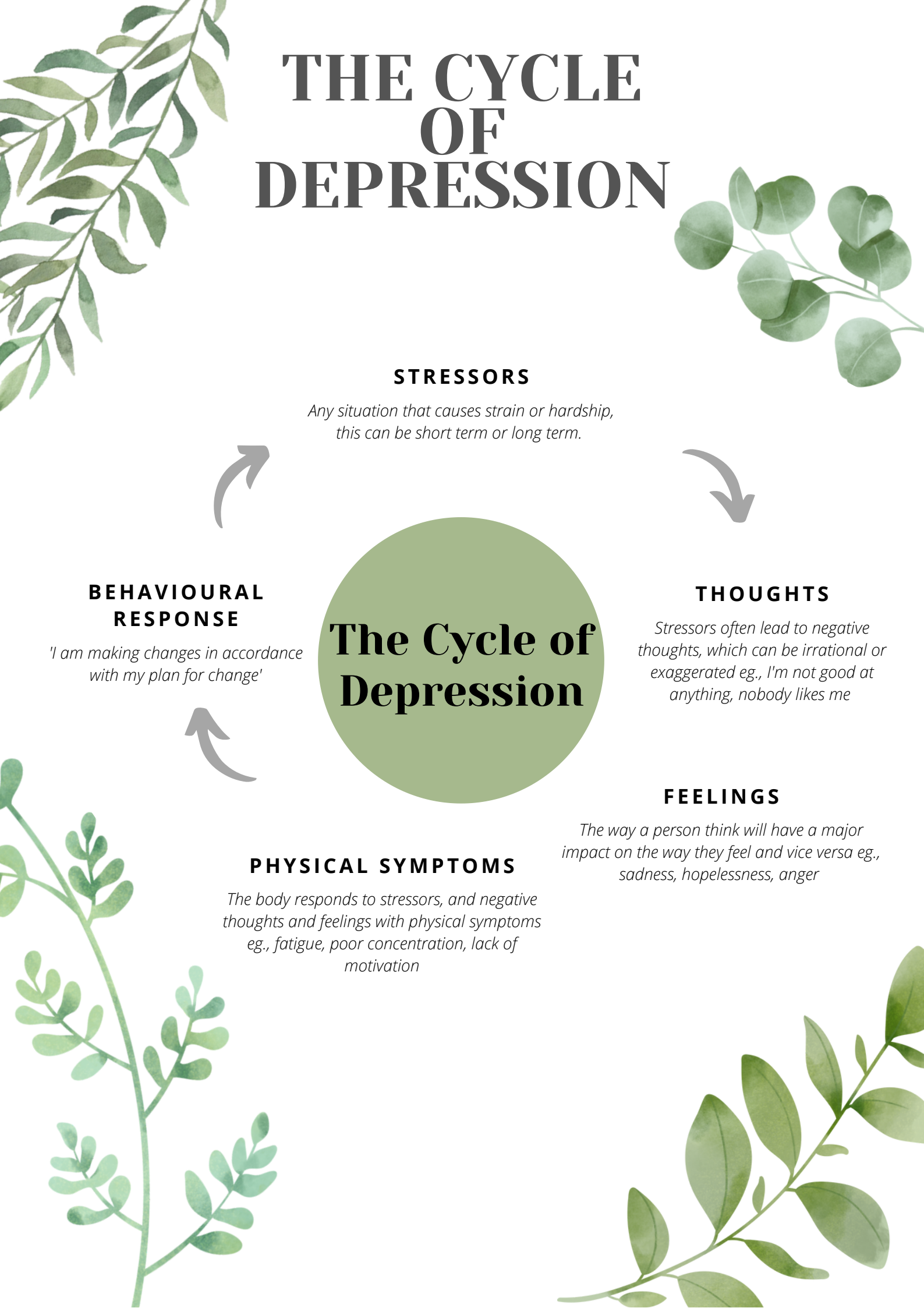
PHYSICAL SYMPTOMS

The body responds to stressors, and negative thoughts and feelings with physical symptoms eg., fatigue, poor concentration, lack of motivation

