

Living and Coping with Worry, Anxiety and Depression

April 2020

A workbook to accompany the self-help video series available at:
<https://www.cpft.nhs.uk/services/pws/covid-support-videos.htm>

Episode 4: Managing Depression

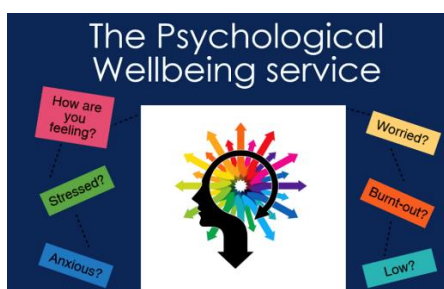
Parts 1- 8

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**Peterborough
Exemplar**

Joined Up Mental Health Services



Pride in our adult and specialist mental health services

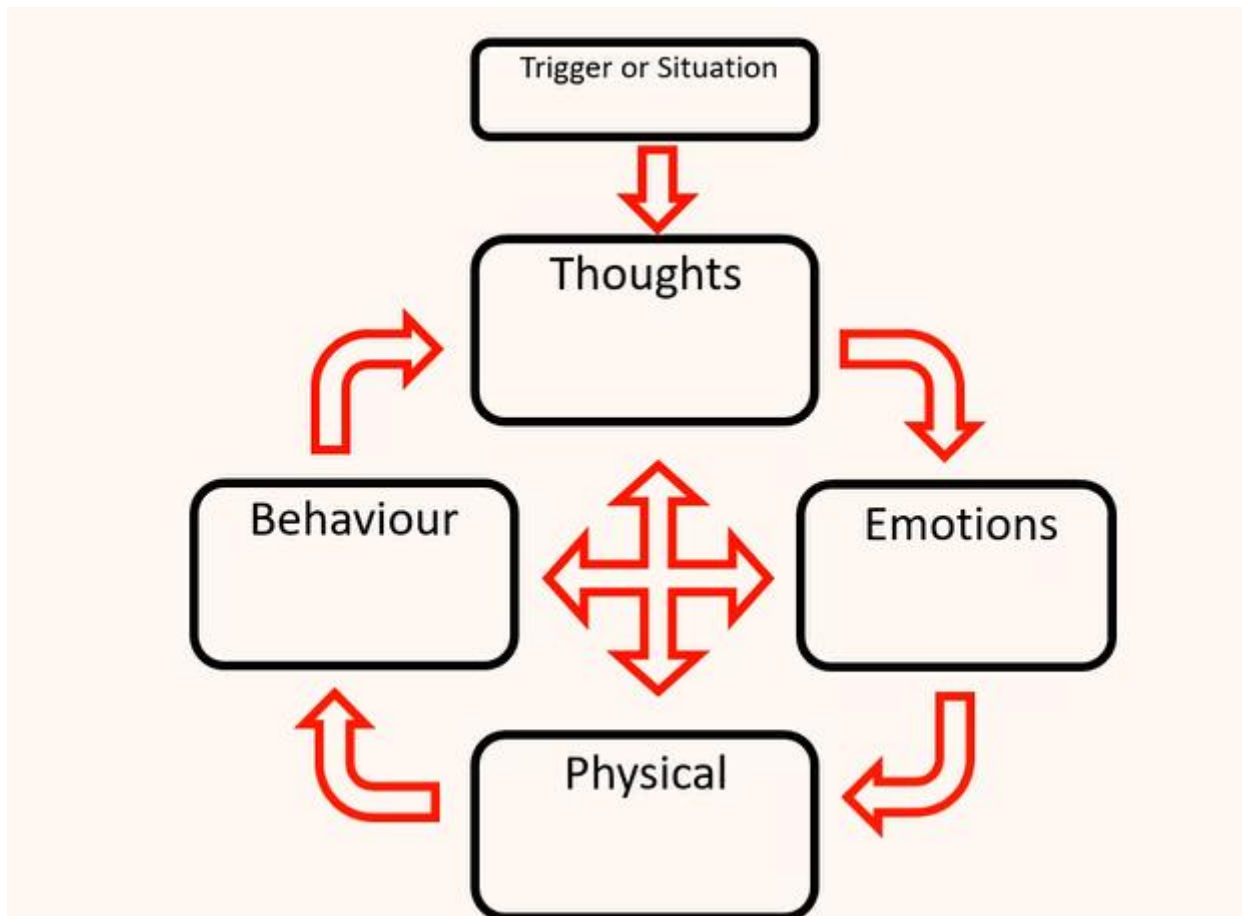
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Part 1:

What is Depression?

