

Tips to Manage Depression Workbook

Designed and produced by the Involvement, Recovery and Wellness Centre

Please contact 01625 505647 for further information

Helping people to be **the best they can be**



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Welcome

We're glad you're here

This workbook can be used on its own or to refresh your skills after completing our Tips to Manage Depression workshop. It can be completed on your own or with someone you trust such as a healthcare professional, friend or family member.

If you feel things are getting worse when you are using this workbook, please get in touch with your mental health team or your GP. If you feel you are in crisis, please call the CWP crisis line number which is 0800 145 6485 (for residents of Cheshire East, Cheshire West and Wirral, of all ages).



What is Depression?

Professor Paul Gilbert's (author of "Overcoming Depression" (2009) "Book on Prescription) key message to you is that depression is:

- Commonly misunderstood
- Extremely common, affecting over 350 million people worldwide
- Can affect any human being regardless of their age, wealth or background and many species of animal too

Depression is a change in your brain state which pulls you into thinking and feeling depressed. It can be caused by many different things.

It is not your fault you are depressed and it is not a sign of human weakness.

It is very important not to blame yourself, as self criticism is strongly linked to depression and can keep it going. Instead what you can do is find out more about depression and practise techniques which will help to shift your mind out of the depressed brain state. This is easier to say than do, but give it a go and see what works for you.

What Causes Depression?

The NHS website states that many things can cause depression and often many factors can combine to cause depression. Some people can pinpoint a “downward spiral” of events that has led to their depression, such as a relationship breakdown leading to seeing less of friends and family, leading to drinking more. We will learn more about how our thoughts, behaviour and feelings influence each other later in this workbook and what we can do to prevent the spiral.

Some things that can contribute to depression can be seen below. Can you think of any of your own contributing factors that you can write below?

- Stressful events such as loss of a relationship or bereavement

- Personality, such as being very self critical. This can be a result of genes or your environment growing up

- Genes, for example if someone in your family has depression in the past, it may be more likely that you will also develop it

- Giving birth, including the hormonal changes, physical changes and responsibility of a new life

What Causes Depression?

- Loneliness

- Alcohol and drugs, while initially can feel helpful in the short term, lead to more problems in the long term and affect the chemistry of the brain

- Long standing illness and head injury. It is important to go to see to the doctor if you think you have depression to rule out any physical causes such as hypothyroidism



Symptoms of Depression

It's natural to feel sad or down often in response to a loss, an ending or something that didn't go as you wanted in a major area of your life, i.e. relationships and work. These feelings can generally subside with the passage of time but are not the same as depression.

The symptoms of depression can be quite complex and vary from one person to the next. Generally if you experience low mood and loss of enjoyment and more than four of the following signs that have been going on for more than two weeks, cause you distress and affect your ability to function please seek medical advice, i.e. speak to your health professional or visit your GP.

On the next page you will find some psychological, physical and social symptoms of depression. These may be helpful to consider on your own or if you are going to see a health professional to help the discussion.

Remember, it is not your fault if you find yourself feeling depressed and looking at this workbook is a great start to learning more ways to feel better. Depression is a treatable illness.

Psychological Symptoms of depression include:

Persistent low mood or sadness		Low self-esteem or feeling worthless	
Loss of interest, pleasure in life		Poor concentration	
Feeling upset		Lack of motivation	
Feeling numb or empty		Excessive or inappropriate guilt	
Feeling hopeless or helpless		Difficulty in making decisions	
Feeling anxious or worried		Thinking about harming yourself	
Feeling irritable and intolerant of others		Recurring thoughts of death and suicidal thoughts	

Physical Symptoms of depression include:

Tiredness, exhaustion, lack of energy		Changes in appetite/ weight gain or loss	
Tearfulness		Lack of self-care	
Disturbed Sleep patterns		Digestive problems	
Unexplained aches and pains		Low libido	
Moving or speaking more slowly		Changes in menstrual cycle	
Restlessness/agitation			

Social Symptoms of depression include:

A decline in work performance	
Difficulties in home life	
Avoiding contact with friends	
Engaging in fewer social activities	
Neglecting any hobbies, or interests	
Withdrawing or isolating yourself from others	

Types of Depression

Subclinical depression - Small number of symptoms present but not enough for a diagnosis.

Mild depression - Enough symptoms for a diagnosis but minor impact on daily life.

Moderate depression - More symptoms present and significant impact on daily life.

Major depression - Also known as clinical depression or major depressive disorder and has a major affect making daily life activities near impossible.

Bipolar disorder- Formerly known as manic depression, characterised by a cycle of highs (hypomania) and lows.

Persistent depressive disorder – also known as chronic depression or dysthymia and can last for years.

Postnatal depression – sometime happens after giving birth due to hormonal and physical changes and responsibility of a new life.

Seasonal Affective Disorder (SAD) – sometimes known as ‘winter depression’, this sets in with the reduction in daylight.

Depression with psychosis—this is when you have severe depression and also experience hallucinations (hearing, smelling, seeing, feeling or tasting things that aren't there) and delusional thinking (thoughts or beliefs that are likely to be untrue), the symptoms of psychosis.

How to manage depression

Depression is closely linked to the relationship you have with yourself. Your thoughts, feelings and behaviour all influence each other and how you feel and can influence depression.



A good starting point is to understand what symptoms of depression you are having and whether you can notice any particular thoughts, feelings, environments or behaviour around the time that you are feeling particularly depressed. A symptom tracker, as you can find on the next two pages, can be used for this. This is generally suggested to be used over a period of two weeks to see whether any patterns emerge.

Becoming aware of symptoms

You can also share this with your health professional if you wish. Alternatively you don't have to show anyone—the important thing is to start becoming more gently aware of what your symptoms are so that you can then put in place some of the tools in the workbook to help alleviate them. You don't have to do everything at once—just a little bit is enough to start with. It can be overwhelming to look at these symptoms, so just a bit is great work.

Top Tip to manage depression
Grow your Self-Awareness

Connecting more to yourself and connecting more to others are both great ways of managing depression.