BEHAVIOURAL RESPONSE

'I am making changes in accordance with my plan for change'

The Cycle of Depression



Identifying Emotions – Sadness Words

sadness	disappointment	pity	crushed	disconnected
despair	homesickness	anguish	displeasure	suffering
grief	neglect	dismay	insecurity	dejection
misery	alienation	hurt	sorrow	gloom
agony	discontentment	rejection	defeat	loneliness



Prompting events for feeling sadness

- losing something or someone
- the death of someone you love
- things not being what you expected
- things being worse than you expected
 - getting what you don't want
- not getting what you have worked for
- not getting what you believe you need
 - being rejected or excluded
- discovering you are powerless
- being with someone who is sad or in pain
- reading or hearing about other people's problems or troubles in the world
 - being alone, or feeling isolated
- thinking about everything you have not gotten
 - thinking about your losses
 - thinking about missing someone
 - other:

Interpretations of Events That Prompt Feelings of Sadness

- believing that separation from someone will never end
- believing you will not get what you want in life
- seeing your life as hopeless
- believing you are worthless
- other:

Biological Changes and Experiences of Sadness

- feeling tired, run down, low in energy
- feeling lethargic, wanting to stay in bed
 - feeling as if nothing is pleasurable
- pain or hollowness in your chest or gut
 - feeling empty
- difficulty swallowing
- breathlessness
- dizziness
- feeling like you can't stop crying
- other:

Expressions and Actions of Sadness

- avoiding things
- acting helpless, staying in bed
 - moping or acting moody
 - making slow movements
- withdrawing from social contact
- avoiding activities that used to bring pleasure
- giving up and no longer trying to improve
- saying sad things
- talking little or not at all
- using a quiet, slow voice
 - eyes drooping
- frowning, never smiling
 - posture slumping
 - sobbing, crying





MY CURRENT THOUGHTS AND FEELINGS



CORE BELIEFS

Everyone looks at the world differently. Two people can have the same experience yet have very different interpretations of what happened. Core beliefs are the deeply held beliefs that influence how we interpret our experiences.

Situation	Core Belief	Consequence
You meet a new person and think about asking them for a date.	 I'm not worthy	Thought: why would they ever go out with me? Behaviour: does not ask the person out
	 I am worthy	Thought: we might have fun if we go out together Behaviour: asks the person out on a date

What is one of your core negative beliefs?

List some things that challenge your core belief:

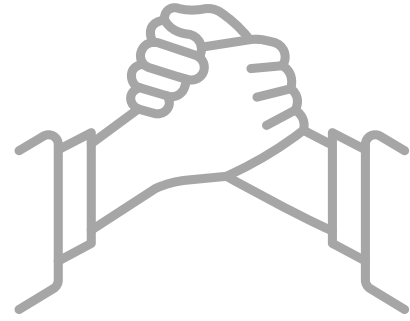




MY GOALS



	My Goal	Changes I can make to Reach my Goal
RELATIONSHIPS		
HOUSING		
SUBSTANCE USE		
FINANCES		
RELATIONSHIPS		
EDUCATION / TRAINING / EMPLOYMENT		
HOBBIES / INTERESTS		
HEALTH		
OFFENDING		



**Who can
help me
achieve my
goals &
how?**



BEHAVIOURAL ACTIVATION

You can attempt to improve you mood by engaging in activities you find enjoyable and completing tasks you were previously neglecting.



3 activities you enjoy:

- 1 -
- 2 -
- 3 -

3 responsibilities you need to take care of:

- 1 -
- 2 -
- 3 -

Try to do at least one activity or responsibility each day and use the following scale to rate your depression, pleasure and sense of achievement before and after the activity.

