

ACTIVITIES 1--ACTIVITIES AND YOUR MOOD

SESSION OUTLINE

- I. Welcome
- II. Group Rules
- III. Introductions
- IV. Review of the Model
- V. New Material: The Relationship
Between What You Do and How You
Feel
- VI. Take Home Message
- VII. Personal Project

The purpose of today's meeting:

- Explain the purpose of group meetings and talk about the treatment model.
- To introduce ourselves to each other.
- To learn what depression is.
- To learn a helpful way to think about depression.
- To learn how what we do affects how we feel.

HOW DOES WHAT I DO AFFECT HOW I FEEL?

<u>Things I like to do</u>	<u>How I feel when I do them</u>

- Pleasant activities can make us feel more positive.
- Pleasant activities help us focus on healthier things than our worries.
- Pleasant activities give us a break from our problems.
- Pleasant activities can help us become more physically healthy.

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HOW DOES HAVING DEPRESSION INTERFERE WITH THE THINGS I MIGHT WANT TO DO?

How does depression interfere with my doing healthy activities?
e.g. Takes away interest or motivation.

When I am depressed what thoughts get in the way of my doing activities?
e.g. "I don't feel like doing anything."

Depression interferes with my positive contacts with others in the following ways:

e.g. Reduce contacts with others and avoid people.

Depression interferes with my physical well being in the following ways:
e.g. sleep problems

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Depression also interferes by:

**DOING PLEASANT ACTIVITIES WILL MAKE ME FEEL BETTER, BUT
WHEN I AM DEPRESSED I DON'T FEEL LIKE DOING ANYTHING**

WHAT CAN I DO?

1. What thoughts might help me do pleasant activities when I don't feel like it?

2. Complete the following sentences.

a. **Yes**, I don't feel like doing a pleasant activity, **BUT** _____

_____.

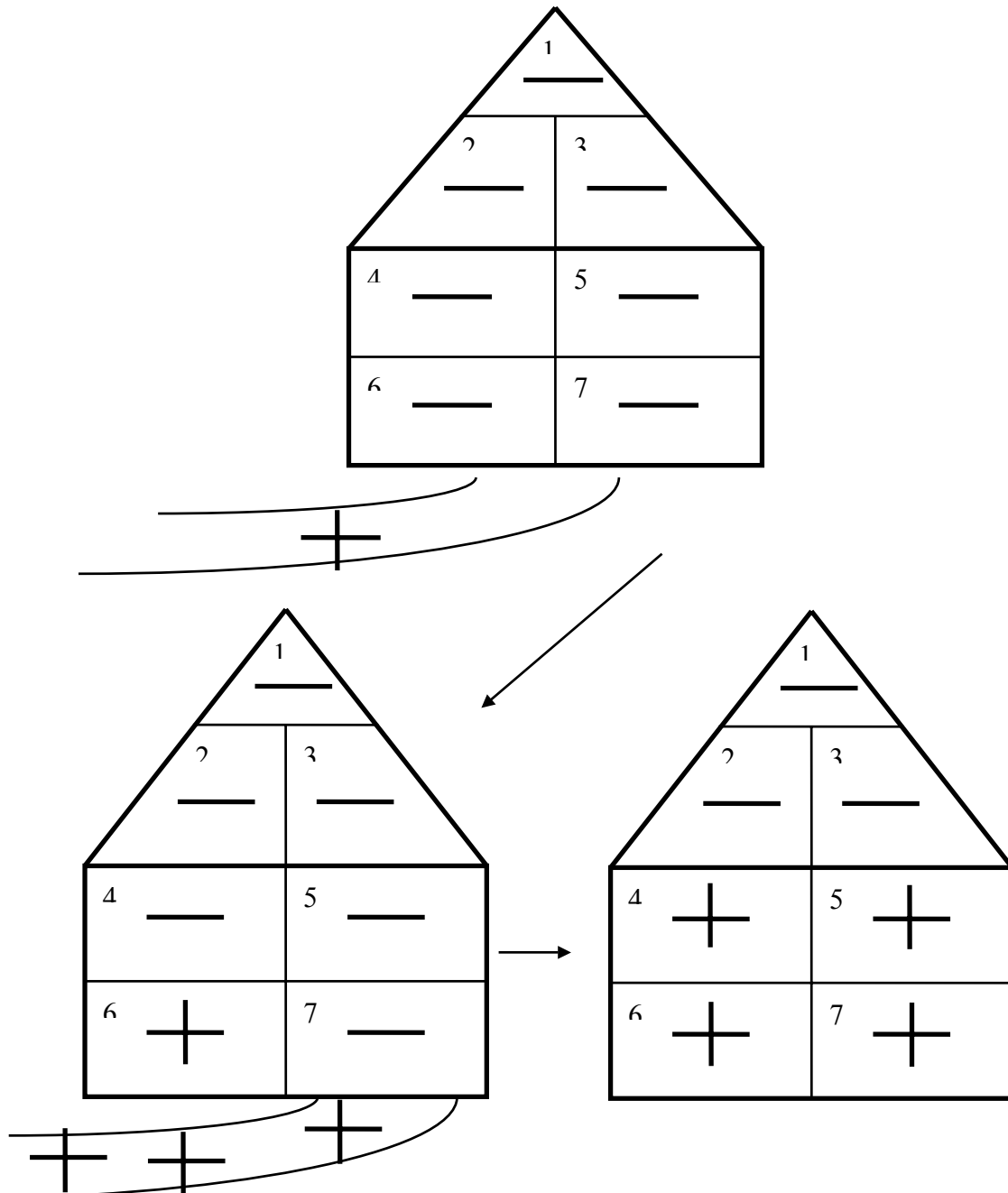
b. If I don't do a pleasant activity, I will feel _____