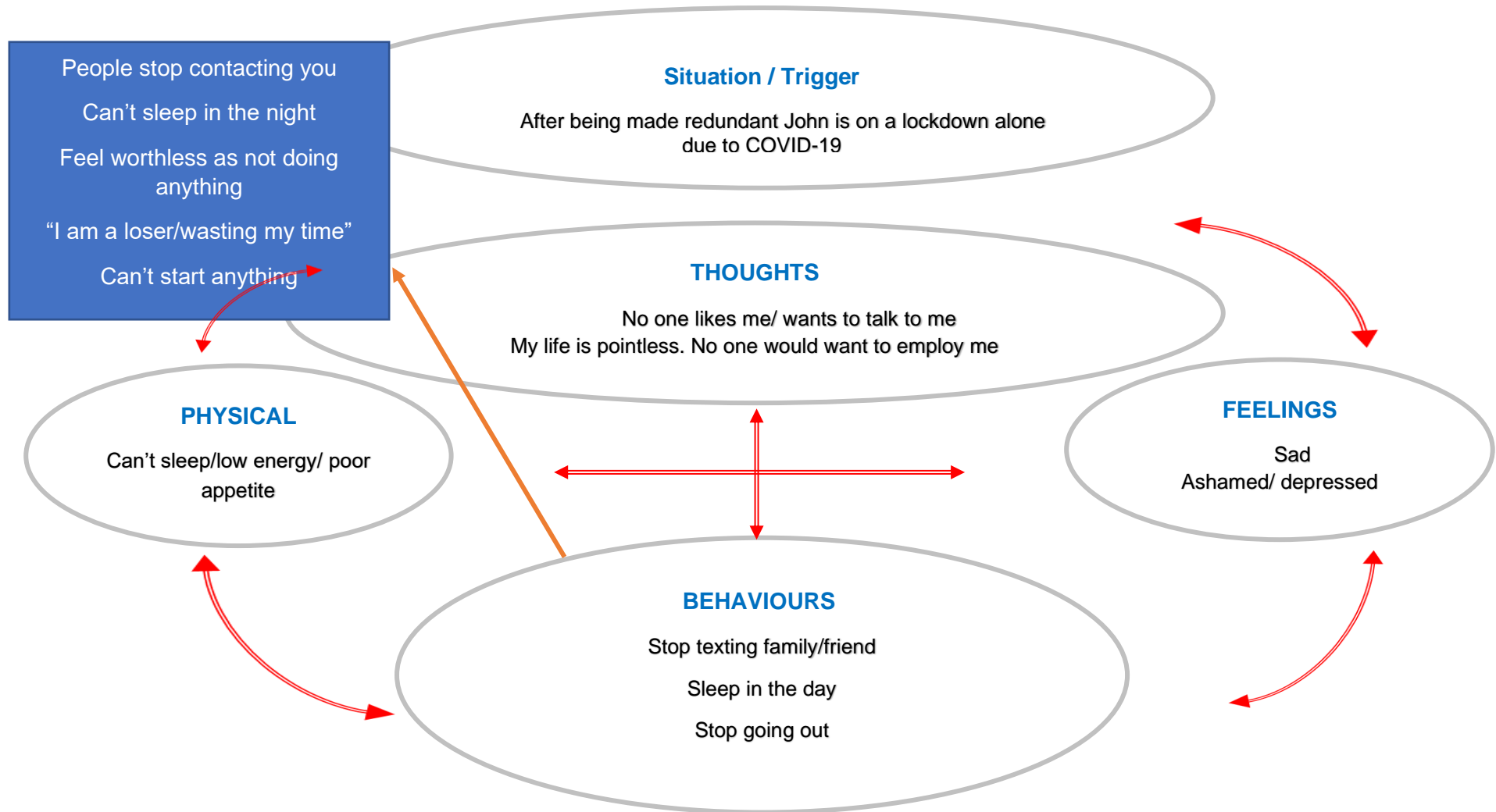
What Depression Feels