Top Tip - You are not alone

Day	Psychological Symptoms	Physical Symptoms	Social Symptoms	Useful information i.e. thoughts, emotions, feelings, moods, events, medication, desires
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

5	All The Time
4	Most Of The Time
3	Slightly More Than Half The Time
2	Slightly Less Than Half The Time
1	Some Of The Time

**Adapted from The Major Depression Inventory (MDI) self-report mood questionnaire developed by the World Health Organization's Collaborating Center in Mental Health and Akhtar, M. (2012). Positive Psychology For Overcoming Depression.*

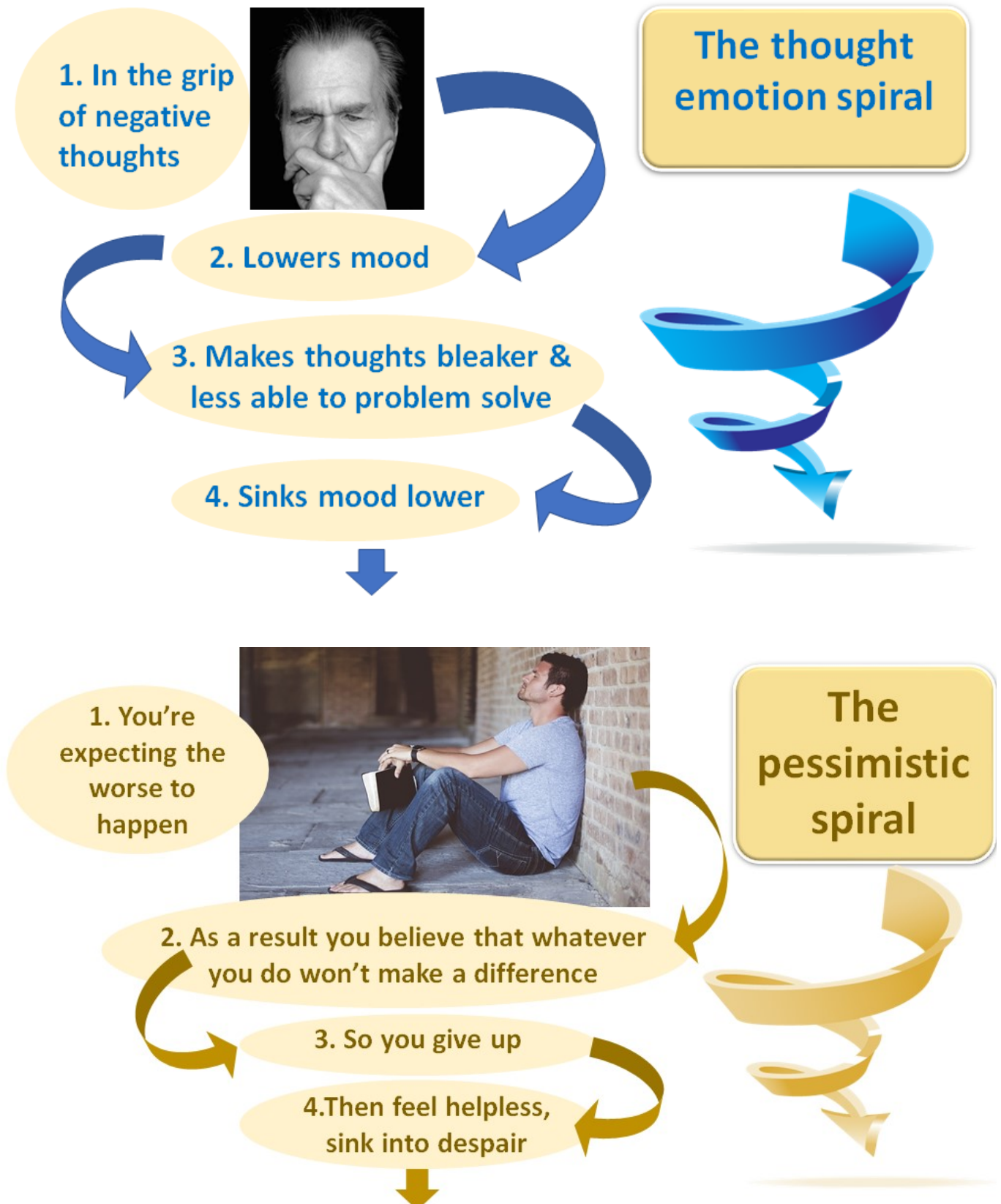
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1	Some Of The Time