_____.

c. If I do a pleasant activity, I might feel _____

_____.

WHY DOES DOING PLEASANT ACTIVITIES OR SELF CARE ACTIVITIES MAKE YOU FEEL BETTER?



The mind is like a house. When each of its rooms is full of negative thoughts we have a negative mind or a gloomy house. We can “clean house” by replacing negative thoughts with positive thoughts.

One way to do this is by doing pleasant activities. Pleasant activities often create pleasant thoughts, which replace and clean out negative ones. Then we can have a more balanced mind.

WHAT WOULD IT BE LIKE TO DO SOMETHING FUN RIGHT NOW?

Rate your mood: 1 2 3 4 5 6 7 8 9

Do the activity: _____

Rate your mood: 1 2 3 4 5 6 7 8 9

Any Changes:

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Take Home Message:

Pleasant activities help shape my external reality.

My personal reality is made up of time blocks.

If I can fill more and more of those time blocks with healthy, pleasant events,

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I will gradually make my personal reality more health and more pleasant.
Then, I will feel better.

PERSONAL PROJECT

WEEKLY PROJECT

- 1) Continue tracking mood using the mood scale and track the number of positive events you do each day (see next page).
- 2) Identify activities that are pleasant for you.
- 3) Think about the dilemma: doing pleasant activities will make me feel better but when I am depressed I often don't feel like doing anything.
(Hint: You don't have to feel like doing something to start doing it. Try it!)

OPTIONAL PROJECT (select one of the following activities if you want)

- 1) Do two new pleasant activities next week.
- 2) Pick two pleasant activities that you usually do and increase the number of times you do them over the next week.
- 3) Look through the "Fun and Free in San Francisco" booklet and find two things you could do by yourself and two things you could do with other people.

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QUICK MOOD SCALE

DAY

BEST MOOD	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
OK/AVERAGE	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
WORST MOOD	1	1	1	1	1	1	1

pleasant

activities

- Try to use the whole range, not just 1 , 5 , or 9.
- We find that it is easiest to keep the scale by the bed. That way, before you go to bed, you can think about your day and rate your mood for the day.
- It will feel more natural as you practice it.
- 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, mark you daily mood on the calendar.