Like



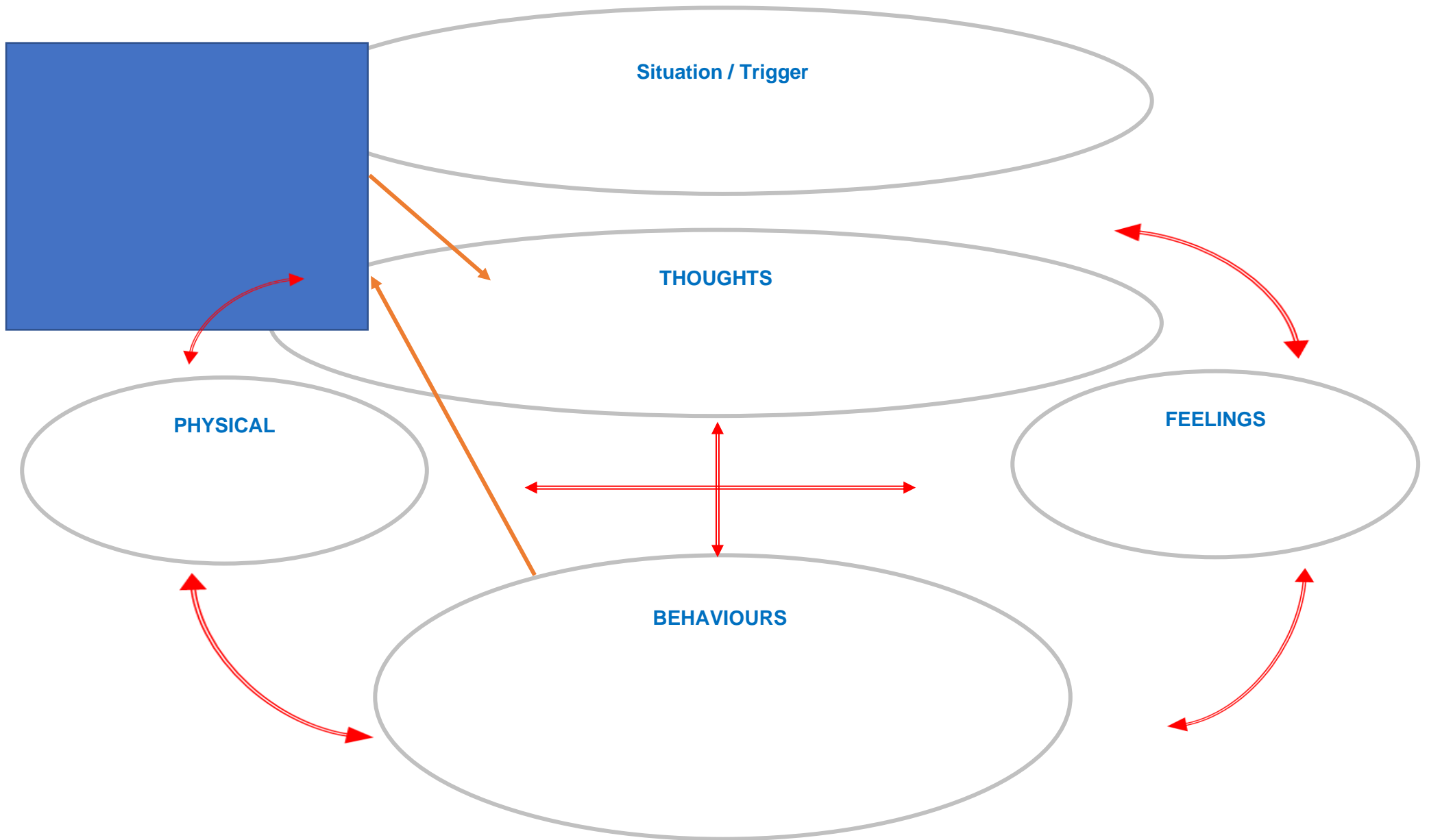
Part 2:

The Depression Cycle

The Depression Cycle



The Depression Cycle Worksheet

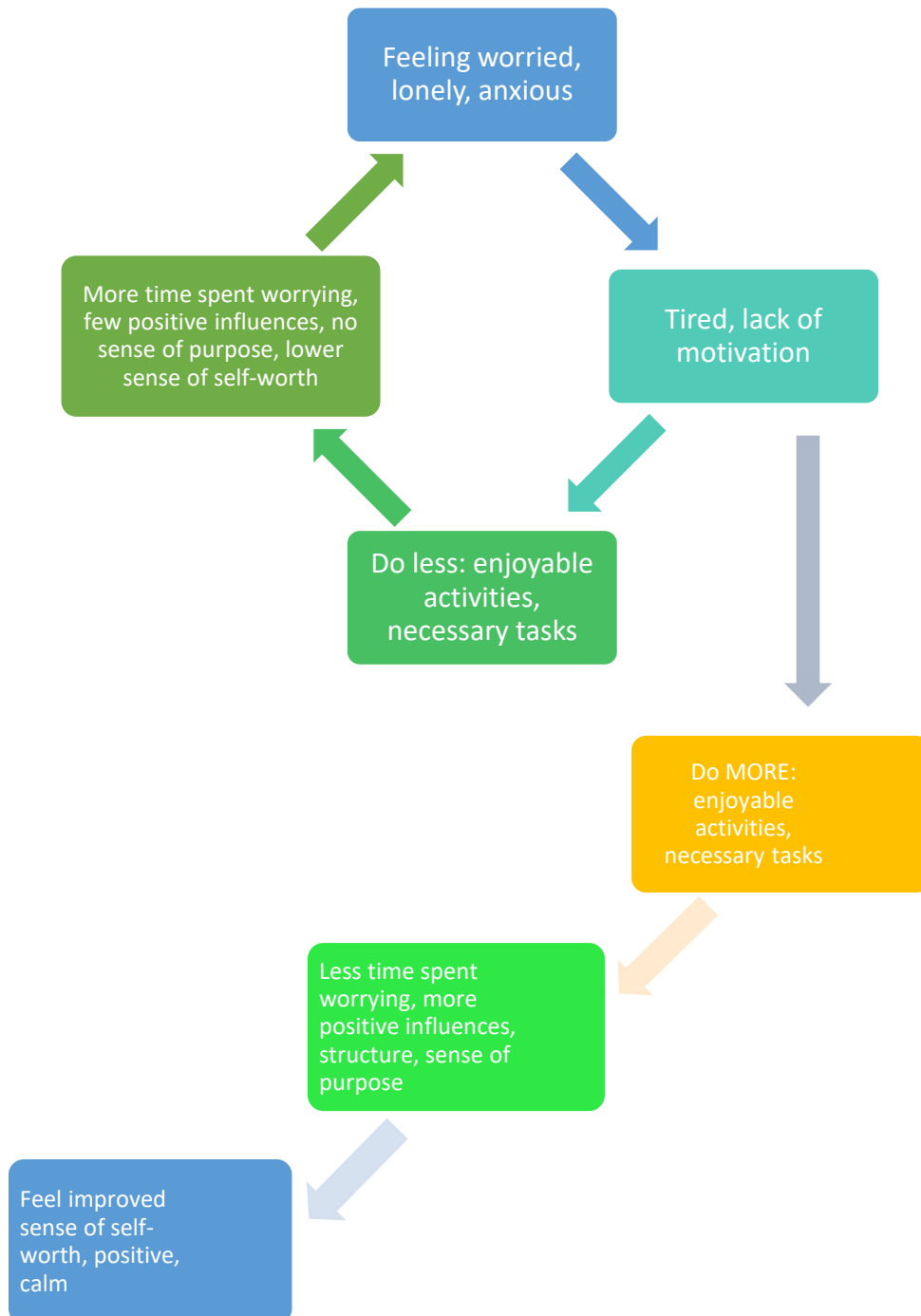


Part 3:

Behavioural Activation

Using Activity Scheduling to Manage Mood

Often, when we are struggling with our mental health, we have less motivation than usual. This can result in us doing less, not going out, and losing a sense of routine. This lack of structure can in turn make us feel like we have achieved less in our day which makes our low mood even worse. The following cycles explain this:



Doing things when we don't feel motivated is hard, even when we know it will make us feel better. The activity template below can you to schedule in activities to create a structured week. Keep in mind your current circumstances and remember to account for three daily meals and any essential tasks as well. Other useful things to schedule include connecting with friends/family, completing work-related tasks, exercise, mental health activities (e.g. mindfulness) and relaxing activities. It may help to keep it simple by having just one or two primary activities for morning, afternoon and evening.

	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	<ul style="list-style-type: none"> - Breakfast - Washing Up - Jog/walk locally 							
Afternoon	<ul style="list-style-type: none"> - Lunch - Organise cupboards - Catch up with friend 							
Evening	<ul style="list-style-type: none"> - Make dinner - Food shopping - Read book in the bath 							

How does this fit with goal setting?

See ‘Setting Values-Based Goals’ for ideas on making sure your time is being used really meaningfully.

Gaining the most of activity scheduling

Over time, make a note of which activities you find most beneficial for your mental health – it will be different for everyone! Try to practise and use those which are most helpful to you personally. One way of monitoring this is to ‘ACE rate’ each activity by recording a score on your activity schedule for how much **Achievement**, **Connectedness**, (to others) and **Enjoyment** you felt after doing it.

You can print off the blank activity schedule on the next page for each week, or design your own. It can be useful to place it somewhere you’ll notice it often, such as on the fridge, by your bed or on a coffee table.

Activity Scheduling Worksheet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Part 4:

Values-Based Activities

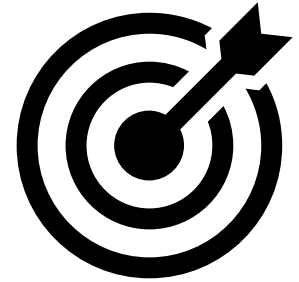
Value-based goals

During times of isolation and social distancing during Covid-19, it might feel that there is a huge barrier to achieving goals that we would usually consider important to achieve. People may be restricted from going to work, visit their loved ones regularly, attending classes or other leisure activities.

Why should we set goals?

- Keeps you motivated
- Helps you find direction
- Focuses time and efforts
- Can increase self-confidence
- Positive impact on your mental health

Goals in line with a person's values allows them to be more meaningful



What are values?

Values are like the directions on a compass, they tell you what direction to go in. Like a compass, there is more than one possibility of which way you can go. Values are usually concepts that are abstract and offer guidance to your behaviours.