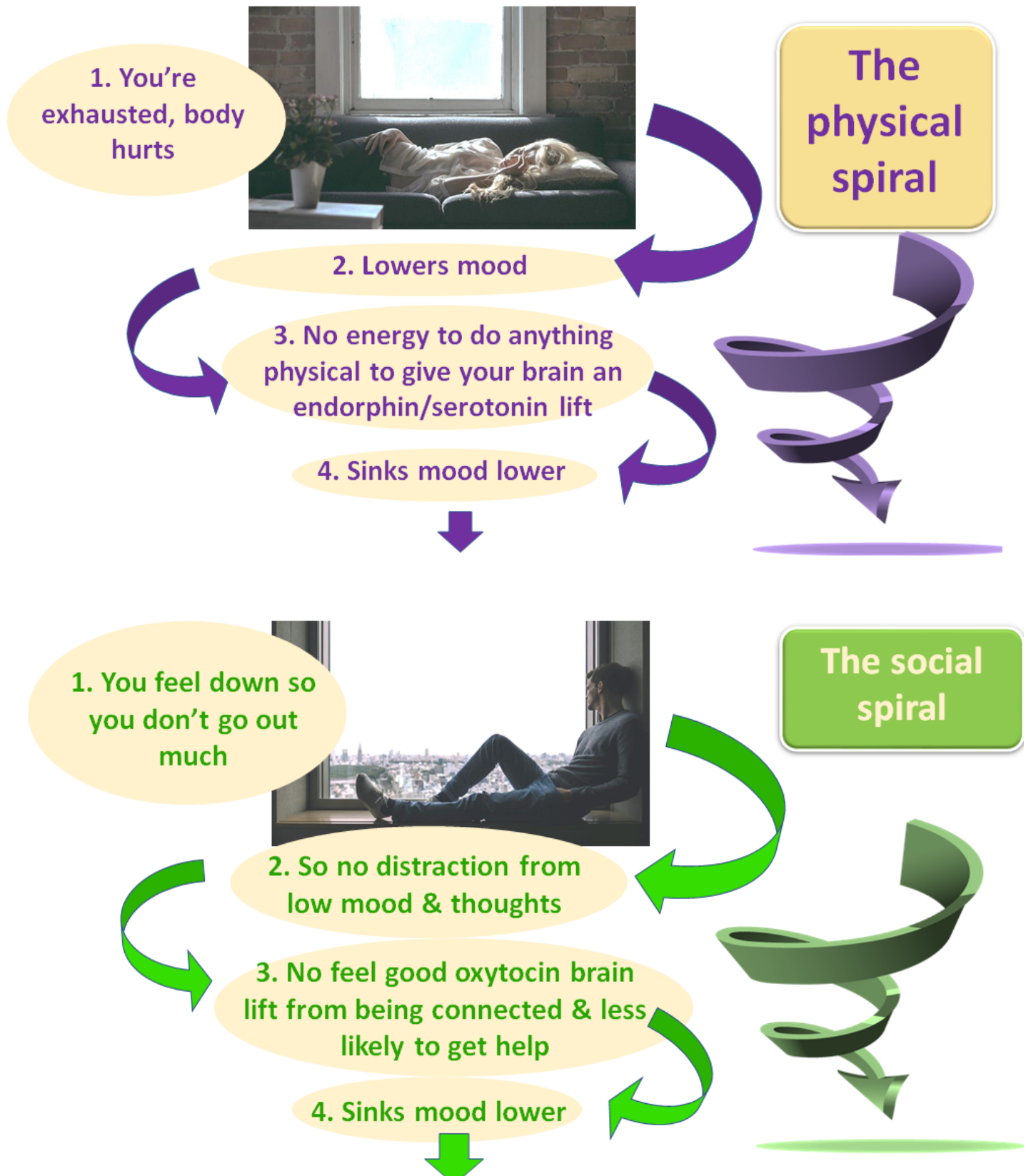
**Adapted from The Major Depression Inventory (MDI) self-report mood questionnaire developed by the World Health Organization's Collaborating Center in Mental Health and Akhtar, M. (2012). Positive Psychology For Overcoming Depression.*

Downward spirals

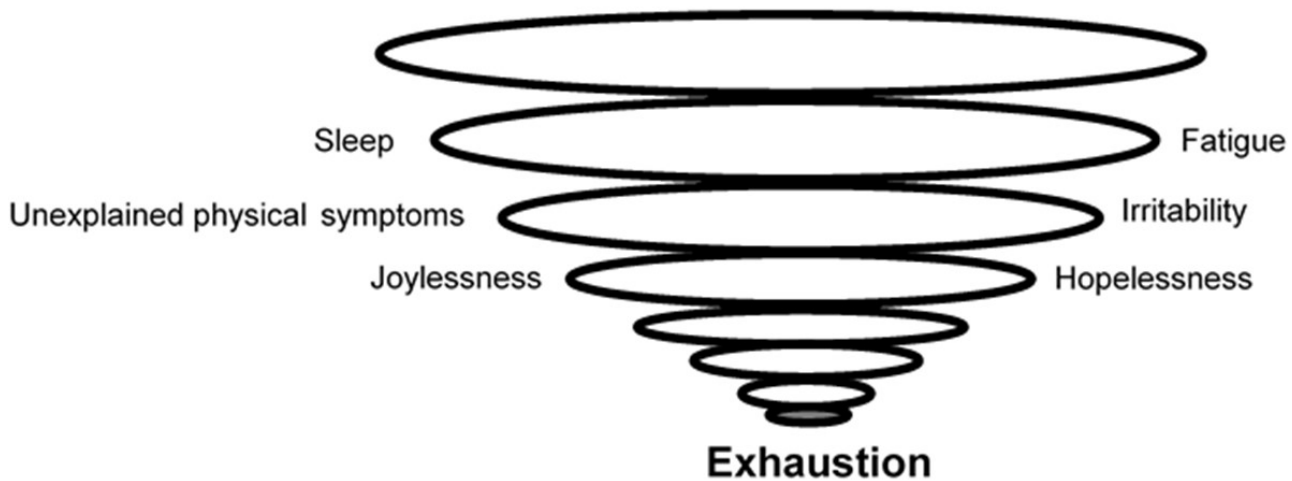
Once you are aware of your symptoms, can you spot any of these downward spirals? You may have your own you can determine.



Downward spirals



The exhaustion funnel



This is another diagram that shows how depression can limit our functioning.

Marie Asberg's exhaustion funnel shows the process that can follow when our mood goes down. The narrowing circle shows how our lives can narrow as we do fewer of the activities we enjoy and have less and less energy and have to focus more on work and being in "survival mode" which depletes our resources more.

Critical to Remember – One tiny step at a time

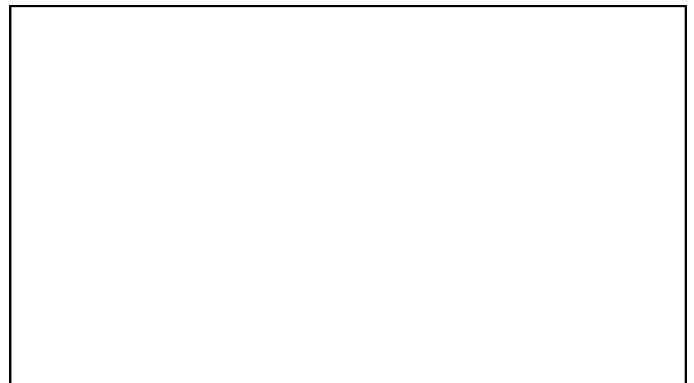
The good thing is, there are steps we can take to reverse this spiral or prevent it from getting worse. One of these steps can be to look at nourishing and depleting activities.

Nourishing and depleting activities

When we find our range of activities diminishing as a result of depression, it can be helpful to review what activities are part of our lives at the moment and think about whether they nourish us or deplete us. A useful way of doing this can be to complete a diary of a typical day, writing down a list of activities you complete and writing “N” or D” next to them.

