

HEALTH 1 -UNDERSTANDING THE RELATIONSHIP BETWEEN DEPRESSION AND HEALTH

SESSION OUTLINE

- I. Welcome
- II. Group Rules
- III. Introductions
- IV. Review of the Model
- V. New Material
- VI. Relaxation Exercise
- VII. Take Home Message
- VIII. Personal Project

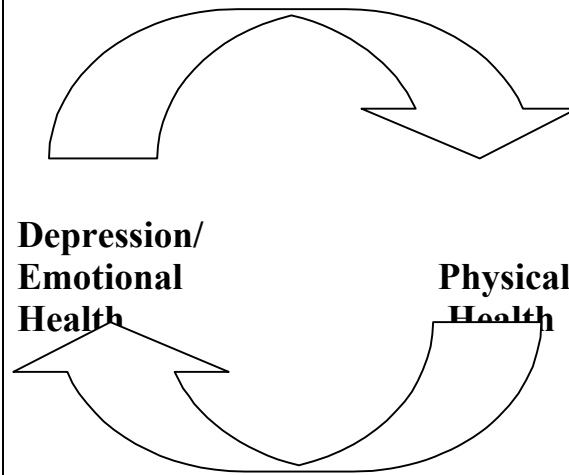
The purpose of today's meeting:

- 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 understand the relationship between depression and physical well-being.
- To gain a better understanding of our health problems.

WHAT IS THE RELATIONSHIP BETWEEN HEALTH AND MOOD?

Problems in emotional health can affect physical health by causing:

- Changes in bodily functions, such as hormone levels
- Changes in blood pressure, heart rate, and immune functioning
- Changes in sleeping patterns and energy level
- Decreased ability/desire to care for self



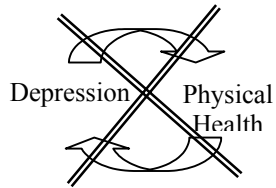
Certain medical problems can cause mood problems:

- congestive heart failure
- hypothyroidism
- arthritis
- certain infections

Health problems also affect emotional health:

- Feel alone
- Feel sad
- Worry more
- Feel angry
- Feel like no one cares
- Feel more depressed

- Depression is a clinical condition that can be treated.
- Depression can add to problems caused by other conditions.



You can stop the negative cycle by learning to manage your depressed mood and your medical problems.

More Information About Health

Strategies For Maintaining Health Throughout Our Lives

Throughout our lives we use different strategies to maintain health and physical well being.

Sometimes we try to:

1. prevent health problems and maintain good health
(prevention and maintenance)
2. get treatment for health problems (treatment)
3. recuperate and rehabilitate from health problems
(recuperation and rehabilitation)

The Nature of Medical Problems

Medical problems may be acute or chronic

- Acute problems require immediate attention.
- Chronic problems require long term, steady attention.

Differences between acute and chronic conditions include:

Acute Conditions

Example:

A wound

Treatment:

Urgent

Characteristics:

Well localized

Cause is known

Short lived

Gets better

Chronic Conditions

Diabetes

Long term and steady

Poorly localized

Cause may or may not be known

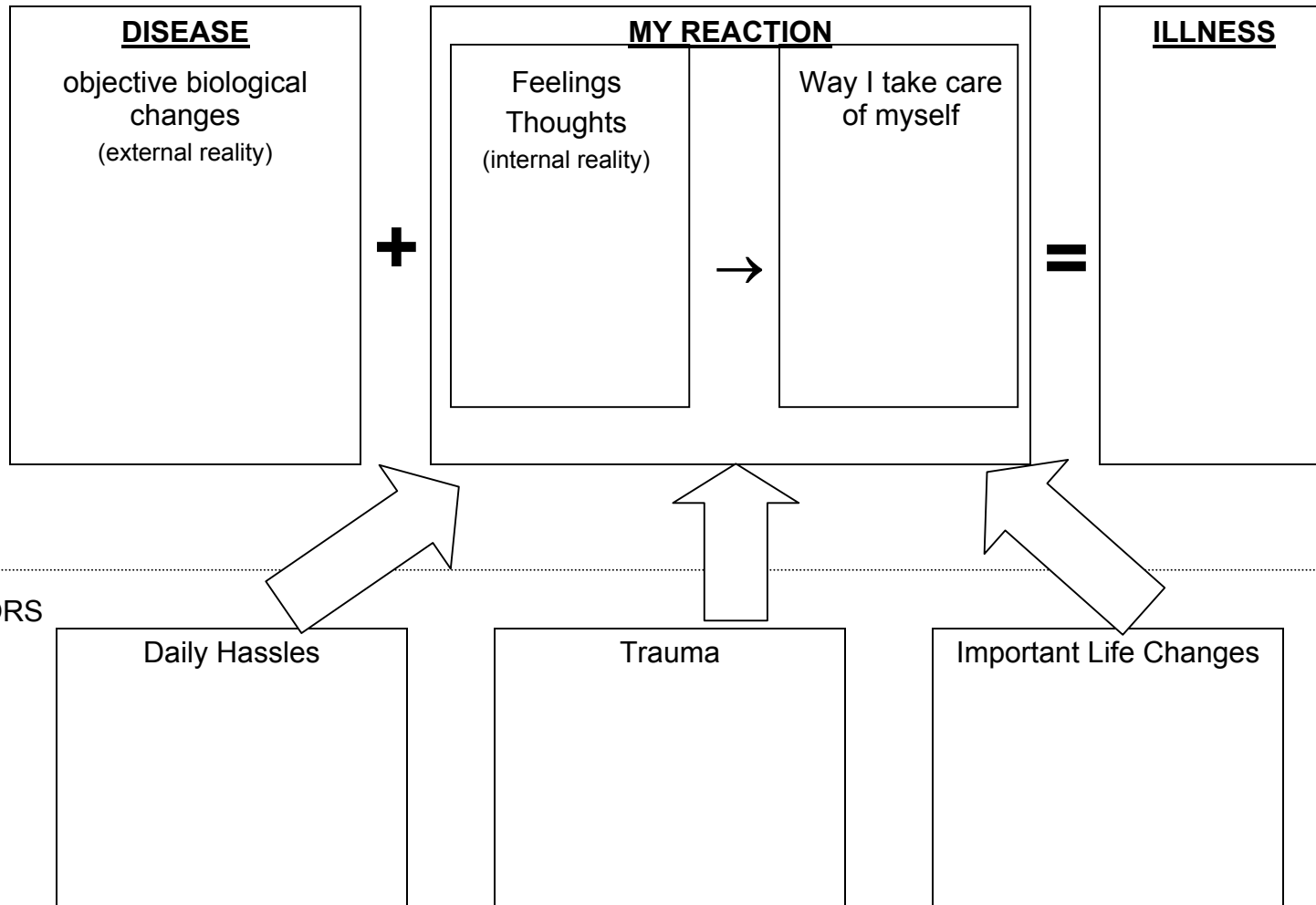
Long lived

May not get better

UNDERSTANDING MY MEDICAL CONDITION

My Medical Problem	Acute or Chronic	What strategies am I using to care for my condition 1. treatment 2. reccuperation/ rehabilitation	Emotional reactions depression, anger, fear, anxiety	Thoughts I have about this condition	Things I am doing to manage this condition	People who can help me (provide treatment or support)

FACTORS THAT AFFECT MY HEALTH



- Think about your life, and complete the boxes.
- Look over the boxes. What healthy, positive changes could you make in each area?

CHAINING ACTIVITY

Understanding how our thoughts and our behaviors affect our health.

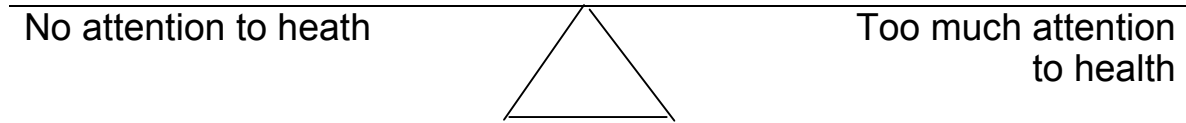
9	
8	
7	
6	
5	(statement of fact)
4	
3	
2	
1	

Instructions

1. Begin with a statement of fact. Something that is a fact, with no judgement involved. For example, I have diabetes, I have a serious heart condition, I cannot run as fast as I used to . Write that fact on a mood level of 5
2. Think about a thought you might have about your health condition that would bring your mood down. Go down one mood level at a time. For example, things you might think that would bring your mood down to a level 4, then a level 3, then a level 2, then a level 1. Write them down on the right level.
3. Then try and think of thoughts that would make you feel better. Think of thoughts that would bring you to increasingly high mood levels.