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List of Pleasant Activities

Check what you did today:

	DAY	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Wear clothes I like		_____	_____	_____	_____	_____	_____	_____
Listen to the radio		_____	_____	_____	_____	_____	_____	_____
Watch people		_____	_____	_____	_____	_____	_____	_____
Look at clouds		_____	_____	_____	_____	_____	_____	_____
Eat a good meal		_____	_____	_____	_____	_____	_____	_____
Be outdoors		_____	_____	_____	_____	_____	_____	_____
Care for a houseplant		_____	_____	_____	_____	_____	_____	_____
Show an interest in what others say		_____	_____	_____	_____	_____	_____	_____
Notice the good things that happen to family or friends		_____	_____	_____	_____	_____	_____	_____
Compliment/praise someone		_____	_____	_____	_____	_____	_____	_____
Talk about sports/current events		_____	_____	_____	_____	_____	_____	_____
See beautiful scenery		_____	_____	_____	_____	_____	_____	_____
Take a walk		_____	_____	_____	_____	_____	_____	_____
Make a new friend		_____	_____	_____	_____	_____	_____	_____
Go to a movie or play		_____	_____	_____	_____	_____	_____	_____
Go to a museum		_____	_____	_____	_____	_____	_____	_____
Play cards or chess		_____	_____	_____	_____	_____	_____	_____
Watch a sunset		_____	_____	_____	_____	_____	_____	_____
Do artwork or crafts		_____	_____	_____	_____	_____	_____	_____
Learn something new		_____	_____	_____	_____	_____	_____	_____
Collect things		_____	_____	_____	_____	_____	_____	_____
Give a compliment		_____	_____	_____	_____	_____	_____	_____
Read something inspiring		_____	_____	_____	_____	_____	_____	_____
Spend time with family		_____	_____	_____	_____	_____	_____	_____
Go to a garage sale		_____	_____	_____	_____	_____	_____	_____
Help someone		_____	_____	_____	_____	_____	_____	_____
Rearrange my room or house		_____	_____	_____	_____	_____	_____	_____
Talk on the telephone		_____	_____	_____	_____	_____	_____	_____
Do volunteer work		_____	_____	_____	_____	_____	_____	_____
Accept a compliment		_____	_____	_____	_____	_____	_____	_____

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List of Pleasant Activities (continued)

DAY	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Read books or magazines	_____	_____	_____	_____	_____	_____	_____
Daydream	_____	_____	_____	_____	_____	_____	_____
Watch TV	_____	_____	_____	_____	_____	_____	_____
Cook a good meal	_____	_____	_____	_____	_____	_____	_____
Do crossword puzzles	_____	_____	_____	_____	_____	_____	_____
Take a long bath or shower	_____	_____	_____	_____	_____	_____	_____
Reminisce, talk about old times	_____	_____	_____	_____	_____	_____	_____
Write stories or poetry	_____	_____	_____	_____	_____	_____	_____
Spend time with friends	_____	_____	_____	_____	_____	_____	_____
Sing	_____	_____	_____	_____	_____	_____	_____
Go to a church function	_____	_____	_____	_____	_____	_____	_____
Read the newspaper	_____	_____	_____	_____	_____	_____	_____
Go to a meeting	_____	_____	_____	_____	_____	_____	_____
Exercise	_____	_____	_____	_____	_____	_____	_____
Solve a personal problem	_____	_____	_____	_____	_____	_____	_____
Listen to music	_____	_____	_____	_____	_____	_____	_____
Do outdoor work	_____	_____	_____	_____	_____	_____	_____
Get haircut/hair done	_____	_____	_____	_____	_____	_____	_____
Say prayers	_____	_____	_____	_____	_____	_____	_____
Sit in the sun	_____	_____	_____	_____	_____	_____	_____
Have peace and quiet	_____	_____	_____	_____	_____	_____	_____
Go to a park, fair, or zoo	_____	_____	_____	_____	_____	_____	_____
Write letters	_____	_____	_____	_____	_____	_____	_____
Listen to birds sing	_____	_____	_____	_____	_____	_____	_____
Go to the library	_____	_____	_____	_____	_____	_____	_____
Keep a clean house	_____	_____	_____	_____	_____	_____	_____
Other Activities	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____

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