Nourishing activities:

- Increase energy
- Help us feel calm and centred
- Lift mood



Depleting activities:

- Decrease energy
- Lower mood
- Increase stress and tension



Some may vary depending on the situation, time of day or who you are with, for example. Try writing your own common nourishing or depleting activities in the boxes above.

Nourishing and depleting activities

[illegible]

Nourishing and depleting activities

Now that you have completed your nourishing and depleting activities diary, have a think about what could be different.

Can you increase nourishing activities?

Can you decrease depleting activities?

If there are depleting activities you need to keep, can you do them differently or think about them differently? You might be able to identify some thinking biases by looking at the diagram on the next page.

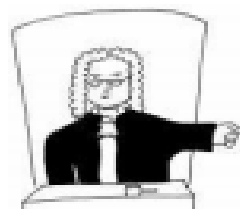
Thinking biases

Unhelpful Thinking Habits

Over the years, we tend to get into unhelpful thinking habits such as those described below. We might favour some over others, and there might be some that seem far too familiar. Once you can identify your unhelpful thinking styles, you can start to notice them – they very often occur just before and during distressing situations. Once you can notice them, then that can help you to challenge or distance yourself from those thoughts, and see the situation in a different and more helpful way. *Blue text (italics) helps us find alternative, more realistic thoughts.*



Mental Filter - When we notice only what the filter allows or wants us to notice, and we dismiss anything that doesn't 'fit'. Like looking through dark blinkers or 'gloomy specs', or only catching the negative stuff in our 'kitchen strainers' whilst anything more positive or realistic is dismissed. *Am I only noticing the bad stuff? Am I filtering out the positives? Am I wearing those 'gloomy specs'? What would be more realistic?*



Judgements - Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for. *I'm making an evaluation about the situation or person. It's how I make sense of the world, but that doesn't mean my judgements are always right or helpful. Is there another perspective?*

Prediction - Believing we know what's going to happen in the future. *Am I thinking that I can predict the future? How likely is it that that might really happen?*



Emotional Reasoning - I feel bad so it must be bad! I feel anxious, so I must be in danger. *Just because it feels bad, doesn't necessarily mean it is bad. My feelings are just a reaction to my thoughts – and thoughts are just automatic brain reflexes*

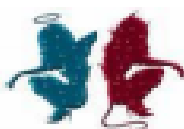


Mind-Reading - Assuming we know what others are thinking (usually about us). *Am I assuming I know what others are thinking? What's the evidence? Those are my own thoughts, not theirs. Is there another, more balanced way of looking at it?*



Mountains and Molehills Exaggerating the risk of danger, or the negatives. Minimising the odds of how things are most likely to turn out, or minimising positives. *Am I exaggerating the bad stuff? How would someone else see it? What's the bigger picture?*

Compare and despair Seeing only the good and positive aspects in others, and getting upset when comparing ourselves negatively against them. *Am I doing that 'compare and despair' thing? What would be a more balanced and helpful way of looking at it?*



Catastrophising - Imagining and believing that the worst possible thing will happen. *OK, thinking that the worst possible thing will definitely happen isn't really helpful right now. What's most likely to happen?*



Critical self Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility. *There I go, that internal bully's at it again. Would most people who really know me say that about me? Is this something that I am **totally** responsible for?*



Black and white thinking - Believing that something or someone can be only good or bad, right or wrong, rather than anything in-between or 'shades of grey'. *Things aren't either totally white or totally black – there are shades of grey. Where is this on the spectrum?*

Shoulds and musts - Thinking or saying 'I should' (or shouldn't) and 'I must' puts pressure on ourselves, and sets up unrealistic expectations. *Am I putting more pressure on myself, setting up expectations of myself that are almost impossible? What would be more realistic?*



Memories - Current situations and events can trigger upsetting memories, leading us to believe that the danger is here and now, rather than in the past, causing us distress right now. *This is just a reminder of the past. That was then, and this is now. Even though this memory makes me feel upset, it's not actually happening again right now.*



BACE

A good way to plan balanced activity when this has been reduced due to depression can be by thinking of the acronym “BACE”. You might not be able to balance each section perfectly each day, but when looking at your week, try to make sure that most days have a bit of each area.

Body care

- Getting enough quality sleep—not too much and not too little
- Eating healthily and regularly
- Exercising regularly
- Having rest time
- Limiting smoking, caffeine, drinking and drugs

Achievement

- Realistic, achievable goals
- Getting some chores done
- Studying or working
- Exercising

BACE

Connecting—it can be really easy to neglect relationships when we are feeling low

- Messaging a friend
- Going to a support group
- Going for a coffee
- Saying hello to someone when walking past them

Enjoyment—one of the first thing we can stop doing when our mood dips.

- Hobbies
- Sport
- Something at home
- Something with others

Self criticism and depression

Self criticism can play a large part in depression. Try the exercise on the next two pages to see whether you can find a way to gently support yourself when you are feeling self critical.

1. Imagine you know someone who you care about is suffering from depression the same as you are, and they have asked you for your help.

What do you think they need to hear from you that would help them?

How do you think you could treat them that would help them?

What do you think you could say to them that would help them?

What do you think you could do to help them?

Self criticism and depression

2. **Now gently turn these thoughts towards helping yourself, be your own best friend, be on your own side, gently support yourself, trust yourself, you know yourself best**

What do you need to hear that would help you?

So what could you say to yourself that would help you?

How do you need to treat yourself that would help you?

What one thing could you experiment with changing from now on in your daily life that you feel would help you?

Mindfulness for depression

Mindfulness can be a helpful tool to support recovery when you are suffering with depression.



The diagram above shows that mindfulness can help reduce the suffering of depression on several levels—the initial suffering, the resistance to the suffering and the reaction to the suffering. On the next few pages, you will be able to find a few techniques for mindfulness that you can try.