0 None	1 Minimal	2 Slight	3 Mild	4 Moderate	5 A lot	6 Higher	7 Very High	8 Extreme
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Activity (location, date, time)		Depression	Pleasure	Achievement
	Before			
	After			
	Before			
	After			
	Before			
	After			

WEEKLY SCHEDULE FOR BEHAVIOURAL ACTIVATION

Create a list of activities that will lead to positive experiences in your day. If you are feeling depressed, it might be difficult to complete large tasks therefore start with simple goals and work your way up to more challenging activities.

DAY	MORNING	AFTERNOON	EVENING
EXAMPLE	- Wake by 8am - Walk the dog	- Eat a healthy lunch	- Read a chapter of my book
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

AUTOMATIC THOUGHTS

Depression can often be the result of negative thoughts. An irrational thought will dictate how somebody feels about themselves. Challenging irrational thoughts can help somebody change how they feel.

Answer the following questions to assess your thought:

Is there evidence for my thought?

Is there evidence contrary to my thought?

Am I attempting to interpret this situation without all the evidence?

What would a friend think about this situation?

If I look at the situation positively, how is it different?

Will this matter in a week? How about a year? Or five years?

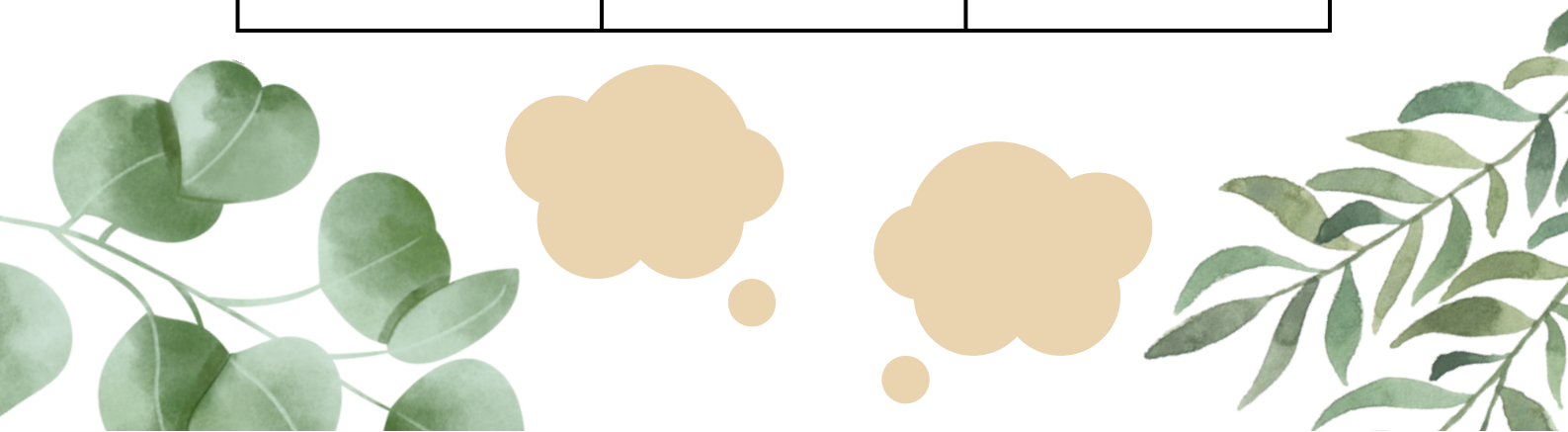


AUTOMATIC THOUGHTS

Our thoughts control how we feel about ourselves and the world around us. Positive thoughts leave us feeling happy however negative thoughts can make us feel low. Sometimes our thoughts happen so fast that we don't notice them, but they still affect us - these are called automatic thoughts.

Identify unhelpful automatic thoughts and replacing them with rational ones can help improve our mood.

Trigger	Automatic Thought	New Thought
EXAMPLE: I forgot I had a telephone appointment and didn't answer my phone	"Everyone thinks I'm a failure and won't want to help me anymore"	"Everyone makes a mistake sometimes, I will take the criticism and use it to help me improve next time"



COUNTERING UNHELPFUL THOUGHTS

Create a rational counter-statement for each of the unhelpful thoughts below.

