

## **HEALTH 2 - DEPRESSION, POVERTY, AND HEALTH**

### **SESSION OUTLINE**

- I. Announcements and Agenda
- II. Review
- III. Personal Project Review
- IV. New Material: Identifying Needs and Getting Them Met
- V. Take Home Message
- VI. Personal Project

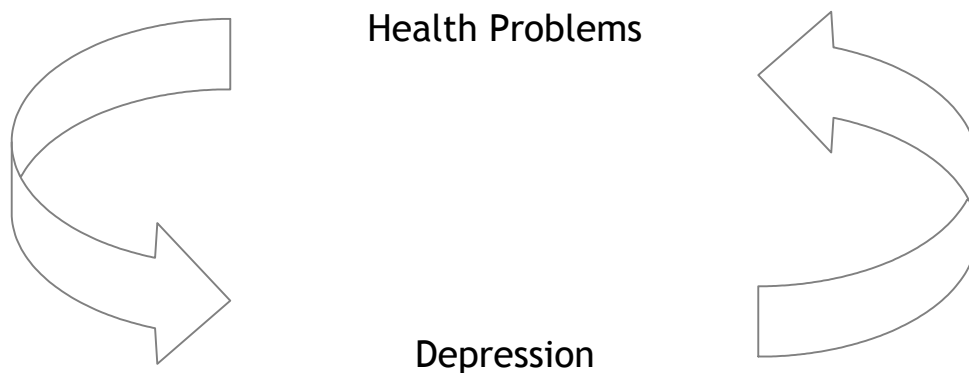
#### The purpose of today's meeting:

- To review the relationship between our mood and health problems.
- To talk about how health problems, depression, and poverty affect our needs.
- To talk about ways to obtain and keep needed resources, services, and supports.

## Review: Health Problems and Mood

- What do you remember most from last week?

Depression can negatively affect health and can affect the way we take care of our health. Health problems can cause people to feel more depressed, stressed, angry, and anxious.

