

# CBIS

COGNITIVE BEHAVIOURAL INTERPERSONAL SKILLS MANUAL

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## 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 It slows down the person who pushes too hard so they don't get overwhelmed and gently encourages the withdrawn person to begin taking charge of their life.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

.....

.....

**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

.....

.....

**DO IT!**

e.g. : Joined after school drama club

.....

.....

**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.

.....

.....

**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. (i.e. 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.”



# Thought Stopping

Depression often makes people brood and worry about current problems, things that have gone wrong in the past and things that might go wrong in the future.

When unwanted thoughts won't get out of your head, try the suggestions in Step 1 and Step 2. See which ones work best for you. Remember: success depends on repetition.

## ***Step 1: Stop the thoughts***

- Picture a large STOP sign
- Hear yourself shouting "STOP!"
- Count backwards from 100
- Recite a poem
- Sing a song in your head
- Gently snap an elastic band on your wrist and say "STOP"

## ***Step 2: Keep the thoughts away***

As soon as the thoughts fade a little, do something to keep your mind and body busy. This will prevent the thoughts from coming back.

- Take a brisk walk and concentrate on what you see around you
- Talk to a friend, as long as you talk about something neutral or pleasant
- Read a book, as long as it keeps your attention
- Play a game, do a jigsaw or crossword puzzle
- Do a household chore that requires concentration
- Listen to a relaxation recording, read one or make one up
- Do crafts or hobby work
- Do something you're passionate about, love doing because it makes you feel heard, special or "you" good additions

# Relaxation Module



The relaxation Module has been organized so that materials can be handed out sequentially. More advanced skills are built on the preceding foundation.

This module includes informational handouts and instructional exercise handouts on abdominal breathing, grounding, relaxation, mindfulness, meditation and tension release.

These exercises will assist with stress management and provide a positive benefit to overall physical and mental health.

These skills are easy to learn and more effective if demonstrated in your office.

# Introduction to Relaxation

## *Stress Response*

- Our body has a natural, healthy mechanism for responding to perceived threats (stress), called the Fight, Flight or Freeze response.
- Our body responds by releasing chemicals (e.g., adrenaline) that cause various body systems to change, including our central nervous system. This produces many symptoms including increased heart rate, rapid breathing and increased agitation.
- Our central nervous system has two parts:
  - 1 The Sympathetic nervous system that stimulates the Fight, Flight or Freeze response.
  - 2 The Parasympathetic nervous system that triggers the relaxation/calming response.

## *Why Relax?*

- You can't be physically relaxed (parasympathetic response) and physically stressed (sympathetic response) at the same time.
- Abdominal breathing and relaxation techniques trigger the parasympathetic response, calming your body and mind.

## *Orientation to Relaxation Training*

- Relaxation is a skill that can be learned through repeated practice.
- We are aiming to train the relaxation response so that it becomes almost automatic.
- Initially, you may not notice any major difference in how you feel.
- During a practice session, you may experience some unusual feelings in your body, such as warmth, heaviness or a tingly sensation. These sensations are signs that your muscles are loosening and relaxing.
- Feel free to move around as much as necessary in order to maintain comfort.
- It is best to have your eyes closed during a session in order to block out visual distractions.
- Home practice should be carried out once a day. Try to establish regular times for the practice sessions. Many people find it useful to do their practice sessions at bedtime as it helps them to get to sleep easily.

# Abdominal/Belly Breathing

## *Purpose*

- Your breathing is directly related to the level of tension you carry in your body.
- If you breathe shallowly, in your chest, you will become more tense and more anxious. This kind of breathing stimulates the sympathetic branch of your nervous system, which is connected to the “fight, flight or freeze” response.
- If you breathe deeply, in your abdomen, you will become more relaxed. This type of breathing stimulates the parasympathetic nervous system, which triggers a relaxing and calming response.