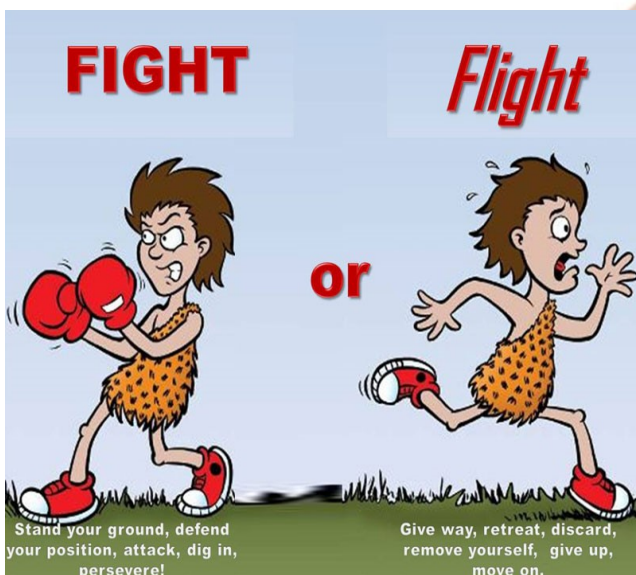
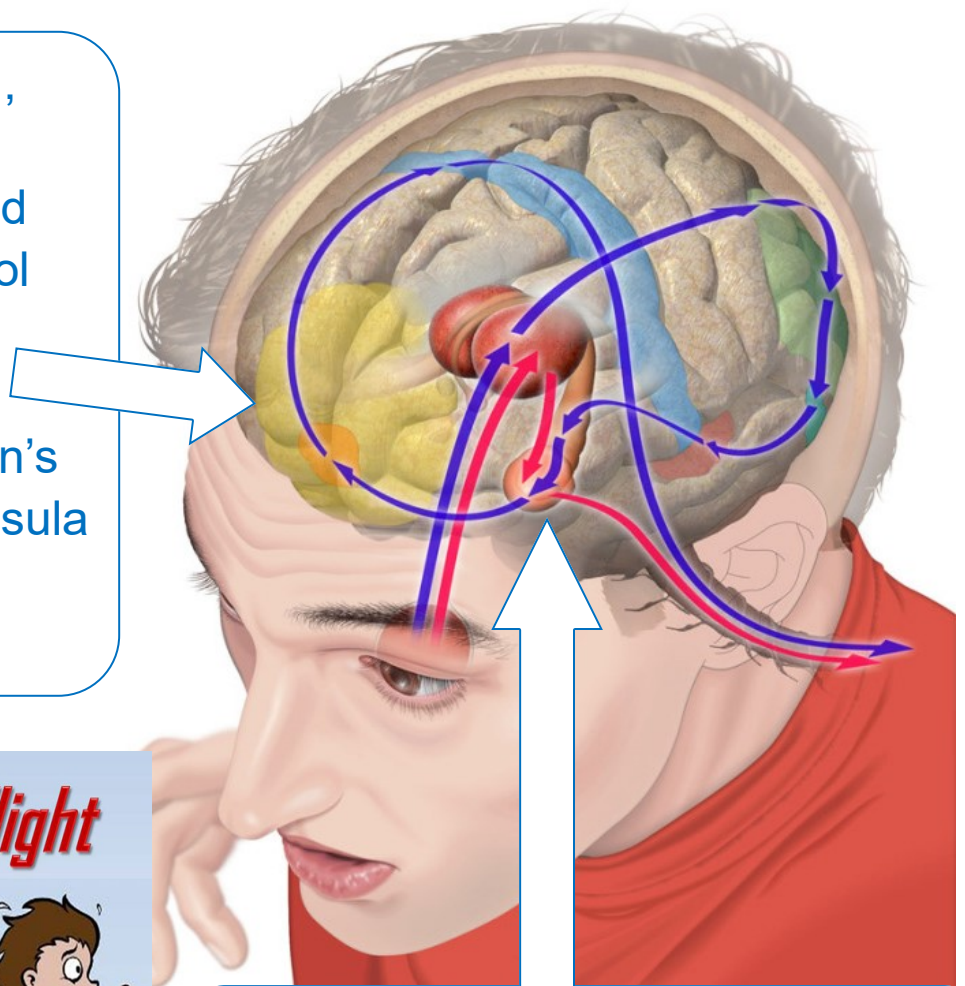
What is mindfulness?

Mindfulness is the skill that anyone can learn of gently training your attention and brain on the present moment, without judgment, to things just as they are

Why do it?

Regular repeated mindfulness, attention and brain training can:

Improve your mood, concentration and decision making and your ability to control emotions and behaviour by improving your brain's prefrontal cortex, insula and hippocampus involved in this



Reduce stress, panic, distress, anger, urges to attack or run away – our '**fight and flight**' response, due to shrinking the part of your brain involved in this; the amygdala

Mindfulness gives you more control over your emotions and responses



A Mindless Reaction

1. You react automatically to events, sometimes impulsively and get overwhelmed and lost in your reaction, feeling out of control
2. You believe all your thoughts and ideas are real facts .
3. Your mind is often full of thoughts about the past and worries about the future.
4. You judge yourself and others
5. You want things to be different than they are
6. Try to avoid or escape from unpleasant situations, thoughts and emotions



A Mindful Response

1. You stop, think and calm yourself and take time to think how best to respond to events, feeling more in control
2. You distance yourself from your thoughts and know they are not real but mental events that pass through the mind.
3. Your mind is often focused on living each moment, day by day
4. You have opinions on yourself and others and respect others.
5. You accept things the way they are and let go of wanting them to be any other way.
6. You approach unpleasant situations, thoughts and emotions

What to do when your mind keeps wandering away from the present moment onto thoughts

When you try mindfulness and bringing your attention to whatever is going on for you in the present moment, you will repeatedly notice that your mind keeps wandering off onto thoughts, images and memories, perhaps, or replays of the past and the future. This is not a mistake or failure, this is just what minds do.