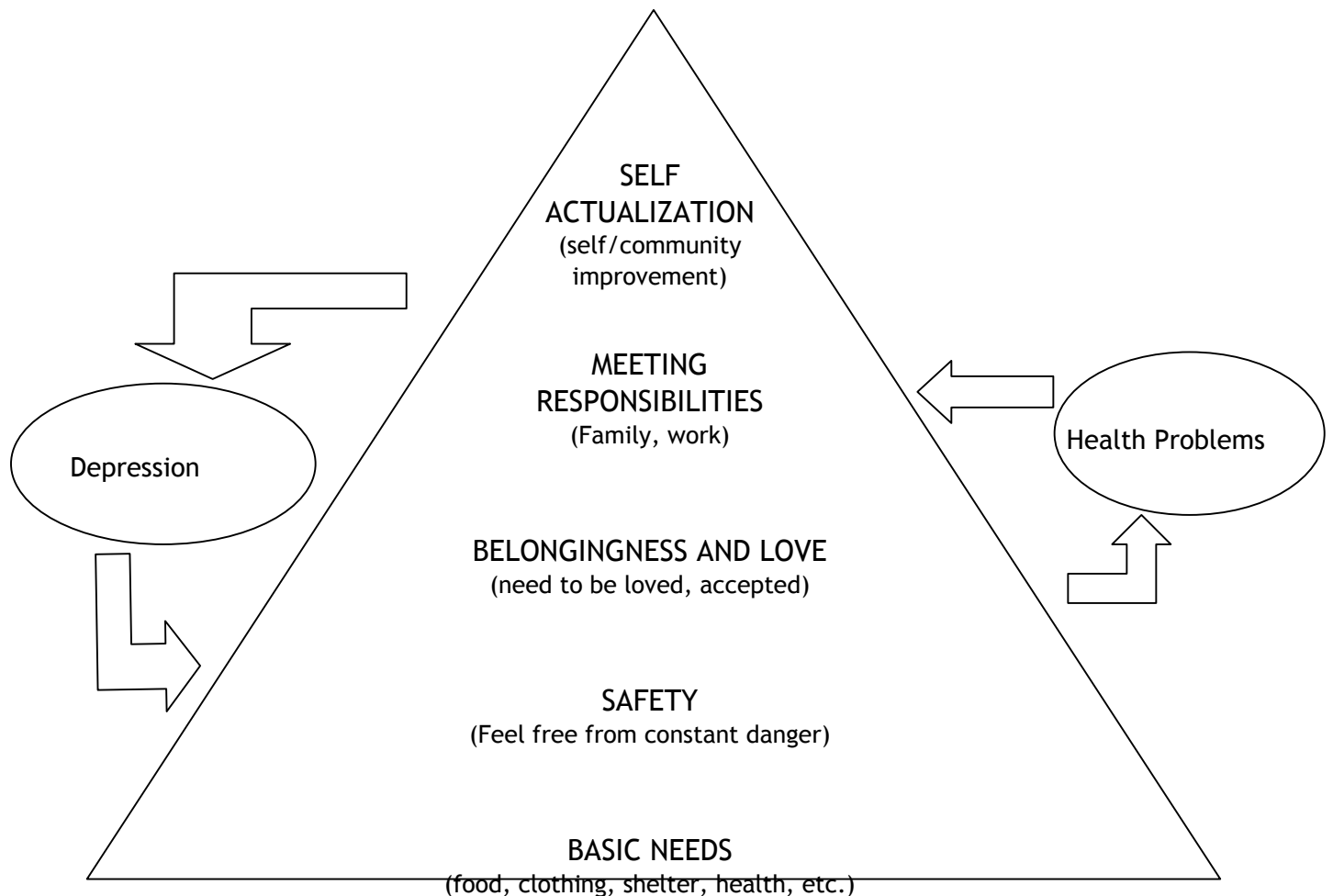


## Personal Project Review

1. Review your quick mood scale.
2. What things did you find you could do to take better care of yourself?
3. What harmful/negative thoughts about your health did you identify? How did you dispute or change these thoughts?
4. What people did you identify who could help you with your health problem? In what ways can they help you?

## WHAT ARE OUR NEEDS?

- We all have needs.
- When our needs are not met, it affects our thoughts and actions.
- Some needs are more important than others.
  - In the figure below, the needs are shown as part of a hierarchy.
  - A goal on one level is easier to reach if you have met the goals on the level below it.
  - However, you may be working on several goals at different levels at the same time.
  - What needs are you currently trying to meet?



## DEPRESSION, HEALTH PROBLEMS, AND NEEDS

How do depression and health problems affect your needs?

- Depression and health problems may affect your ability to meet goals you have set.
  - They may act as obstacles.
  - You may need to modify your goals.

Example:

Need:	Original Goal:	Obstacles:	Modified Goal:
Exercise	Walk 2 times a week	Unsafe neighborhood Depression Lower back pain	Walk with someone else Walk a shorter distance (to the corner) Different type of exercise: swimming

- Think about your own needs and goals. How might you need to modify your goals.

Need:	Original Goal:	Obstacles:	Modified Goal:

- If we have changes in our health, as a result of illness or injury, we are likely to have changes in our needs and goals.
- How have your needs changed after being depressed and having a health problem?

## **THE EFFECT OF POVERTY On Mood, Health, and Obtaining Resources**

### **How does poverty get in the way of self-care?**

1. Fewer resources
2. Lack of respect or discrimination
3. Fewer choices
4. Less money to spend on or with others
5. Higher risk for illness
6. Chronic frustration
- 7.
- 8.
- 9.
- 10.

### **What free or cheap resources are available in the area where I live?**

(Discuss with other group members)

IDENTIFYING THOUGHTS, ACTIONS, AND PEOPLE THAT MIGHT HELP ME REACH MY GOALS

	Health Related Needs	Health Related Goals	What <b>thoughts</b> might help me reach my goals?	What might I <b>do</b> to reach my goals?	<b>Who</b> can help me reach my goals?
<b>Self Actualization</b> (self/community, improvement)					
<b>Meeting Responsibilities</b> (family and work)					
<b>Belongingness and Love</b> (Relationships, companionship, and social support)					
<b>Safety</b> (to feel free from danger)					
<b>Basic Needs</b> (food clothing shelter)					

## How Can I Manage My Needs and Goal More Effectively

OUR NEEDS CHANGE AS WE DEAL WITH ACUTE OR CHRONIC MEDICAL CONDITIONS. THERE ARE MANY WAYS TO MANAGE AND COPE WITH THE CHANGES IN OUR NEEDS. A FEW THINGS TO KEEP IN MIND INCLUDE:

1. IDENTIFY YOUR NEEDS AND DECIDE WHICH HAVE THE HIGHEST PRIORITY.
2. ASK YOURSELF: ARE THESE NEEDS BEING MET OR NOT?
3. SET REASONABLE AND CLEAR GOALS.
4. USE THOUGHTS THAT HELP YOU REACH YOUR GOALS.
5. THINK IN FLEXIBLE WAYS.
6. PARTICIPATE IN ACTIVITIES THAT HELP YOU MEET YOUR NEEDS AND GOALS.
7. GET HELP WHEN YOU NEED IT.
8. GET SUPPORT AND ALTERNATIVE SUGGESTIONS FROM HELPFUL OTHERS.
9. IDENTIFY OBSTACLES THAT MAY INTERFERE WITH GETTING NEEDS MET AND MAKE A PLAN TO OVERCOME THEM.

### Take Home Message:

Poverty, depression, and health problems affect my ability to get my needs met, but

I can still get my needs met.

I can set clear reasonable goals.

I can think in ways that are flexible and constructive.

I can do things that help me reach my goals.

I can reach out for help and support.

**COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION**

Participant Notes: Health 2

Version 2000: May, 2000

**PERSONAL PROJECT**  
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

**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 page 152).

**OPTIONAL PROJECT** (do the following activities if you want)

- 1) **THOUGHTS:** Identify thoughts that get in the way of fulfilling your needs and dispute them. Use the exercise on page 164.
- 2) **ACTIVITIES:** Use the goal setting sheets (pages 165-166) to identify a short term goal that helps you fulfill your needs.
- 3) **PEOPLE:** Think about you use your available health care resources? What are your thoughts, feelings, and behaviors toward your health care providers? (see page 167).

OPTIONAL PROJECT  
 THOUGHTS: THAT INTERFERE WITH GETTING MY NEEDS MET

Target need or goal	Thought that interferes with getting my needs met	How that thought affects me (way I feel, how I act)	How can I talk back to that thought?	What's my new, more helpful thought	How does my new thought affect me (make me feel, affect how I act, affect whether my needs are met)

**COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION**

Participant Notes: Health 2

Version 2000: May, 2000

OPTIONAL PROJECT  
ACTIVITIES: SETTING A GOAL TO HELP ME MEET MY  
NEEDS

You can review goal setting in activities 4

- Step 1: Figure out what you want to do.  
It has to be something that's important to you.**
- It is helpful to do something you want to do instead of something you don't want to do.  
(e.g. "I will exercise more" instead of "I will not be a couch potato.")
  - Reaching goals is hard work. It's important that the goal is important to you, so it's worth the work.
- Step 2: If your dream is big, pick a manageable part.  
This will help you to make a good start.**
- Step 3: Pick your goal and nail it down,  
Stating when, what, how much, where, and how.**
- Step 4: Make sure your goal is something you can manage.**
- There are many things in life that we can't control. We can't control what other people do.
  - Make sure your goal is under your control. For example, you can ask other people or talk to other people, but you can't control their actions.
- Step 5: Break your goal into steps.  
You can't get to the top of the roof by jumping,  
but it's easy if you use a ladder.**
- Step 6: When you reach your goal or a step toward your goal,  
celebrate and reward yourself.**

Note: This exercise was adapted from the Going for the Goal Program written by Steven J. Danish, et al., Virginia Commonwealth University, Department of Psychology, 1992.

OPTIONAL PROJECT  
ACTIVITIES: SETTING A GOAL TO HELP ME MEET MY  
NEEDS (continued)

<i>My goal</i>	
#5	
#4	
#3	
#2	
#1	



**OPTIONAL PROJECT**  
**PEOPLE: ME AND MY HEALTH CARE PROVIDERS**

Who are my health care providers:

What are my thoughts about my health care providers?

How do I behave with my health care providers?

- Am I assertive?
  - Do I ask them questions I think are important?
  - Do I tell them when I am upset?
- Do I keep my appointments?
- Do I follow through with recommended treatments?

What changes would I like to make in my relationships with my health care providers?