Unhelpful Thought	Rational Counter-statement
I get into trouble at work. They'll probably want to fire me soon because I always make mistakes.	Example: I made a mistake at work but that's okay because everyone does it sometimes. I will use the criticism and feedback to make sure I don't make the same mistake again.
My partner was angry with me yesterday and shouted at me for not putting the washing out. I am so irresponsible.	
How will I ever get new friends? Everyone else is much cooler than me, I don't have any hobbies so nobody will want to be my friend.	

Now, come up with some of your unhelpful thoughts and create rational counter-statements for them.

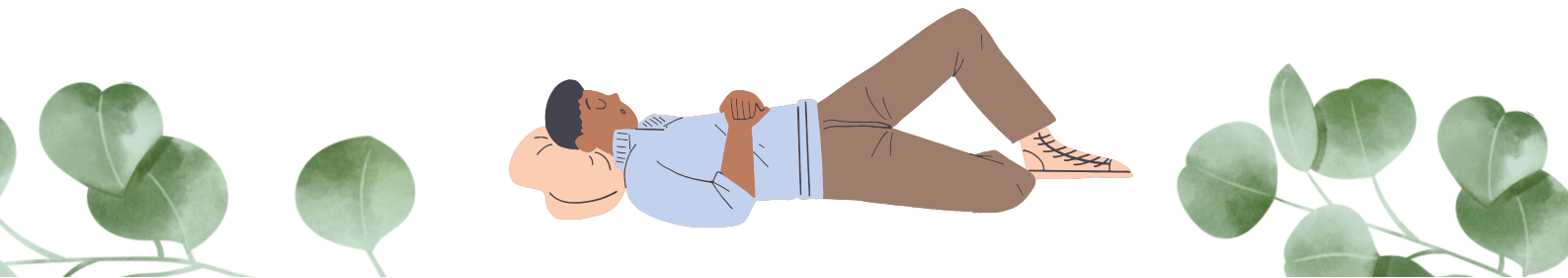
Unhelpful Thought	Rational Counter-statement

DE-CATASTROPHISING

Cognitive distortions are irrational thoughts that have the power to influence how you feel. Everyone has some cognitive distortions—they're a normal part of being human. However, when cognitive distortions are too plentiful or extreme, they can be harmful.

One common type of cognitive distortion is called catastrophizing. When catastrophizing, the importance of a problem is exaggerated, or the worst possible outcome is assumed to be true. By learning to question your own thoughts using a skill called cognitive restructuring, you can correct many of these distortions.

	COMMENTS
What are you worried about?	
How likely is it that your worry will become true? Give example of past experience or evidence to support your answer.	
If your worry does come true, what is the worst that can happen?	
If your worry does come true, what is most likely to happen?	
If your worry does come true, what is the likelihood you'll be okay in one week, one month and in one year?	% % %






GRATITUDE JOURNAL

'Three good things' is a great exercise to record the positives in each day, no matter how big or small. Practising gratitude daily can increase positive emotions and improve well-being.

To begin with, start using some of the prompts below. However, eventually you should begin to find the positives in life without prompts.



One good thing that happened to me today was...

Today I had fun when...

Something I accomplished today...

Something good that I saw someone do...

Someone I was thankful for today...

Today I smiled when...

Something I was thankful for today...

Something about today I'll always want to remember...

Today I was proud of myself because...

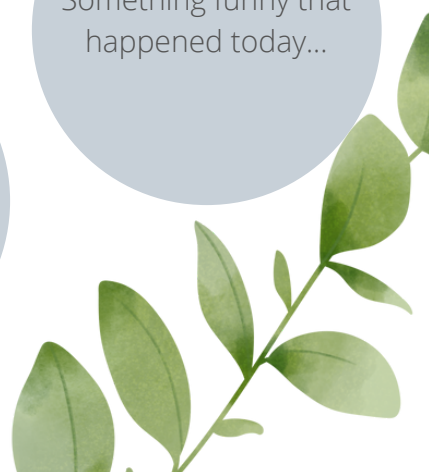
Today was special because...