Training the mind is the skill of bringing your attention back to the present moment and will improve with regular practise so each time:

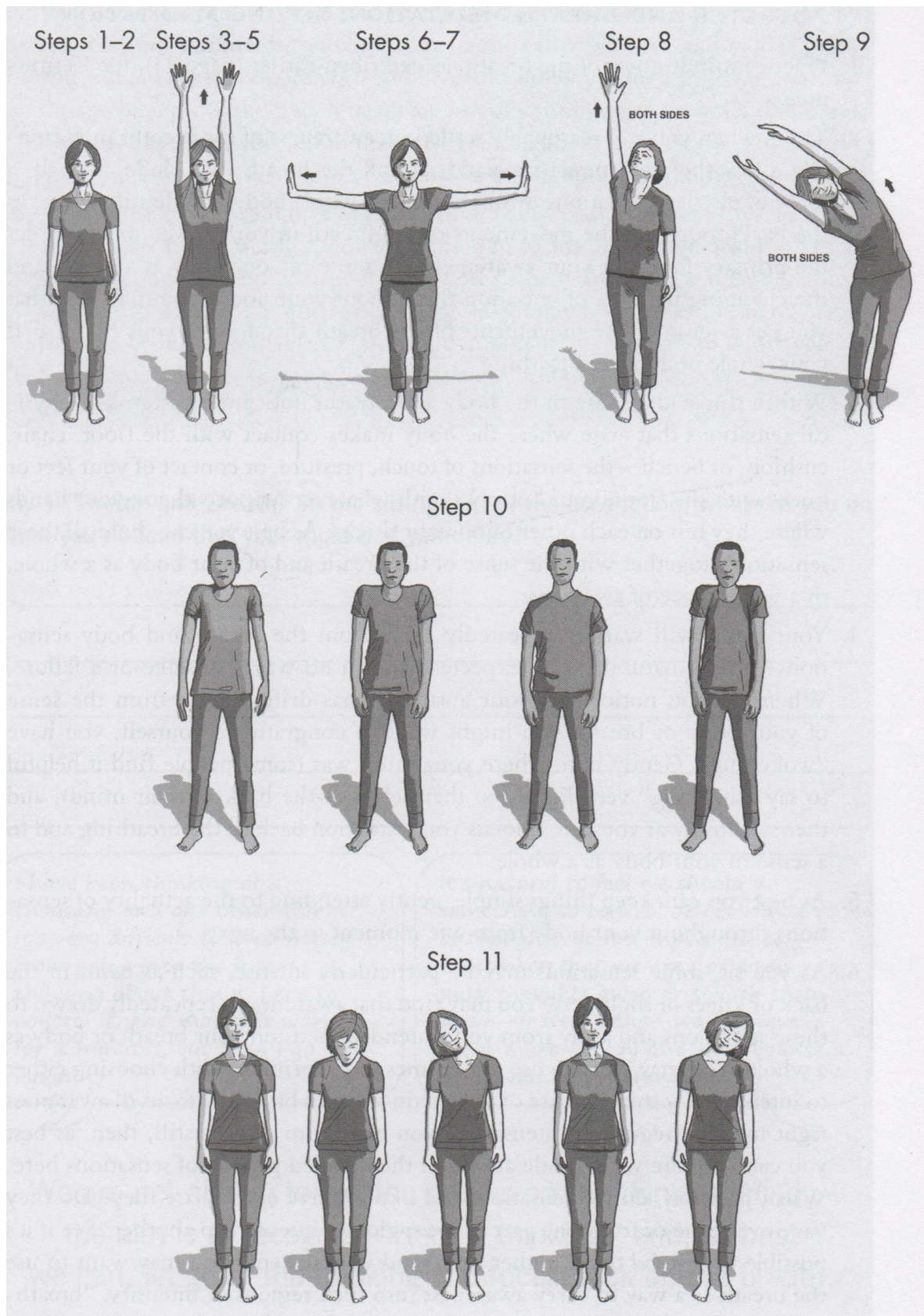
- **Recognise** when your mind has wandered without giving yourself a hard time
- **Notice** where it has wandered & note these are just thoughts, passing events.
- **Gently and kindly** bring your attention back onto the present moment.²

Mindful Stretching and Breathing

- This practise helps you to bring you out of your thoughts about the past and future and connect with your body in the present moment.
- Your emotions and feelings are often felt in your body without you knowing fully what is happening. You can become far more aware of your emotions as you learn to tune in and recognise body sensations coming up and passing through mindful stretching and breathing.
- Moving your body also allows to connect with your body and practise an attitude of gentleness, kindness, acceptance and compassion towards yourself - rather than judgement, criticism, pushing yourself hard beyond your body's limits.^{2,24}

This mindful stretching involves a series of gentle standing stretches — please remember to take good care of your body. If you have any problems with your back or other health difficulties, first listen to the instructions without following them and then think carefully about whether you should do all or any of the practises described. Feel free to skip those that may be too difficult at this time

Mindful Stretching and Breathing^{2,24}



Figures adapted from Kabat-Zinn, J. Full Catastrophe Living (Second Edition) 2013, New York Bantam Books taken from Williams, M., Teasdale, and J., Segal, Z. (2014). The Mindful Way workbook. An 8 – week program to free yourself from depression and emotional distress. Guildford Press, UK.²⁴

When overwhelmed with emotions & thoughts use these grounding mindfulness strategies to bring your attention back to the present moment

Practise these regularly when you are calmer, so when you next get overwhelmed with powerful emotions and thoughts your brain will have been well trained and will more easily be brought back into the here and now.

Mindfulness

Can be used when you feel anxious, angry, uneasy, sad, content, happy, joyful, grateful...

- 5** Things you can see
- 4** Things you can hear
- 3** Things you can feel
- 2** Things you can smell
- 1** DEEP BREATH



- S - Stop**
- T - Take a moment**
- O - Observe**
- P - Pull Back - Put in Some Perspective**
- P - Practice What Works**
- Proceed**

Mindfulness I Spy

Something that is:

- | | |
|----------|--------------|
| 1. Heavy | 7. Light |
| 2. White | 8. Colourful |
| 3. Old | 9. New |
| 4. Noisy | 10. Quiet |
| 5. Cold | 11. Hot |
| 6. Big | 12. Tiny |

Mindfulness Treasure Hunt

Look for something that:

- ⇒ is useful or helpful
- ⇒ is special or pretty
- ⇒ makes someone smile
- ⇒ you are grateful for
- ⇒ You think is treasure

"Between stimulus and response there is a space. In that space lies our freedom to choose our response. In our response lies our growth and our freedom". Viktor Frankl.