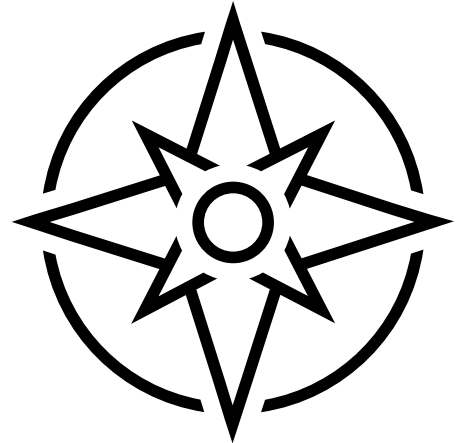
Examples of values

Adventure	Balance	Security	Honesty	Respect	Kindness
Compassion	Trustworthiness	Loyalty	Justice	Peace	Reliability
Faith	Wisdom	Fun	Love	Family	Creativity
Friendship	Self-worth	Open-minded	Consistency	Innovation	Challenge
Passion	Learning	Courage	Positivity	Optimism	Education

Before setting your goals, it is helpful to firstly identify the values you consider most important.

Top 3 values

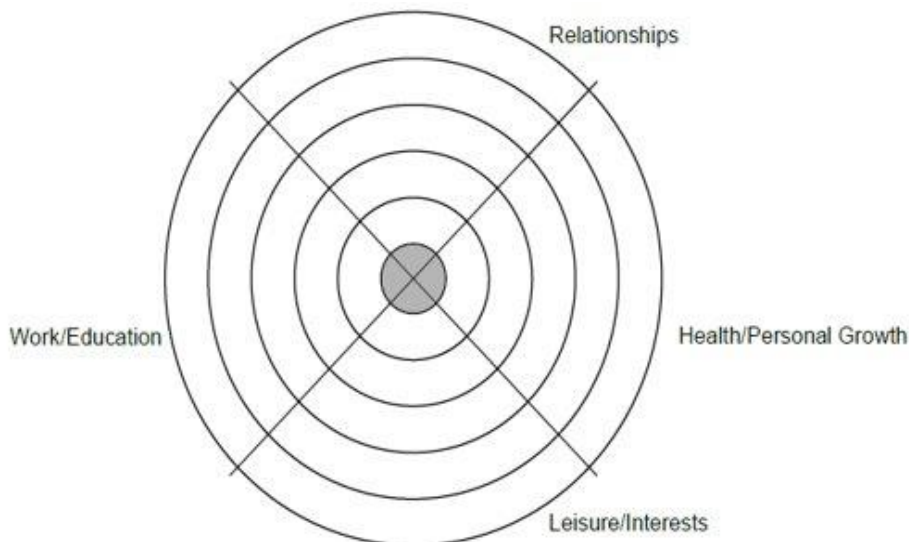
1.
2.
3.



Values usually fall into categories, these are relationships, work/education, personal growth/health and leisure/interests.

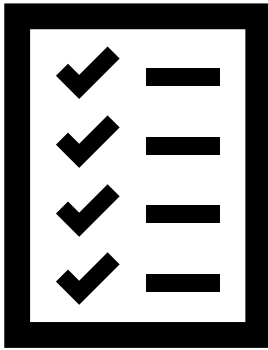
Below is a 'target', to help you identify which category your values fall into. Put an X on to this for each of your values, in the appropriate category. The closer this is the centre, the more important this is for you.

Example: Trustworthiness could fall into relationships, balance into work/education, creativity into leisure/interests and positivity into personal growth/health.



Over the last 2 weeks, how in line with your values have you been living?

Once you have identified where your values fall with an X, use a different coloured pen to show how much you have been living by your values over the last few weeks. The closer to the centre the more you have been in line with your values.



Take some time to reflect on how in line with your values you have been over the last few weeks.

It is not uncommon to find yourself feeling that you are not living in line with your most important values.

Now it is time to create some goals for yourself as you are now more aware of your own values

These goals should help to align your current life to your most important values.

Goals, unlike values are something we can tick off once we have achieved them. To be able to do this, goals should be SMART:

S- Specific

M- Measurable

A-Achievable

R-Realistic

T- Time limited

Time to set your goals!

These should be meaningful (based on your values) to help keep you motivated but also, enjoyable and purposeful too.

Example of goals which are not SMART:

1. To eat healthier
2. To be more organized

Example of SMART goals:

1. I will eat my 5 fruit/veg a day
2. I will file the paperwork that is on my desk on Friday morning

- Is there a new skill you wanted to learn or get back into an old hobby?
- Have you been putting something off for a long time?
- Did you want to help others?

