

CBIS

COGNITIVE BEHAVIOURAL INTERPERSONAL SKILLS MANUAL



Adolescent Version



Anti-Depression Activities

The activities below are helpful in recovering from depression. To start working on your recovery, put a check mark whenever you do one of the activities below. Push a little, often, but not to exhaustion. As you persist, day after day, you may gradually find your mood brightening and your energy returning.

	ACTIVITY	MON	TUE	WED	THUR	FRI	SAT	SUN
1	Self-care (shower, shave, teeth etc.)							
2	Eat three meals, however small (check for each)							
3	Sleep (# of hours)							
4	Exercise, however little (# of minutes)							
5	Relaxation (# of minutes)							
6	Accomplish one small task or goal each day							
7	Social contact (enough but not too much)							
8	Pleasure activities/hobbies (check for each)							
9	Do something nice for yourself							
10	Do something nice for someone else							
11	Replace negative thoughts with helpful thoughts (check # times)							
12	Miscellaneous (your choice)							

Small Goals

The concentration, fatigue and memory problems that go along with depression make it impossible for people to keep up their same pace.

Depression feeds on withdrawal and inactivity.

A strategy to help people feel more in charge of their lives and improve their self-esteem is through the attainment of daily small goals.

The emphasis on small goals is important. It slows down the person who pushes too hard so they don't get overwhelmed and gently encourages the withdrawn person to begin taking charge of their life.

Select a Small Goal

- Choose something that you would like to accomplish and are certain you can achieve in the time you set for yourself.
- The task should be easy enough to achieve even if you feel very depressed.
- Have a clear idea of when and how you are going to carry out your goal.
i.e., “go swimming at the community center pool this Thursday evening for 15 minutes,” rather than “go swimming.”

If you don't complete the goal don't give up — choose another time or break your goal into smaller parts.

Goals that involve action and thoughts are easier to know you've achieved than those involving emotions.

When you meet your goal, or part of it, congratulate yourself.

Start small — you can always do more when you've achieved your goal.



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Small Goals Worksheet

GOAL	WHEN	WHERE	HOW	ATTAINED
Talk to mom	I'm feeling hopeless or lost	On the phone or at home	Ask her if she is available for us to talk	Knowing I have my mom as a support helps me gain more hope and relief
Try kickboxing	Once a week, Tuesday nights	Recreation centre	Walk down or ask for a ride	Feeling stronger and energized gives me a break from my negative thoughts
Write down how I'm feeling in a journal	I don't want to talk to anyone and I'm feeling hopeless or when I want to think about things on my own	In my room or outside on a park bench if the weather is ok		Feeling more relieved that the feelings are out on paper, I can read them and try to figure out how they got so bad and what to do next



Problem Solving

Depression can make even everyday problems seem insurmountable. When worry and self doubt set in, people feel stuck. The following problem solving technique will help you change your worry into action.

LIST the specific problem that you are worrying about.

e.g: People are talking about me behind my back

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BRAINSTORM all possible solutions and options – don't leave any out.

e.g.: talk to them about it, ask a friend for advice, ignore them, pretend not to care and join a club at school away from these people

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CHOOSE one of the options or solutions you've listed.

Join a club at school

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DO IT!

e.g. : Joined after school drama club

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EVALUATE results.

e.g.: It's really fun and I've met a whole new group of people that is really funny, interesting and doesn't care what those people think of me. I don't care anymore either.

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REPEAT steps 3, 4 and 5 as necessary.

e.g.: I might join yearbook if I have time this year

Opposite Action Strategy

Here is an effective way to start fighting back against depression. Catch yourself acting or thinking the way depression wants you to — then do or think the opposite. By doing so, you DEFY depression and take back some control, even if only for a short while.

ACTIONS OR THOUGHTS THAT STRENGTHEN DEPRESSION	ACTIONS OF THOUGHTS THAT WEAKEN DEPRESSION
Stay in bed when you feel too miserable to get up. Don't attend to hygiene. Don't get dressed.	Make yourself get up even for short while. Attend to hygiene and get dressed each day.
Punish yourself by calling yourself names every time you make a mistake ("stupid," "loser," "useless")	Encourage yourself to learn from the mistake and try again. You will do better in life if you focus on what you do right instead of what you do wrong.
Worry about all your past mistakes, how bad things are now and how things could go wrong in the future.	Set aside a small amount of time per day to worry and distract yourself from worry thoughts at other times. Use problem solving skills on real problems.
Talk excessively about depressing topics or how bad you feel to anyone who will listen.	Deliberately choose lighter topics. Focus on others. Take timeout from depression – talk or limit it to a few minutes at a time.
Withdraw, i.e. don't go out, refuse invitation, ignore the phone.	See or talk to someone for a short time each day, even when you don't feel like it.
Tell yourself that everything you do must be done really well, if not perfectly, or it's not worth doing at all.	Tell yourself that you just need to muddle through, not everything needs to be done perfectly. Dare to be average!
Take on all your usual tasks and expect to do them as well as usual.	Remind yourself that depression seriously limits your energy. Set realistic expectations that take into consideration your depressed state.
Pretend that nothing is wrong and get exhausted by the effort to keep up a good front.	Tell others that your energy is low (or whatever you feel OK sharing) and that this limits what you can do. Say "No!"

