

HEALTH 4 -- DEPRESSION, OTHER EMOTIONS, AND HEALTH

SESSION OUTLINE

- I. Announcements and Agenda
- II. Review
- III. Personal Project Review
- IV. New Material: Managing Other Emotions
- V. Take Home Message
- VI. Goodbye to Graduating Group Members
- VI. Personal Project

The purpose of today's meeting:

- To talk about the relationship between health and other emotions, such as depression, anxiety, fear, anger, and grief.
- To learn ways to manage feelings of depression, anxiety, anger, fear, and sadness.
- To feel more in control of our moods and physical health.

Review: Contacts with People





- Sleep problems can be caused by a number of factors. These factors include medical problems, certain substances (like caffeine, nicotine, and alcohol), and strong emotions (like depression, anxiety, and anger),
- By making changes in our behaviors and thoughts related to sleep, we can improve our sleep.

What do you remember most from last week?

Personal Project Review

1. Review your mood scale.
2. What things did you do to take better care of yourself?
3. What thoughts did you find interrupted your sleep? What thoughts helped you to get a better nights sleep.
4. What behaviors that you did kept you awake? What did you do to help yourself relax and fall asleep.
5. What people did you find negatively affected your sleep? How did you talk with them to change the situation?
6. What did you learn by completing the sleep calendar.

HOW DO MY EMOTIONS AFFECT ME?

EMOTIONS	THOUGHTS RELATED TO EMOTIONS	HOW THESE THOUGHTS AFFECT THE WAY I TAKE CARE OF MYSELF	HOW MY THOUGHTS AND BEHAVIORS AFFECT MY HEALTH
<p>ANGER</p> 			
<p>ANXIETY</p> 			
<p>FEAR</p> 			
<p>SADNESS</p> 			

OTHER FACTORS THAT AFFECT HEALTH

1. Other Clinical Conditions, including
 - Post Traumatic Stress Disorder
 - Panic Disorder
 - Hypochondriasis
2. An unhealthy coping style
 - Avoiding
 - Doing too much
3. Unhealthy behavior patterns
 - Inactivity
 - Overeating
 - Excessive alcohol or drug use
4. Specific personality traits
 - Perfectionistic (Type “A”)
5. Unhealthy communication patterns
 - Passive
 - Aggressive
 - Passive-aggressive (indirect)

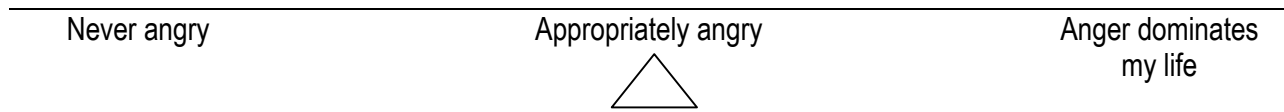
HOW DO NEGATIVE EMOTIONS AND UNHEALTHY BEHAVIORS AFFECT MY MEDICAL CONDITION?

1. They may influence the course of the illness
 - they might cause the condition to develop in a person who is at-risk
 - they could cause the condition to worsen
2. They may interfere with the treatment of the illness
3. They may pose an additional risk

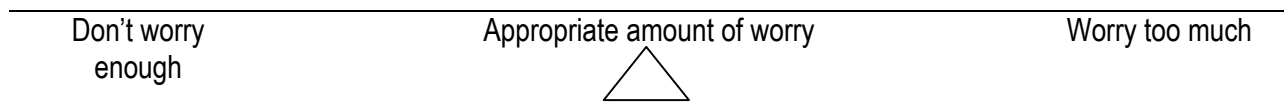
EXAMINING MY EMOTIONS AND BEHAVIORS

Where on the balance beam do I fall? (mark with an X)

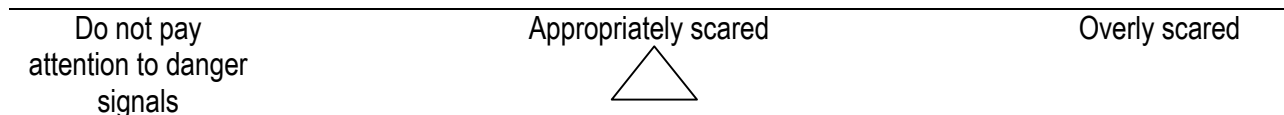
ANGER



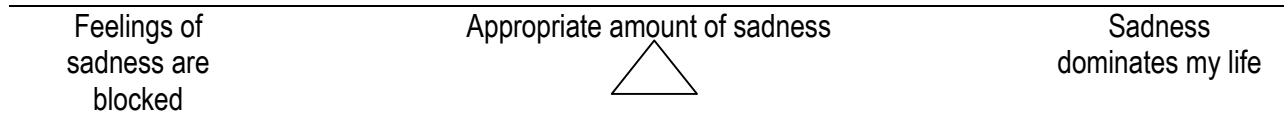
ANXIETY, WORRY



FEAR



SADNESS







1. Do I have any other clinical conditions that are affecting my health?
2. How do I cope with my medical problems? Do I have a tendency to avoid or do too much.
3. Do I have any unhealthy behavior patterns (overeating, smoking, not exercising, excessive alcohol or drug use?)
4. Do I have any personality traits that might be affecting my health (in either a negative or positive way)?
5. Does the way I communicate with others affect my health? Do I tend to use passive, aggressive, or passive-aggressive styles of communication?

COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION

Participant Notes: Health Module: Session 4

Version 2000: May, 2000

MANAGING EMOTIONS BY MAKING CHANGES IN MY THOUGHTS, BEHAVIORS AND CONTACTS WITH OTHERS

		THOUGHTS	BEHAVIORS	PEOPLE	HEALTH
Emotion	What am I saying to myself that makes me feel (angry, sad, anxious, scared)	Helpful way to change that thought	What could I do that would make me feel less (angry, sad, anxious, scared)	Who can help me with these feelings?	How would making these changes affect my health?
Anger 					
Anxiety/ Worry 					
Fear 					
Sadness 					
Other feelings					

Take Home Message:

Negative emotions can affect my health, but I can manage my emotions and my health.

By looking at the way I think, by engaging in healthy, positive, goal oriented activities, and by getting social support I can manage feelings of anger, anxiety, fear, and sadness.

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 155).

OPTIONAL PROJECT (do the following activities if you want)

- 1) **THOUGHTS:** Use the chaining exercise on page 175 to show how thoughts are connected to emotions, such as anxiety, anger, fear, and grief. Think about how you might change these thoughts in a helpful way that might positively affect your health and medical problems.
- 2) **ACTIVITIES:** List things you might do that might help you manage the emotions (anxiety, anger, fear, and grief).
- 3) **PEOPLE:** Identify the people in your life (family, friends, and health care providers) that can help you manage different emotions.

OPTIONAL PROJECT CHAINING ACTIVITY

Understanding the connection between emotions (anxiety, fear, sadness, anger) and our thoughts.

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 that might lead you to feel a more (anxious, sad, scared, or angry). 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 (less anxious, sad, scared, or angry)

- 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.