My goals in self-isolation and social distancing

Goal 1			
Specific	My goal is (what, where, how):		
Measurable	I will know I have achieved my goal by:		
Achievable	If I take action, can I achieve my goal?	Yes	No
Realistic	Some barriers may get in the way of me reaching my goal. These barriers are:		
	I will overcome them by:		
Time limited	I will achieve my goal by:	Date:	

Goal 2			
Specific	My goal is (what, where, how):		
Measurable	I will know I have achieved my goal by:		
Achievable	If I take action, can I achieve my goal?	Yes	No
Realistic	Some barriers may get in the way of me reaching my goal. These barriers are:		
	I will overcome them by:		
Time limited	I will achieve my goal by:	Date:	

Goal 3			
Specific	My goal is (what, where, how):		
Measurable	I will know I have achieved my goal by:		
Achievable	If I take action, can I achieve my goal?	Yes	No
Realistic	Some barriers may get in the way of me reaching my goal. These barriers are:		

	I will overcome them by:	
Time limited	I will achieve my goal by:	Date:

Goal 4		
Specific	My goal is (what, where, how):	
Measurable	I will know I have achieved my goal by:	
Achievable	If I take action, can I achieve my goal?	Yes No
Realistic	Some barriers may get in the way of me reaching my goal. These barriers are:	
	I will overcome them by:	
Time limited	I will achieve my goal by:	Date:

Goal 5		
Specific	My goal is (what, where, how):	
Measurable	I will know I have achieved my goal by:	
Achievable	If I take action, can I achieve my goal?	Yes No
Realistic	Some barriers may get in the way of me reaching my goal. These barriers are:	
	I will overcome them by:	
Time limited	I will achieve my goal by:	Date:

A common reason people do not achieve their goals is because we forget about them. Try putting this worksheet somewhere you'll see it, maybe put a post-it note somewhere, or add reminders to your phone or calendar. Sometimes, if our goal is too easily achievable or too far in the future, we're not motivated to act. Try giving a shorter deadline for the easier, quicker tasks.

Keeping things going...

The current social distancing measures and self-isolation recommendations are not permanent. It could be beneficial to set some goals for when these restrictions are relaxed. What would you love to do that you haven't been able to? Perhaps do this using the top three values that you wrote down at the start. Try to keep them SMART.

Goal 1	
Goal 2	
Goal 3	

Values

Some common values are written below and put into categories. See if any of these resonate with you.

Family

- Spend time with family
- Take an active role in raising my children
- Maintain consistent healthy communication
- Be a supportive parent

Social Relationships

- Develop healthy relationships
- Be open to meeting new people
- Feel a sense of belonging
- Be supportive
- Maintain healthy barriers
- Have time for friends and fun

Intimate Relationships

- Build and maintain trust and safety
- Give and receive affection
- Be kind and caring
- Be communicative and honest
- Have time for my partner

Community

- Be involved in the wider community
- Commit to causes that are important to me
- Help people in need
- Be inclusive of others

Career

- Contribute ideas and feedback
- Be reliable
- Supportive of the team
- Maintain healthy boundaries

Physical well-being

- Care about my health
- Engage in regular physical activity
- Maintain knowledge of advice
- Maintain good sleep hygiene
- Be considerate of nutrition
- Balance rest and activity

Mental Health

- Balance rest and activity
- Make time for things that bring me joy
- Responsible for my well-being
- Evaluate and make changes
- Maintain knowledge of advice
- Spend time in nature

Personal Growth

- Be courageous
- Open to learning and trying new things
- Open to challenges
- Act on my interests to learn and do more

Spirituality

- Grow in understanding myself and my purpose
- Follow traditions and customs
- Practice my religion or faith
- Live according to spiritual principles

Translating Values into Activities

Once we have identified our values, the next step is to turn them into activities to help us achieve our goals.

Let's think about the values you just identified:

Can you think of some short-term goals in each values area?

Can you think of some long-term goals in each values area?

Let's brainstorm and write down some ideas.

VALUES

ACTIVITIES

EXAMPLE:

Parenting – I want to be engaged in my children's learning and interests. I want to make fun and special memories with my children and spend lots of quality time with them.

- I am going to make sure I attend all parent's meetings at my children's schools.
- I am going to volunteer at events at my children's schools (e.g. sports day, Christmas fair, etc.).
- I am going to plan a small holiday for next summer with the children.

Pleasant Events Diary

It takes some planning to build up a list of positive events. Each day of the week write down at least one pleasant activity or event that you could easily do. Next, make a note of the pleasant activity/event that you actually participated in each day.