## *Process*

### **TO DISCOVER HOW YOU ARE BREATHING NOW:**

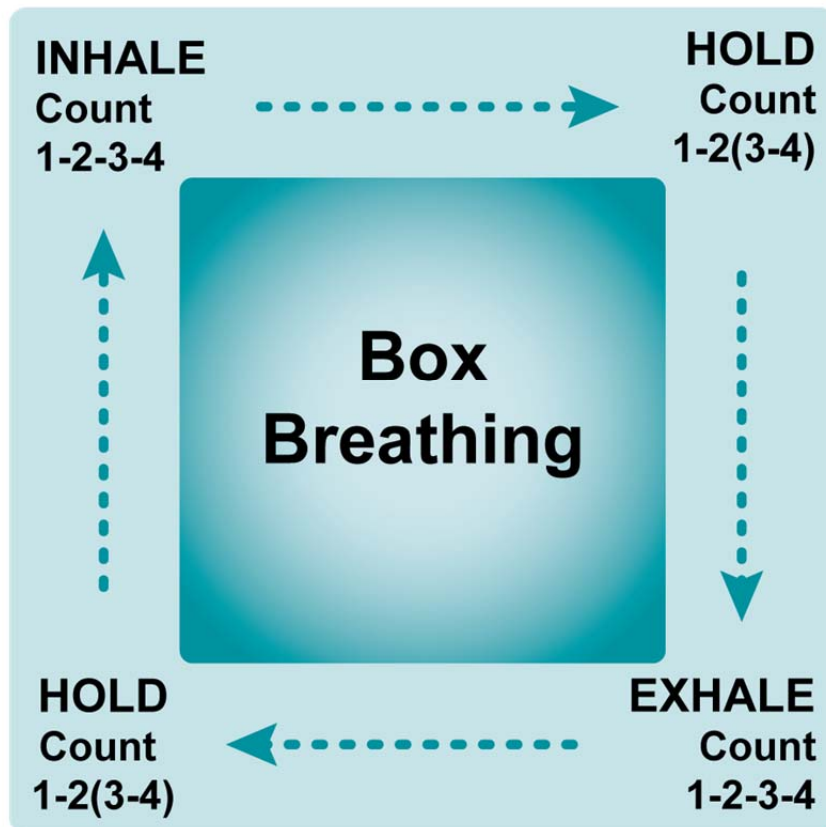
- Put one hand on your chest and one hand on your abdomen (belly). Pay attention to how you are breathing for a few moments. Observe which hand (if any) is moving.
- If it is your top hand, you are breathing mostly in your chest — shallowly. This kind of breathing will increase body tension and stress/anxiety.
- If it is your bottom hand, then you are breathing in your abdomen. This will help you to relax and calm down.
- The idea is to learn to breathe in your abdomen more.

### **PRACTICING BREATHING: \*try listening to some low-energy relaxing music (ie. trance, classical, jazz or meditation tracks)**

- When practicing abdominal breathing, put both hands on your abdomen and close or lower your eyes.
- First, breathe out fully. Then, as you breathe in, let your abdomen expand. You can imagine that you are gently filling up a balloon in your belly.
- Then just let go and feel the balloon emptying slowly and your abdomen flattening as you exhale.
- The more fully you breathe out, the easier it is to breathe in deeply.
- Practice breathing this way for 5 minutes twice a day.

# Variation – Box Breathing

Box Breathing incorporates brief holding of breath following inhalation and exhalation. This is very useful during severe anxiety or panic to prevent hyperventilation.



## *Purpose*

- Grounding is a calming and centering method that helps you to become more focused in your body and on the present moment. It reminds you of your strength and ability to cope in the present.
- Everyone feels overwhelmed at times. It is important to self-soothe and calm your emotions by breathing and grounding.
- Statements that support successful coping help you calm down. You can resume activities when emotions have settled.

## *Process*

- Sit in a chair with your feet flat on the floor and your hands placed palms down on the large muscles of your thighs. Gently press your feet into the floor for a few moments and release. Feel your strength.
- Alternatively, you can ground while walking or standing. Just become aware of your feet firmly planted beneath you.
- To calm the mind and help to focus in the present, take some deep breaths while repeating a calming statement. Choose one thought that you repeat each time you do the grounding, so that saying it becomes a habit. For example,

**“I AM LEARNING TO STAY IN THE PRESENT.”**

**“THIS IS ME. I AM HERE. I AM ALIVE. I WILL COPE.”**

**“I AM LEARNING TO COPE.”**

**“IT’S OK, IT WILL BE ALRIGHT, I AM HERE AND I AM STRONG.”**

**“I AM OK IN THIS MOMENT.”**

**“I AM ALIVE AND I WILL SURVIVE.”**

**“I AM STRONG AND I WILL COPE WITH WHAT COMES MY WAY.”**

- You could also ground by focusing on a detailed description of an object in your environment (i.e., colour and shape) and breathing.
- We all feel overwhelmed sometimes and it is important to understand that everyone takes care of themselves in stressful situations in different ways. When you are able to breathe normally again, feel less scattered, you are able to resume your activities a lot faster than were you to focus only one what you were frustrated with.
- Do not judge yourself or others for needing to take the time to ground yourself and know that the majority of people self-regulate in this way without even consciously thinking about it. You probably already know how to ground yourself in different ways, these steps are just reminders to help you approach it consciously.