Common Thinking Errors

The situations we find ourselves in don't cause our depressed feelings — our ways of perceiving the situations do. Here are some distorted ways of thinking that often increase depression. Check the ones that most relate to you.

FILTERING

Everyone's life has negative aspects. If you focus only on the negative and filter out all positive or neutral aspects, your life will indeed seem depressing. (ie. when someone compliments you and you assume they are lying and immediately reject the compliment and then focus on what you *don't* like about yourself instead)

EMOTIONAL REASONING

"I feel it so it must be true." remember feelings are not facts. Emotions are based on subjective interpretations, not hard evidence. i.e. "It feels like I'm not prepared enough for this test, so I will fail it"

OVER-INCLUSIVE

You think of one problem or demand, then another and another, until you feel completely overwhelmed. i.e. "If I don't get my history homework in on time then I'll get a lower grade and then my GPA will fall and I won't be able to get into college/university and I will be stuck working at a fast food restaurant forever!"

BLACK OR WHITE THINKING

You think only in extremes or absolutes, forgetting that most things fall into shades of grey. i.e. "I thought I really liked Jennifer but she embarrassed me at lunch today. She's into emo music, and all emo kids are like this and can't be trusted"

JUMPING TO CONCLUSIONS

You predict a negative outcome without adequate supporting evidence. i.e. "People are going to hate me because I broke up with my boyfriend and none of his friends will talk to me."

MIND READING

You believe that others are thinking and feeling negatively about you and you react as if this is true. i.e. "I know Darren is talking about me because he wouldn't throw me the ball today at gym class. I shouldn't have made us lose last time"

PREDICTING THE FUTURE

You anticipate that things will turn out badly and you feel convinced that your predictions are true. i.e. "No matter how much I study, I'm just not going to pass math this year."

CATASTROPHIZING

You blow things out of proportion and imagine the worse case scenario. This intensifies your fear and makes it difficult for you to cope with the actual situation. i.e. "I can't believe I forgot to buy Matt a birthday present. Everyone else has brought something and he's going to hate me. I might as well just go home."

SHOULD

You make rigid rules for yourself and others about how things "should" be. When these rules are not followed you become depressed and angry. i.e. Everything must always be in the same spot in the bathroom, no one should move anything around because this is the right way."

Self Talk (Mean Talk)

Depression brings on a flood of mean talk. Depressed people blame themselves; they pick out every little flaw; they brood over mistakes, from miniscule to sizeable; they call themselves names (Stupid! Useless!); they psych themselves into failure or giving up (“You know you can’t do this; you know you’ll blow it; you always screw up”).

This kind of mean talk to yourself is guaranteed to keep you depressed and will definitely not help you to be more productive or successful.

To help in your recovery from depression, make a resolution to treat yourself the way you would treat someone else you valued, such as a friend dealing with some problems, a child you wanted to help do better in school, or a partner who is coping with a job failure.

The Talk Back Technique

- 1 Be Aware: Listen to your own self-talk.
- 2 Evaluate: Decide if your self-talk is helpful or harmful.
- 3 Catch yourself: Notice your “mean talk.” (You will be surprised how often you do this).
- 4 Stop: Immediately tell yourself (in a firm gentle voice) “STOP — THAT’S NOT HELPFUL.”
- 5 Ask yourself: “What would i say in this situation to a friend who was feeling down and needed encouragement and support?”
- 6 Support yourself: Say to yourself what you would say to a friend.
- 7 Practice, practice, practice: The more you challenge your “mean talk” and replace it with caring respectful talk, the more likely it is that you will improve your mood.

Example:

Instead of “Why can’t I get all of my work done in three hours? I’m so slow I’m falling behind!” alter the self talk to congratulate yourself on the work you were able to accomplish and to allow yourself more time in the future so you don’t feel rushed: “It’s amazing how much I can get through but I didn’t complete it all. I’ll try again tomorrow and give myself more time.”