Taking action



Take action to overcome depressive feelings NOW...and Keep Going

1. In each day below write down at least one thing that you plan to do that you find pleasant or good for your health and wellbeing
2. Write down at least one thing that you plan to do that used to give you a sense of satisfaction, achievement, and made you feel like you have accomplished something and are in control, however small (*i.e. getting out of bed, brushing your teeth, paying a bill, going for a walk, etc.*)
3. Write down at least one thing that you plan to reduce, postpone, give to someone else, or give up that you are currently finding unhelpful and unhealthy (*i.e. staying in bed, binge eating, over working, spending large amounts of time watching TV, going online, seeing particular people, etc*)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Taking action



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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
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Top tips from us

Over 100 Tips to Manage Depression

Things you can do:

1. Open the curtain - Go out in the daylight
2. Brush your teeth, wash your face
3. Make a nice clean fresh bed
4. Take in the fresh air
5. Get out - don't get isolated for long periods
6. Talk to someone – let it out
7. Have someone to talk to and someone to keep you company. They won't mind
8. Ask for help if needed, those that care about you want to help.
9. When needed seek medical advice, they won't mind that is what they are there for.
10. Use medication when needed and take as instructed

Kind things to say to yourself

'You **CAN** do this' 'You **ARE** worth it' 'It **WILL** be alright' 'The illness isn't you'

'Things ARE going to get better' 'It's not your fault' 'You are trying your best'

'You can only do your best' 'This too will pass' 'Just keep going'

11. Give yourself a hug – this self-soothes or ask for a hug off someone you trust
12. If you are overwhelmed with negative thoughts, try to distract yourself and calm yourself and get into a safe mental space.
13. Talk to self or others – get 'any depressed thoughts' out of your head
14. Put on the Radio or something uplifting in the background for company
15. Listen to uplifting music – or silly songs
16. The minute you hear negative thoughts in your head repeat a word you like, i.e. Rhubarb, Rhubarb, Rhubarb!



Top tips from us

17. Watch comedies
18. Watch a Disney diet!
19. Eat healthy; it really is true, you are what you eat and healthy body healthy mind.
20. Ask yourself 'what is it that I most need right now' – and be kind to yourself
21. Ask yourself 'what is it that I most need to hear right now' – and write it or say it to yourself
22. Give yourself praise when something goes well
23. Write a list of what you are grateful for, what has gone well, what is good out there
24. write gratitude post-its and save them in a jar to read at the end of each day and week,
25. Write a list of all your achievements
26. Write thank you notes (called thank you therapy) to others and to yourself
27. Write a list of feel good activities and try them out one by one and tick them off as you go
28. Think, feel and do the opposite to what your depressed brain is telling you
29. Do things to make you feel more in control
30. Give yourself 'me' time and stop trying to please everyone
31. Find something healthy to do that energises you
32. Watch inspirational motivational videos on You Tub or inspirational films
33. Text yourself happy sayings and feel good comforting words
34. Find things that aid happy memory - Think up and savour a happy memory
35. Go somewhere where you're familiar and comfortable that brings back happy memories
36. Break down larger tasks into smaller tasks that are less daunting
37. Get outside and go for a walk or visit the shops, or other places.
38. Say hello to people.
39. Enjoy a smile off a stranger
40. Help someone else
41. Be more social - Chat to friends
42. Take up Yoga
43. Use positive affirmations
44. Take up swimming or even wild swimming- jumping in cold water gets you out of your head



Top tips from us

45. Try the gym
46. Take up Pilates
47. Think about Zumba if you have a bit more energy to burn
48. Start walking outdoors
49. Stroke some cats or dogs
50. Look after someone else's pet or buy your own pet
51. Take up baking
52. Try to cook something you know or try a new dish
53. Sing with others or alone
54. Download the app 'Catch it' to help with anxiety and depression
55. Change your living situation
56. Buy and start a journal or write what you have achieved, or what you are thankful for.
57. At the start of each day think of one thing you would like to achieve that day
58. At end of each day think of 3 good things that have happened that day (called the 3 G's)
59. Don't listen to the news
60. Step away from social media
61. Write down your unhelpful thoughts and write down the opposite to them to balance them
62. Try to learn something new and work hard at getting better at it
63. Try to achieve a task no matter how small and then build up slowly and gently
64. Break larger tasks in to step by step actions to seem less daunting
65. Try voluntary work – it can be a great source of comfort and lift your mood
66. Try and practise mindfulness in your daily life if it helps
67. Try and practise meditation if it helps
68. Try and practise mental visualisation if it helps
69. Seek out helpful and supportive relationships.
70. Protect yourself from critical people
71. Write a list of things to look forward to – if you have nothing perhaps this is a clue to tell you that you need to plan something (remember Depression shrinks what you think you are capable of so you may need to push slightly outside of your comfort zone here)



Top tips from us

72. Have meaningful goals or a direction in your life – find them if you haven't

73. Think what you might like to try that you have not yet tried?

Helpful attitudes to try to cultivate towards yourself

74. Have a non-judgemental attitude towards yourself as well as others

75. Don't compare yourself to how you were when you were well

76. Don't put pressure on yourself by expecting too much of yourself to be straight away as good as you were before

77. Remember you are not your illness, you have a condition that you are living with

78. Open yourself up to being helped and to helping yourself get better

79. Be careful what you feed your brain on – a healthy brain diet will give you a healthier brain

80. Focus and put effort into bringing stability back into your life, in your mind and body.

81. Accept 'what is' just 'as it is' don't wish things were different

82. Accept yourself for where you are at the moment so you can start to find ways to get better

83. Remember your brain gets shaped by what it repeatedly rests on so rest it on something helpful to you.

84. These feelings will pass, however if you are struggling get help

85. Many think it isn't possible to work again when they were ill but when they are working towards getting back in work, they realise its small steps that can get you there.