## *Purpose*

- Body scan is a relaxation technique that can be used to quickly check the level of tension in your body and to release it.

## *Process*

- Body scan involves scanning your body from feet to head and doing two steps for each part:
  - 1 Focus on body area and note tension. (ie. head, neck, shoulders)
  - 2 Breathing deeply, imagine that your breath goes into that part of the body. as you breathe out, the tension is released with your breath. (visualize as the breath circulates through your body, removing and cleansing your body of the tension, released out of your mouth as you exhale.)
- You can take 5 minutes or 30 seconds to do a body scan, making use of it in a variety of settings and situations.
- A quick internal body scan can be employed anywhere, even in busy public places such as a mall, movie theatre or on a bus, wherever you feel emotionally exhausted or overwhelmed.
- There is nothing abnormal or unusual about experiencing these feelings or their intensity and that doing a body scan is a healthy, direct and effective way of coping with life's stressors.
- Electing to use relaxation and grounding tools to address your stress response is preferable to numbing your sympathetic nervous system with alcohol or drugs as you remain in control of your mind and body and can master these techniques without having to consume substances, which over time can have a negative impact on your overall health and wellbeing.)



# Passive Relaxation

## Purpose

- Passive relaxation is a relaxation technique that involves taking time to focus your attention on relaxing your body and mind.
- It incorporates deep breathing and body scan.
- It takes approximately 20 minutes.
- This technique is very important in learning to truly relax your muscles and engage the parasympathetic relaxation response.
- This technique needs to be practiced regularly (ideally every day; minimum 3 times per week).
- By regularly practicing a longer technique you will, with time, increase the effectiveness of the shorter techniques.

## Process

- Get into a comfortable position. Close your eyes and concentrate on deep breathing for a few minutes.
- Focus your attention on each body part (feet, legs, buttocks, abdomen, back, hands, arms, shoulders, neck, jaw, eyes, scalp) and mind.
- With each part, direct your breathing there. Breathe out any tension and breathe in relaxation. Instruct each part to relax (i.e. relax feet, relax, relax).
- You may wish to listen to relaxing music, make a recording, download or rent one from the library so you can listen as another voice leads you through a relaxation script/exercise.

## Variations

- You may incorporate visualization. While you are relaxed, imagine being in a special place in nature. Imagine what you see, hear, smell, taste and feel. Experience all the sensory details of your special place.
- You may also make self-statements (autogenic). Repeat to yourself:  
“My. . . . .(name body part) is warm.”  
“My. . . . .(name body part) is heavy.”  
“My. . . . .(name body part) is relaxed.”

For mind, substitute words *peaceful*, *calm* and *relaxed*.



## *Purpose*

- Shorter techniques are more flexible than the longer ones. They allow you to relax and/or release tension quickly in a variety of different settings (e.g., at lunch break, at a meeting, while waiting in line at a store, at a red light etc.)
- This flexibility means that you can use these techniques to calm yourself before, during or after stressful situations, or to short-circuit a stress response.
- Different short versions will suit different situations so having a number of short versions offers you the flexibility to choose one that fits the moment best.

## *Process*

- Take a few deep breaths.
- Sigh.
- Laugh.
- Yawn, unclench or move jaw.
- Shrug your shoulders several times.
- Periodically remind yourself to keep shoulders down and jaw unclenched.
- Massage your temples and the upper back of your neck.
- Raise your eyebrows and hold them up until the count of 3; release and repeat several times.
- To relieve eyestrain, rub your palms briskly together, cup hands and place them over open or closed eyes.
- With open or closed lids — rotate your eyes in circles slowly, top, right side, bottom, left side; relax and reverse. repeat 3 times.
- Neck roll: Always move your neck very gently and slowly. Let your chin drop down to the center of your chest. Keeping your chin close to your body, slowly move your head to look over your left shoulder. Slowly return to center and repeat on the right side.
- Stretch.

# One Minute Stress Break



Mindfulness originally came from Buddhist teachings, which advocated that one should establish mindfulness in one's day-to-day life maintaining as much as possible a calm awareness of one's body, feelings, thoughts and perceptions. Being mindful of yourself and your surroundings is being aware of the [wisdom](#) within yourself and all around you. It isn't cutting yourself off in order to 'fit in' when something doesn't feel right, or ignoring your emotions in order to 'just get on with it.' It's about learning to listen to your body, your mind and you soul's desires, your deep passions and motivations and acting in ways that honor this.

