

**Class #9:
CONTACT WITH OTHERS AND MY MOOD**

CLASS OUTLINE

- I. Announcements & Agenda
- II. General Review
- III. Personal Project REview
- IV. Relaxation Exercise
- V. New Material
- VI. Personal Project

I. Any Announcements?

II. GENERAL REVIEW

What do you remember most from the last class?

- You can communicate in healthy way with your baby verbally and non-verbally to help your baby learn to think about himself/herself and the world.
- By spending time now to think about how you would like your baby's future to be, you can improve your baby's chances of having a healthy life.

III. PERSONAL PROJECT REVIEW

1. Did you complete your quick mood scale?
2. Did you make a list of ways you would like to teach your baby to think?
3. Did you practice any of the methods to change harmful thoughts into helpful thoughts?

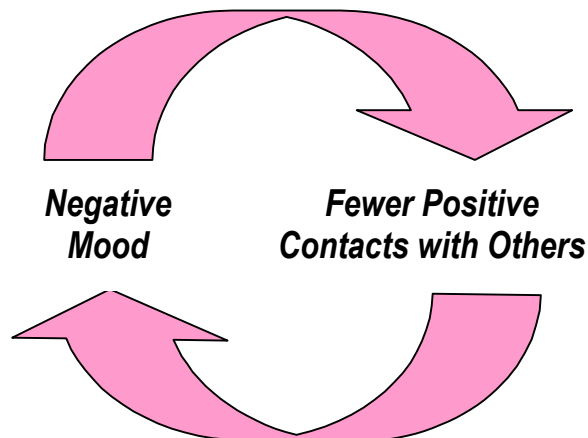
IV. RELAXATION EXERCISE

New Material: YOUR MOOD AND YOUR CONTACT WITH OTHERS

- What kind of people contacts do you have when you are feeling down?
- How does your mood affect your contacts with people?
- When you isolate yourself from others, how does this affect your mood?
- How does having more conflict or tension with others affect your mood?

When we are feeling down we usually:

- Have less contact with others, and we avoid them
- Have lower tolerance, feel more irritable
- Act quieter and are less talkative
- Become more sensitive, others' behavior affects us more
- Trust others less



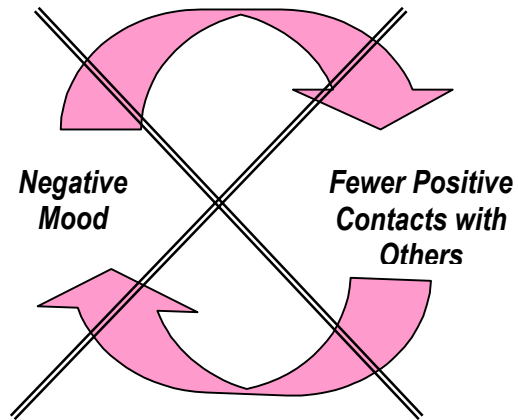
When we have fewer positive contacts or more negative contacts with others we usually:

- Feel lonely
- Feel sad
- Feel angry
- Feel like no one cares
- Feel more depressed

Does a negative mood cause people to be less sociable or does being less sociable causes a negative mood?

The answer is probably both. When we feel down, we are less likely to socialize. When we feel depressed, we do even fewer things with people. This continues until we are so depressed that we spend much of our time feeling alone.

HOW CAN WE BREAK THIS VICIOUS CYCLE?



We are able to break this vicious cycle by:

- 1) Improving our mood:
 - doing pleasant activities
 - changing the way that we think
- 2) Reducing negative/harmful contacts with others
- 3) Having more positive/helpful contacts with others



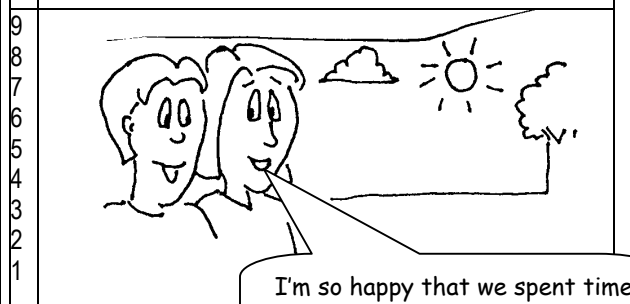
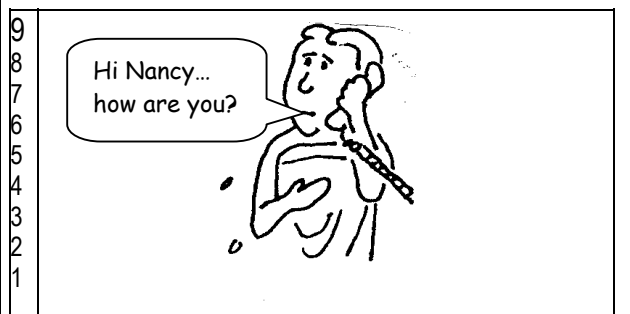
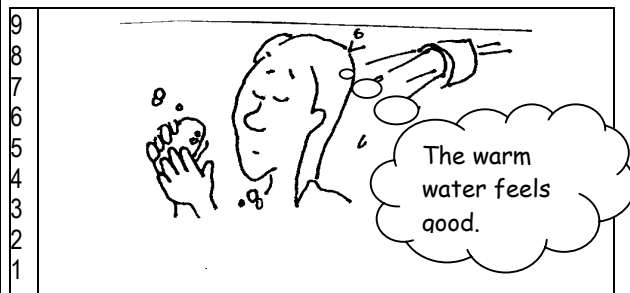
Activity: VIOLET AND MARY'S DAYS