Day of Week	Planned activity/pleasant event	Pleasant activity/event I actually did	Mindfulness of pleasant event (0-5)	Letting go of worries (0-5)	Pleasant experience (0-100)	Comments

Part 5:

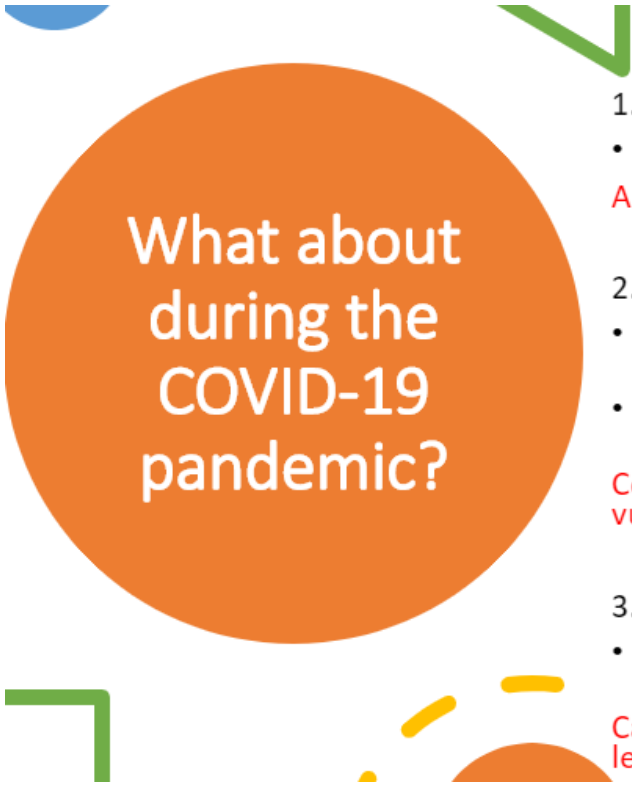
Social Connections

How to Increase Social Connections



How to increase your social connections:

1. Start by looking inwards:
 - What are your interests and hobbies?
2. Become active in your community:
 - Are there any local groups or organisations you could join?
 - Could you volunteer at a school? Or to befriend an isolated older or vulnerable person?
3. Reconnect:
 - Do you have any friends or family you have lost contact with?



What about during the COVID-19 pandemic?

1. Start by looking inwards:

- What are your interests and hobbies?

Are there any online groups you could join?

2. Become active in your community:

- Are there any local groups or organisations you could join?
- Could you volunteer at a school? Or to befriend an isolated older or vulnerable person?

Could you volunteer to deliver food and medicine to vulnerable people in your community?

3. Reconnect:

- Do you have any friends or family you have lost contact with?

Can you call them, email, video chat or even write a letter?

Part 6:

SMART Goals

Understanding SMART Goals



S

- **SPECIFIC**
- Define the goal as much as possible with no unclear language
- **Who** is involved, **WHAT** do I want to accomplish, **WHERE** will it be done, **WHY** am I doing this – reasons, purpose, **WHICH** constraints and/or requirements do I have?



M

- **MEASURABLE**
- Can you track the progress and measure the outcome?
- How much, how many, how will I know when my goal is accomplished?



A

- **ATTAINABLE/ACHIEVABLE**
- Is the goal reasonable enough to be accomplished? How so?
- Make sure the goal is not out or reach or below standard performance.



R

- **RELEVANT**

- Is the goal worthwhile and will it meet your needs?
- Is each goal consistent with the other goals you have established and fits with your immediate and long term plans?



T

- **TIMELY**

- Your objective should include a time limit. Ex: I will complete this step by month/day/year.
- It will establish a sense of urgency and prompt you to have better time management.

Goal Setting Worksheets



Goal setting exercise:

Short term goals

Medium term goals

Long term goals

Goal 1: _____

I can do this now (circle on the scale below):

0 1 2 3 4 5 6 7 8 9 10

Not at all.....Anytime

Goal 2: _____

I can do this now (circle on the scale below):

0 1 2 3 4 5 6 7 8 9 10

Not at all.....Anytime

Part 7:

Shifting Your Thinking

Talking Differently to Ourselves

Talking
differently to
ourselves:

- Would I say this to a friend who was feeling the way I do?
- What would I say?

- Would somebody who cares about me agree with me?
- What might they say?

Being Kinder to Ourselves

Being Kinder to Ourselves

- *It is understandable I feel this way*
- *I am struggling and need to cut myself some slack*
- *I, like everybody else, have my strengths and weaknesses*
- *Nobody, including me, is 100% anything (e.g. worthless, hopeless, helpless)*
-

The importance of self-kindness, care and compassion is explored further in the next video



Part 8:

Being Kind To Yourself

Making Time for Yourself

Making Time for Yourself

Remember to start slowly and build up gradually:

1. **Connect with your body and senses**

- Practice relaxation or mindfulness
- Have a bath or shower
- Eat your favourite food
- Spray your favourite perfume

2. **Do things you used to enjoy the most**

- Watch your favourite film - in short bursts if you need to if you are struggling with your concentration
- Talk to your closest friend



Self-Compassion in Self-Isolation

Compassion is an important part of our lives. We often express our compassion to others in our lives by doing things such as:

- Giving a hug
- Listening with empathy
- Being understanding of reactions or mistakes
- Making time for them without distraction
- Doing something nice

Often, we are great at doing things for others, but bad at showing ourselves compassion. Often it we find we're being hard on ourselves or are having a bad day and just need a hug, other people will show us compassion – *but what can we do if other people aren't around?*

We can be **self-compassionate** – though this often doesn't come naturally. Below are some exercises to help get you started – it may be uncomfortable at first but will become more natural.