Something interesting that happened today...

Something funny that happened today...

Now try thinking of some yourself...

My favourite part of today...




POSITIVE JOURNAL




Every day we experience good and bad moments. Unfortunately, as humans we tend to focus more on the bad experiences whilst forgetting the good experiences. For example, we are more likely to remember one argument over numerous good days.

We should make the effort to remember the good experiences, it can help improve our mood. Practice this by recording three good moments about each day, use the table below as a template.


Monday



Tuesday



Wednesday




Thursday

Friday

Saturday

Sunday



PROTECTIVE FACTORS

Protective factors allow a person to be resilient when faced with challenges. Someone with a lot of protective factors, such as a strong support network or healthy coping skills, will be able to deal with obstacles better.

Many protective factors are out of your control, such as genetics, your neighbourhood, and family - these cannot be changed. However, you can choose the people you have in your life and how you spend each day.

By focusing on what you can control, you will improve your ability to cope.

My Protective Factors:

Review each of the following protective factors below and rate how much support you have from each area, give details on what could improve and what is helpful in each area.

Social Support	Coping Skills
Physical Health	Sense of Purpose
Self Esteem	Healthy Thinking

STRENGTHS AND QUALITIES

Those who recognise their own strengths tend to have higher self esteem leading to more positive overall well-being. However, as we use our strengths everyday, we can become desensitised to them and no longer appreciate them. Therefore we begin to see ourselves as ordinary and others as 'better' than us.

Take the time to appreciate your own strengths in each domain, use this as a reminder of you talented and special you are.

Things I am good at:

Compliments I received:

What I value the most:

Challenges I have overcome:


Things that make me unique:





THREE GOOD PEOPLE

Being aware of and using your strengths can improve happiness, self esteem and goal achievements. Three good people is a strengths spotting exercise, where you can reflect on the strengths of those you admire and look for them in yourself.



Think about an inspiring character from a book, movie or TV show...	
List their strengths...	
How do they use their strengths to overcome challenges or in daily life?	



Think about an inspiring person you know...	
List their strengths...	
How do they use their strengths to overcome challenges or in daily life?	

Think about your strengths...	
How do you use your strengths in every day life?	
How have you used your strengths to overcome a specific challenge?	







ABC PLEASE

To work on emotional regulation, you need to work on reducing your vulnerability to your emotional mind which supports you in a building the life you want to live. A way to remember the skills is using the term ABC PLEASE.

A	Accumulate Positive Emotions	Short term: do pleasant things that are possible now. Long term: make changes in your life so that positive events will happen more often in the future.
B	Build Mastery	Do things that make you feel competent and effective to combat helpfulness and hopelessness
C	Cope ahead of time with emotional situations	Rehearse a plan ahead of time so that you are prepared to cope skill-fully with emotional situations
PLEASE	Take care of your mind by taking care of your body	Treat physical illness, balance eating, avoid mood altering substances, balance sleep and get exercise.




**-STAY-
POSITIVE**



MINDFULNESS OF CURRENT EMOTIONS

Part of dealing with depression is learning to let go of emotional suffering, by acknowledging what you are feeling but not letting it overcome you. Being mindful of your emotions means observing, describing and 'allowing' emotions without judging them or trying to change them. Avoiding emotions can increase suffering. Follow the steps below to practice emotional mindfulness and take the time to record how you feel before and after the practice.



OBSERVE YOUR EMOTION

- step back and notice your emotion
- experience your emotion as a wave, coming and going, surf the wave
- try not to block or suppress the emotion, don't try to get rid of it or push it away
- don't try to keep the emotion around or hold on to it



PRACTICE MINDFULNESS OF BODY SENSATIONS

- notice where in your body you are feeling emotional sensations
- experience the sensations as much as you can, take a mental note of them
- observe how long it takes before the emotion goes down

YOU ARE NOT YOUR EMOTION

- do not necessarily act on your emotion
- remember there are times you have felt different, you do not always feel this way

PRACTICE LOVING YOUR EMOTION

- respect your emotions
 - do not judge your emotion
 - accept your emotion
- 
- 

CHECK THE FACTS

Without having your facts straight, it is difficult to problem solve an emotional situation. You need to know what the problem is, for example the event that is causing your emotion and your interpretation of the event. Use your observing and describing skills to observe the facts and describe what you have observed.