INSTRUCTIONS: Violet and Mary are both 8 months pregnant. Circle the number on each panel that represents what kind of mood you think each woman is having.

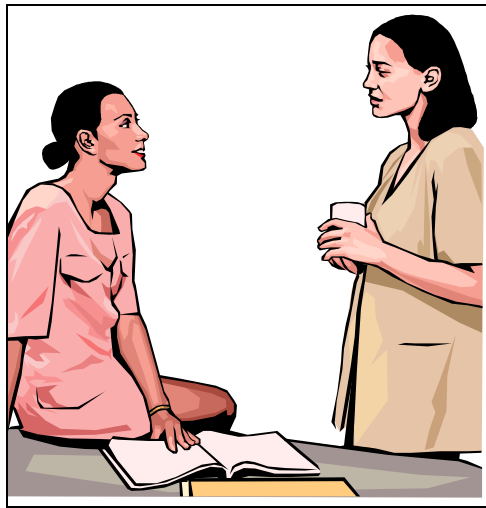
VIOLET'S DAY



MARY'S DAY



SOCIAL SUPPORT



Human beings are social by nature and need a social support system. By social support system, we mean the people who are near you and with whom you share moments of your life, both positive, negative. This can include your family, friends, neighbors, co-workers, and health-care providers. In general, the stronger your support system, the better you will be able to face tough situations and address other relationship problems.

- When we have positive contacts with others, we have a good source of support to handle tough life problems and manage our mood.
- We also have people with whom we can share pleasant moments in life.
- Contacts with people can have either positive or negative effects on our mood, thoughts, behaviors, and physiological reactions.
- We can make choices about with whom we spend time.

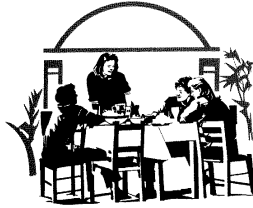
The Class as Support

- Participating in the class can provide positive contact with people when there is understanding and trust.
 - How has it been helpful to you to be in the class?
 - What were your fears and concerns about participating in the class?

Your Community as Support

- Being an active part of your community can also provide support.
 - What resources are there in your community that provide support?

Activity: PEOPLE IN MY LIFE AND THE WAYS THEY SUPPORT ME



INSTRUCTIONS: Each square is for a different type of support that people can give you. Think about the people who fit each square and write their names in the square. The same person can be written in more than one square.

<p style="text-align: center;"><u>PRACTICAL SUPPORT</u></p> <p>Whom will you ask to:</p> <ul style="list-style-type: none">- drive you to the hospital?- call to lend you something you need? <hr/> <hr/> <hr/>	<p style="text-align: center;"><u>ADVICE OR INFORMATION</u></p> <p>Whom will you ask for advice/information</p> <ul style="list-style-type: none">- when you don't feel well?- when you don't understand how to do something? <hr/> <hr/> <hr/>
<p style="text-align: center;"><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?- help you with chores? <hr/> <hr/> <hr/>	<p style="text-align: center;"><u>EMOTIONAL SUPPORT</u></p> <p>Who will you look for to:</p> <ul style="list-style-type: none">- encouragement?- understanding?- helping you when you're feeling down? <hr/> <hr/> <hr/>

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

VI. Personal Project: QUICK MOOD SCALE

INSTRUCTIONS: Circle the number that best represents how you feel each day. Also try to keep track of your positive and negative contacts with people, using the lines at the bottom of the scale. See if there is a relationship between how you feel each day and these contacts.

	DATE:						
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
Number of positive people contacts							
Number of negative people contacts							

OPTIONAL PROJECTS (pick one of the following):

- 1) Keep track of your positive and negative contacts with people on the lines above.
- 2) Do a pleasant activity with someone who is supportive of you.