86. Remember you are as good as anyone else

87. Have your own space

88. Treat and talk to yourself with kindness

89. Keep at it, repeat until it works, and you feel better even if only a little bit

90. Have self-compassion – be your own best friend

91. Be your own advocate

92. Think of the positive about yourselves

93. You didn't cause this it happened to you

94. It's not your fault that you became ill

95. Remember your behaviours and what you are like when you are better.

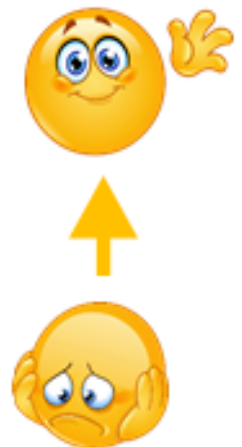
96. Go at your own pace

97. Give advice to yourself



Top tips from us

98. Tell yourself what you tell others
99. Remind yourself how far you have come
100. Remind yourself that you will get there but it will not happen straight away.
101. Listen to yourself
102. Ask yourself what you want to do.
103. Remember this too will pass - the brain is suffering from depression at this moment, but this is not you or who you are
104. Stop striving for perfection – accept things as they are – ‘good enough’
105. Stop working so hard – slow down
106. Stop expecting so much – reduce the pressure and expectation of yourself
107. Stop being so hard on yourself
108. Stop beating yourself up
109. Be realistic and be specific about what you would like to do
110. Remember the brain is always on the lookout for any threats or the negative in life and will always remember the negative to protect you, so you need to work at balancing this and working to notice the positive in the everyday
111. Be aware of ‘Depressed’ and ‘Anxious’ styles of thinking or mind states
112. Remember your brain is an extremely complex organ and separate to who you are
113. Thoughts are not fact only opinions or your brains point of view at the time!
114. Thoughts can be distorted or bias towards the negative
115. You are more than your thoughts
116. Identify and challenge depressed or unhelpful thinking styles
117. Stand back and view your thoughts from a balcony or the back seat of the cinema
118. If you have unhelpful thoughts, try not to grasp onto the thought as a belief, look for alternative explanations, or alternative ways of thinking about things or ask someone for their ideas
119. Try to keep a balanced perspective or ask someone you trust what that looks like?



Sources: Ideas on what has worked primarily from people using CWP mental health services, and from CWP volunteers who are mental health lived experts gathered from December 2018 to May 2019, with some tips from mental health charities such as MIND and other reference material used on the ‘Tips to Manage Depression’ Course April to August 2019 – Involvement, Recovery and Wellness Centre, Cheshire and Wirral Partnership NHS Foundation Trust, based at Jocelyn Solly Resource Centre, Victoria Road, Macclesfield, Cheshire SK10 3JE.

Further resources

Books:

- Gilbert, Paul (2009) *'Overcoming Depression – A self-help guide using Cognitive Behavioural Techniques'* Robinson, London, UK.
- Akhtar, Miriam (2012). *'Positive Psychology for Overcoming Depression'*. Watkins Publishing, London UK.

Websites with different help offered and self-help Depression Resources:

- 'Beyond Blue'** website at: <https://www.beyondblue.org.au/> Thought to be one of the best self-help and information depression focused websites in the world. It is full of helpful ideas and advice
- 'Living Life to the Full'** website at: <https://littf.com/> is a UK government sponsored website and is said to be another very helpful and important site to help people with depression.
- NICE Guidelines for depression** at: <https://www.nice.org.uk/guidance/cg90> NICE is the British government's guideline body that offers advice on the treatments for various conditions. It brings a range of clinicians together to develop that advice.
- 'Rethink Mental Illness'** charity webpage with really helpful information on depression at: <https://www.rethink.org/diagnosis-treatment/conditions/depression>
- 'MIND'** a Mental Health charity webpage with really helpful information on depression at: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/> including a free downloadable Depression booklet and really helpful self-care section packed with ideas you could try out.

Further resources

‘NHS Self-Help Guide for Depression and Low Mood’ meant as an introduction to self-help techniques, some people may need to seek additional support from a health professional - available as a free booklet, in Easy Read format, video, audio and British Sign Language video at: <https://web.ntw.nhs.uk/selfhelp/> produced by Northumberland, Tyne and Wear NHS Foundation Trust

Depression UK promote mutual support between individuals, affected by or at risk from depression at: <http://depressionuk.org/>

The Mood Gym: A free self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety at: <https://moodgym.com.au/>

Mood Juice: The site is designed to offer information, advice to those experiencing troublesome thoughts, feelings and actions. From the site you are able to print off various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems at <http://www.moodjuice.scot.nhs.uk/>

Mood Swings Network This service provides a range of services for people affected by a mood disorder such as depression, including their family and friends. Telephone: 0161 832 3736 (10am - 4pm, Monday to Friday) Email: info@moodswings.org.uk Website: www.moodswings.org.uk

CCI (Centre for Clinical Interventions) Health: Information packages on depression at: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression>

Mindfulness Resources: www.freemindfulness.org/download

Self-Compassion Resources: www.self-compassion.org

Further resources

Depression Self-Assessment Tools:

The Major Depression Inventory (MDI) is a self-report mood questionnaire developed by the World Health Organization's Collaborating Center in Mental Health – found online at: <https://psychology-tools.com/major-depression-inventory/>

NHS online Depression Self-Assessment Tool at: <https://www.nhs.uk/Tools/Pages/depression.aspx#>

Depression/Anxiety Self-Help Apps:

Catch-it - Free NHS App (Android and Apple) teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing. More details at website: <https://apps.beta.nhs.uk/catch-it/>

Depression by AppCounselor Android App more details at website: <https://www.appbrain.com/app/depression/air.com.asdspecialist.depression>

Depression CBT self help guide Android App more details at website: <https://play.google.com/store/apps/details?id=com.excelatlife.depression>

Who to call for support:

Your **GP** if you require non urgent assistance

If you intend suicide please tel.: 999 or go to Accident & Emergency

111 to speak to a medical professional who can give you advice about a non-urgent concern

Samaritans contact details are Tel.: 116 123 (UK) Email: jo@samaritans.org

SANE 0300 304 7000 4.30pm to 10.30pm


CALM – The Campaign Against Living Miserably 0800 58 58 58 5pm to 12 am www.calmzone.net

Thank you for using this workbook

We hope this workbook has been helpful.

If you have any feedback, positive or negative, please get in touch with us on cwp.involve-and-recover@nhs.net or 01625 505 647.

For full list of helplines, go to <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



**When everything seems
like an uphill struggle,
just think of the
view from the top.**

EVERYDAY **POWER**

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