STEP 1	ASK: what emotion do I want to change?	Emotion Name: Intensity (0-100):
STEP 2	ASK: what is the prompting event for my emotional reaction?	DESCRIBE THE PROMPTING EVENT What happened that led you to have this emotion?: Who did what to whom? What led up to what?: What is it about this event that is a problem for you?:
FACTS	CHECK THE FACTS: look for extremes and judgements in the way you are describing the prompting event	Rewrite the facts, if necessary, to be more accurate:
STEP 3	ASK: what are my interpretations about the facts?	What am I assuming?:

CHECK THE FACTS

FACTS	CHECK THE FACTS	List as many interpretations of the facts you can: Check the accuracy of your interpretations. If you can't check the facts, write out a useful interpretation:
STEP 4	ASK: am I assuming a threat?	What is the threat? What about this situation? What are the consequences that I am expecting?
FACTS	CHECK THE FACTS: check the accurate of your expectations.	Rewrite the facts, if necessary, to be more accurate:
STEP 5	ASK: what is the catastrophe, even if the outcome I am worrying about does occur?	What is the worst outcome that can occur?: Describe ways to cope:
STEP 6	ASK: does my emotion fit the facts?	What did you do to check the facts?:

RADICAL ACCEPTANCE

Radical acceptance is a complete openness to the facts of reality, without fighting or trying to interfere with them. Radical acceptance is more effective than nonacceptance when faced with difficult emotions.

WHAT IS RADICAL ACCEPTANCE	<ul style="list-style-type: none">- Radical means all the way, completely and totally- It is accepting in your mind, heart and body- It is when you stop fighting reality
WHAT HAS TO BE ACCEPTED	<ul style="list-style-type: none">- Reality is as it is (the facts are the facts)- There are limitations on the future for everyone<ul style="list-style-type: none">- Everything has a cause- Life can be worth living even with painful events
WHY ACCEPT REALITY	<ul style="list-style-type: none">- Rejecting reality does not change reality<ul style="list-style-type: none">- Pain can't be avoided- Rejecting reality turns pain into suffering- Acceptance may lead to sadness, but calmness usually follows



CRISIS SURVIVAL SKILLS

The information below describes what a crisis is and when to use the crisis survival skills.

YOU ARE IN A CRISIS WHEN THE SITUATION IS

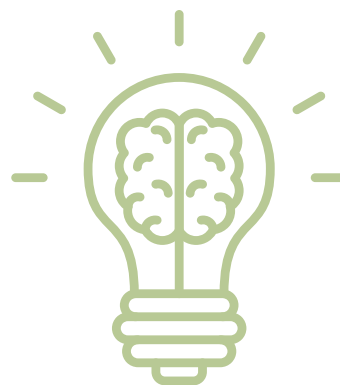
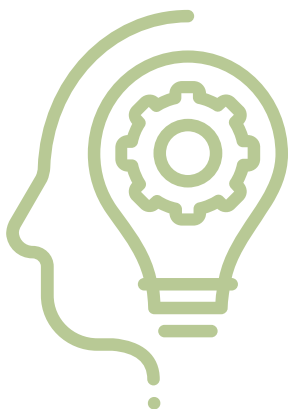
- highly stressful
- short term
- creating intense pressure for immediate resolution



USE CRISIS SURVIVAL SKILLS WHEN

- you have intense pain that cannot be helped quickly
- you want to act on your emotions, but it will only make things worse
- emotional mind threatens to overwhelm you, and you need to stay skillful
- you are overwhelmed, yet demands must be met
- arousal is extreme, but problems can't be solved immediately

DON'T USE CRISIS SURVIVAL SKILLS FOR

- every day problems
- solving all your life problems
- making your life worth living





CRISIS SURVIVAL SKILLS

STOP SKILL

STOP - do not just react. STOP. Do not move. Your emotions may try to make you act without thinking

TAKE A STEP BACK - take a step back from the situation, take a break, take a deep breath. Do not let your feelings make you act impulsively

OBSERVE - Notice what is going on inside and outside you. What is the situation? What are your thoughts and feelings?