Coping without cuddles

Evidence suggests that firm touch (like a hug) can improve wellbeing, even if it comes from ourselves.

This may be a case of giving yourself a big hug, for example by sitting with your knees pulled up to your chest and wrap your arms around them (if you can). If this is tricky, you could just hold onto your shoulders.

You could also try using a hot water bottle – as the heat and weight of the bottle can add to the effect and gives you something to wrap your arms around.

Even something simple, like giving your upper arm a squeeze or rub with the opposite hand can be effective. Try out some of these to see which are helpful for you!

If this is a bit outside your comfort zone, you could always try using a massage ball.

Making time for yourself

Sometimes, when we have more time on our hands, we often become worse at setting aside any of that time for 'me-time' or self-care. Think about what you would tell a friend about looking after themselves and tell yourself the same thing. This could be through:

- Schedule in time with yourself ahead of time, rather than fitting it in last-minute or when you remember

- Do an activity you enjoy, but try and make sure it's not too distracting. Something like going for a walk, having a coffee break or doing some colouring – an activity that uses some attention but also allows you space to relax.
- Listen to your feelings, even if they're difficult – just be there with the emotion. Try to understand why these feelings are there – remind yourself it's okay to feel like that.
- Be understanding of mistakes or unhelpful emotional reactions – we're all human and everyone makes mistakes! It's okay to cry or express frustration – acknowledge that this is okay and not a reflection of who you are as an individual.
- If you're really down consider how you would make a friend feel better – a hug, a gift, a fun activity? Then make a plan to do the same for yourself to feel better!

Positive self-talk

Sometimes we can talk to ourselves in an unkind way – we may call our self names such as 'ugly' or 'stupid' or go over a mistake repeatedly in our head. We may blame ourselves and feel guilt for not being able to cope. It is important to recognise these thoughts and pay attention to which come up more frequently.

What is a self-critical thought you've had recently?

When you catch yourself having these thoughts, ask yourself 'How would I respond to a friend saying these things?'

Look back at the self-critical thought you wrote and imagine a friend saying that to you. **How would you respond? What would you say and do?**

Now write the statement out again but change the 'you' to 'I'

Can you say it to yourself out loud? Remember saying this to ourselves rarely feels easy, but this will become more natural with practice.

Compassionate gestures

When someone's having a difficult time, we may buy them something to cheer them up, make their favourite meal or plan a 'night off'. We usually put more time and effort into other people when they feel low – but when we feel this way ourselves it can be hard to find the energy to think of nice things' we can do for ourselves.

Use the suggestions below to think of ideas for things you can do for yourself:

- Buy my favourite food, drink, flowers or a treat
- Make myself something I'd like (e.g. a cake, something crafty)
- Cook my favourite meal
- Plan your ideal night in/out – who will it involve, what will you do?

Taking a Compassion Break

When decide to make that commitment to improving our mental health, it can often feel like a huge commitment. Particularly when we feel extra stressed and as though we can hardly even keep on top of the news, and all the changes going on around us. However, even when we are extremely busy or stressed, it is vital that we put our mental health first and give ourselves a break.



A quick exercise we can do to restore some balanced compassion for ourselves: The 3-step Compassion Break (Kristin Neff). How do I know when I should do this exercise?



When we are being too hard on ourselves



When we feel overwhelmed by feelings such as hurt, fear, or loneliness



When we're excessively thinking negatively about ourselves



When we just feel so frazzled and need to take a break!

How do I do this activity?

Step 1: This is a moment of suffering

- Recognise how you are feeling and that it is difficult
- Accept the feeling for what it is and allow yourself to feel it

Step 2: Suffering is a part of being human

- Whatever difficult thing you're feeling or thinking at this moment, it is a normal, inevitable part of being human.
- Our minds are so complex – it allows us to love, care and hope. However, it also has these side effects – those that cause us to feel and think negatively. We all experience negative feelings; it is part of being human.

Step 3: May I be kind to myself?

So, why shouldn't I try to push out pain and difficult feelings? Because if we did, when we next experienced them, we might start to see it as a sign of weakness and an inability to cope. So? This would mean we would be even harder on ourselves, which would make us feel even worse.

Once we begin to accept our suffering and recognize that it is part of being human, we are in a much better mindset to enable us to be kinder to ourselves. Doing to helps to protect our mental health.

Decide you want to be kind to yourself and put this into motion:

- What can you do immediately to respond compassionately to how you are feeling?
- What have you decided to do later today that shows some self-compassion?

Useful Links

Part 1: What is Depression?

- What is depression https://www.youtube.com/watch?v=fWFuQR_Wt4M
- What is suicide and suicidal thoughts? <https://www.youtube.com/watch?v=-sPpGz0HGu0>



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