## *Purpose*

- Mindfulness is experiencing the present moment in a non-judgmental way. it is paying attention with a welcoming and allowing attitude ... noticing whatever we are experiencing in our thoughts, behaviour, and feelings.
- Making changes in our life begins with awareness. Awareness means paying attention to what we are doing, thinking and feeling. We then have the option to either accept things or change things.
- Practicing mindfulness teaches us to relax and remain alert in the midst of the problems and joys of life. It encourages us to pause in the moment and respond to life with curiosity and a welcoming attitude.
- Being mindful teaches you how to tell the difference between reality and irrational or destructive thinking, what decisions appear fine and which could hurt you later on. It's about valuing yourself and keeping things in perspective when stress puts extra demands on how we think and function

## *Process*

- The practice of mindfulness focuses on three areas: mindfulness of bodily sensations, of feelings, and of thoughts.
- A good place to begin the practice is to become aware of your breath, simply noticing its sensations in the nose, throat, lungs, or belly. Follow the breath just as it is — long or short, deep or shallow. The goal is not to change it but only to observe and to be mindful of each breath.
- Mindfulness can then extend to noticing:
  - sensations in the body, noticing pain, pleasure, heat, cold, tension, relaxation.
  - emotions you may be experiencing such as fear, anger, sadness, happiness, etc.
  - thoughts that arise in the mind in the form of sentences, words, fragments, or images.
- The point is to fully experience and be aware of whatever may arise within you.
- This type of practice can then continue as you move through your day, being more and more aware of your reactions and responses in all of your activities.

# Mindfulness Meditation

## *Purpose*

- Mindfulness Meditation is learning to pay attention to whatever is happening in the present moment in your mind and body. Mindfulness = Paying attention on purpose, in the present, non-judgmentally.
- To be “present” in the moment — “Here and Now” — is to be fully alive.
- Since mindfulness meditation also involves breath awareness, the parasympathetic system is stimulated, resulting in the relaxation response.
- It is a relaxation method for learning to work with the mind. It gives us a tool for gaining more perspective on our thoughts, and more acceptance of present moment reality.
- Meditation can contribute to a feeling of inner balance and peace of mind.

## *Process*

### THE SITTING PRACTICE OF “MINDFULNESS MEDITATION”

The Position/Posture:

- Seat – find a solid, grounded, stable position on a chair or cushion
  - sit out from the edge of the chair so back can be straight
  - feel body resting on the chair or cushion
  - notice the firm pressure of buttocks
  - let body relax in the position, not too tight and not too loose
- Feet – flat on floor (grounded)
- Hands – hands on thighs, palms down (grounded)
- Back – as straight as possible
- Chest – soft/open
- Ears – above shoulders
- Chin – ever so slightly in towards the chest
- Jaw – relaxed
- Mouth – slightly open, like “ah”
- Tongue – touching roof of mouth, behind teeth (less saliva)
- Eyes – eyes are open and gaze downward about 4’ in front, on the floor, using a soft focus. If you close your eyes there is a tendency to space out.

- Now as you sit there, start noticing your breath going in and out. Not forcing it or changing it — just noticing it, paying attention to it. In and out. In and out.
- Then start putting more emphasis on the out breath. Each time you breathe out, allow yourself to let go and relax.
- Occasionally check your body posture, and then go back to paying attention to your breath.

# Mindfulness Meditation

## Thoughts

- As you follow your breath, you will notice that thoughts will arise, and your mind will wander. That's okay and natural.
- It may be a thought, an image, or an emotion — just label it all “thinking.”
- Just notice that your mind has wandered, label it “thinking” and bring your attention back to the “in and out” of the breath.
- It is important to be very kind to yourself when you notice that your mind has wandered away. Training your mind is a little like training a puppy. It does not help to be harsh with the puppy. What helps is to kindly tell the puppy to “stay” over and over again. Likewise with the mind, just notice it's wandered away, gently and kindly say to yourself “thinking” and bring your attention back to the breath.

## Practice

It is helpful to set a special time aside each day to practice sitting meditation. You can start with 5 – 10 minutes a day, increasing to 20 minutes over time. It can also be helpful to practice at the same time and place each day.