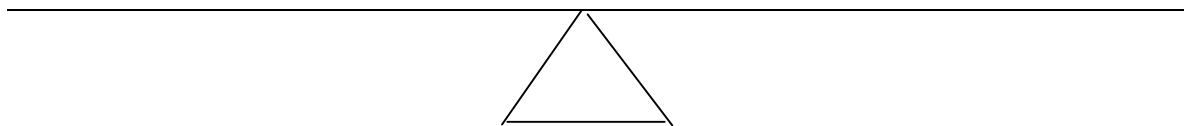
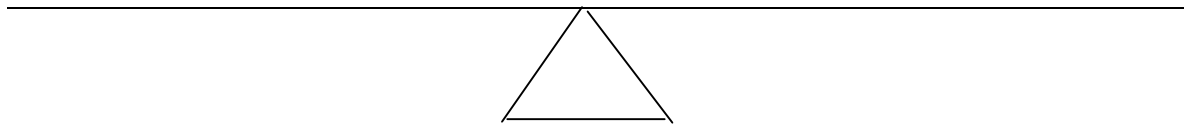
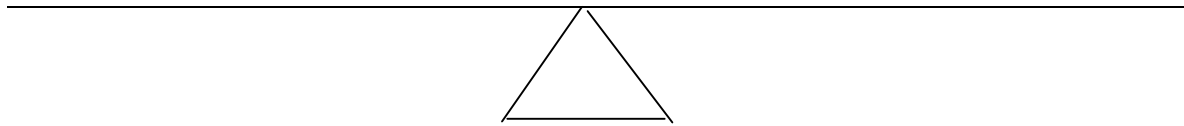
- We can make choices about the way we think.
- Our thoughts really do affect how we feel.
- Our thoughts also affect the way we behave. For example, certain thoughts can lead us to take care of ourselves, whereas others might cause us to ignore and not take care of health problems.
- Our thoughts can also affect our health.
 - If our thoughts lead us to not take care of ourselves, that will affect us in a negative way.
 - Increased depression, anxiety, or stress about our health problems can have a direct negative affect on health.

BALANCING THOUGHTS ABOUT MY HEALTH PROBLEMS



- Where do you fall on the balance beam? (mark it with an X)
- How would you like to change?
- How do you think you might make such changes?

What other thoughts about your health would you like to balance:



Take Home Message:

My mood affects my health. My health affects my mood.

I can make positive changes in both areas.

Even though I have health problems, I am not my health problems.

Even though I may have depression, I am not my depression.

PERSONAL PROJECT

WEEKLY PROJECT

- 1) Continue tracking mood using the mood scale and track the number of things you do each day to take care of your health and physical well being (see next page).

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

- 1) **ACTIVITIES:** On page 153 of your books write down activities that you might do to take better care of yourself.
- 2) **THOUGHTS:** Using page 154 of your books, identify harmful/negative thoughts you have related to your health problems and think about ways of either disputing or altering those thoughts to make them more healthy.
- 3) **PEOPLE:** Complete page 155 in your books to identify important people in your life, understand the different types of health they might give you to help you manage your illness.

COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION

Part III: Participant Notes: Health 1

Version 2000: May, 2000

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

Health and/or self
care 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.

OPTIONAL PROJECT
ACTIVITIES: MAKING HEALTHY CHANGES IN WHAT I
DO

I deserve to care for myself.

What things could I do to take better care of myself?

Thing I could do to improve my health:

Things I could do to improve my mood:

OPTIONAL PROJECT

thoughts: **MAKING HEALTHY CHANGES IN** how I think

Review the Thoughts Module for more tips

My harmful thought about my health condition:

Category of harmful thinking that my thought fits:

How can I dispute this thought?:

How do I feel after disputing this thoughts?:

My harmful thought about my health condition:

Category of harmful thinking that my thought fits:

How can I dispute this thought?:

How do I feel after disputing this thoughts?:

COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION

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COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION

Part III: Participant Notes: Health 1

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OPTIONAL PROJECT

people: identifying people who will support me

(Adapted from Brugha's Preparing for Parenthood manual, 1998)

<p><u>PRACTICAL SUPPORT</u></p> <p>Whom will you ask to:</p> <ul style="list-style-type: none">-drive you to the hospital-pick up your medication-take care of your health condition ...	<p><u>ADVICE OR INFORMATION</u></p> <p>Whom will you ask for advice:</p> <ul style="list-style-type: none">-when you don't feel well-when you don't understand how to do something.
<p><u>COMPANIONSHIP</u></p> <p>Who will:</p> <ul style="list-style-type: none">-walk around the park with you?-spend the afternoon with you?-share your joys with you?	<p><u>EMOTIONAL SUPPORT</u></p> <p>Whom will you look to for:</p> <ul style="list-style-type: none">-encouragement?-understanding?-sharing your feelings?-helping you feel less depressed?

INSTRUCTIONS:

- 1) Each square is for a different type of support that people can give you.
- 2) Read the questions in each square. Think about your health condition and the types of support you might need to manage your health condition.
- 3) Think about the people who might fit each square. Write their names down in the squares. For example, if your doctor, gives you advice, you would write down his/her name or just doctor in the Advice square.
- 4) The same person can be written in more than one square.

If at the end there are squares that have no names, put a question mark.