PROCEED MINDFULLY - act with awareness, consider your thoughts and feelings, the situation, other people's thoughts and feelings.

TIPP


TIP THE TEMPERATURE OF YOUR FACE WITH COLD WATER - put your face in a bowl of cold water or hold a cold pack over your face.

INTENSE EXERCISE - engage in intense exercise for a short while, expend your body's stored up energy by running, walking, jumping etc.

PACED BREATHING - breathe deeply into your belly, slow your pace of inhaling and exhaling way down, breathe out more slowly than you breathe in.

PAIRED MUSCLE RELAXATION - while breathing into your belly, deeply tense your body muscles. Notice the tension in your body, while breathing out say the word 'relax' in your mind and let go of the tension.

SELF SOOTHING

- with vision: look at the stars, make pleasing spaces in your living area, light a candle and watch the flame, go to a museum, look at the nature around you
 - with hearing: listen to music, pay attention to nature sounds, learn to play an instrument
 - with smell: use your favourite soap, shampoo, lotions, walk in a woodland area and smell the air
 - with taste: eat some favourite foods, drink your favourite tea, chew your favourite gum
 - with touch: take a long hot bath, pet an animal, put a cold compress on your forehead, wrap up in a blanket
- 

DAILY MOOD CHART

	Happy	Sad	Mad	Tired	Excited	Anxious	Other	Notes
6am - 8am								
8am - 10am								
10am - 12pm								
12pm - 2pm								
2pm - 4pm								
4pm - 6pm								
6pm - 8pm								
8pm - 10pm								
10pm - 12am								
12am - 2am								
2am - 4am								
4am - 6am								

Use this sheet to practice recognising your thoughts, feelings and behaviours. This can help you to track your moods and plan activities to counteract them. Ask you case manager for more sheets.

USEFUL CONTACTS



Anxiety UK
03444 775 774 (helpline)
07537 416 905 (text)
anxietyuk.org.uk

Advice and support for people living with anxiety.

British Association for Counselling and
Psychotherapy (BACP)
bacp.co.uk
Professional body for talking therapy and
counselling. Provides information and a list of
accredited therapists.

Campaign Against Living Miserably (CALM)
0800 58 58 58
thecalmzone.net

Provides listening services, information and
support for anyone who needs to talk, including a
web chat.

Cruse Bereavement Care
0808 808 1677
cruse.org.uk

Information and support after a bereavement.

Depression UK
depressionuk.org

Depression self-help organisation made up of
individuals and local groups.

MIND
Pontypool: 01495 757 393
Brynmaur: 01495 311 445
Neport: 01633 258741
Caerphilly: 01443 816945
Monmouthshire: 01873 858 275

Do IT
doit.life
Lists UK volunteering opportunities.

The National Association for People Abused in
Childhood (NAPAC)
0808 801 0331
support@napac.org.uk
napac.org.uk
Supports adult survivors of any form of childhood
abuse. Offers a helpline, email support and local
services.

National Institute for Health and Care Excellence
(NICE)
nice.org.uk
Produces guidelines on best practice in healthcare.

National Childbirth Trust (NCT)
0300 330 0700
nct.org.uk
Provides information, support and classes for
parents.

NHS UK
nhs.uk
Information about health problems and
treatments, including details of local NHS services
in England.

Melo Cymru
melo.cymru
Support and resources for your mental wellbeing

CALL Helpline
0800 132 737
Provides a confidential mental health listening and
emotional support line which is open 24/7.