## Variation \*

### WALKING MEDITATION

*Helpful tip: When you walk a labyrinth, you wander back and forth, turning 180 degrees each time you enter a different circuit. As you shift your direction you also shift your awareness from right brain to left brain. This can only happen during a deep state of relaxation and mental focus and is one of the reasons the labyrinth can induce receptive states of consciousness. Each person's walk is a personal experience and no one way is the right way. How one walks and what one receives differs with each walk; the walk can be a sacred time for you to reflect, or an ordinary time to reflect on your day and think about what lies ahead. You can clear and center your mind, or enter the labyrinth with a question or concern. Once you reach the center you can contemplate the path you walked and your passing thoughts through each circuit. The labyrinth is a physical symbol of self-reflection, honoring your life, your experiences and accomplishments. It is a time just for you and to discover your own sacred inner space. Every person can integrate the quiet meditation they have received and completed on the walk out. Remember what you can learn from yourself; you are a great teacher. Your walk can be a healing and sometimes very profound experience or it can be just a pleasant walk. Each time is different.*

- Walk slowly, hands in front or by sides as you would usually walk.
- Pay attention to your body; feel a sense of ease.
- With each step, feel the sensations of lifting your foot, moving it forward then placing it on the ground.
- Notice when the mind has wandered away, label it “thinking” and just bring your attention back to your body and to moving each foot.
- You can say “lifting, swinging, placing” to yourself, to help to stay focused on your body.



# Lifestyle Module



**This module contains informational handouts on various lifestyle factors that promote mental and physical health including sleep, nutrition, substances, physical activity and a wellness wheel.**

**Choose the handouts that correspond to patient needs.**

# Healthy Habits for Sleeping

Depression often causes a disruption in sleep patterns. Poor sleep contributes to daytime fatigue, low energy, irritability, decreased concentration and increased depression. If sleep is a problem for you, practice the following tips.

- Go to bed and get up at the same time everyday regardless of how poorly you slept.
- If you have not fallen asleep after 20 minutes, get up and do something relaxing or boring until you feel sleepy, then try again. (Repeat if necessary throughout the night).
  - Turn your clock's face away from you to avoid over-focusing or fixating on how much time has passed since you first attempted to go to sleep.
  - Try and give yourself a lot of leeway and remember that it sometimes takes longer or shorter periods of lying in bed before the body falls into a sleep state.
  - Remind and reassure yourself that you *will* fall asleep eventually as your body will naturally shut down when it becomes too fatigued to remain awake.
  - Use pre-sleep time as your own to fantasize about what you would like to see in the days to come, visualize you achieving your goals, doing something fun, satisfying or creative.
- Use relaxation exercises or repetitive mental activity (i.e. counting backwards) to promote sleep.
- Avoid naps.
- Create a good sleep environment, preferably a cool, dark, quiet room. Earplugs, eyeshades and white noise may be helpful.
- Develop a bedtime routine. Try a warm bath 90 minutes before bed.
- Save your bedroom for sleep, sickness and sex.
- Get fresh air and exercise regularly, preferably daily, but not within a few hours before bedtime.
- Avoid caffeine, alcohol, and tobacco in the evening, and maybe even the afternoon.
- Have a light snack (milk, bananas or peanut butter are good choices) but avoid eating a large meal close to bedtime.
- Avoid sleeping medication, including over the counter aids, unless prescribed by your doctor.
  - Do not think about falling asleep while you are trying to fall asleep; this can occasionally increase sleep-related anxiety.



# It's True: You are What You Eat!

Do the best you can to replace high-fat, high-caffeine, sugary snacks and meals with healthy ones, everyday

## *Diet*

- Depression frequently affects appetite, either increasing or decreasing it.
- Diet (not how much, but what we eat) can affect depression.
- It's important to eat a healthy, balanced diet that is low in sugar, caffeine and junk food.
- Snacks should be nutritious.
- Regular and consistent dietary habits are important.
- Even if you don't feel hungry, it's important to eat healthy meals or snacks several times a day.
- If needed, decrease portion size, but make sure you eat something.

## *Substance Use*

- Although using drugs and alcohol may provide temporary relief of depressive symptoms, they tend to worsen mood.
- Substance misuse contributes to avoiding rather than facing problems. Avoiding emotional problems tends to aggravate them.
- Reducing substance use to moderate levels, or even stopping, is essential to health and recovery.

## *Caffeine*

- Caffeine comes in several popular forms – coffee, tea, soft drinks and chocolate.
- It is a stimulant, acting on our nervous system much like anxiety does.
- Caffeine is also an addictive substance.
- Some of its side effects are similar to symptoms of depression: sleeplessness, digestive problems, headaches and anxiety.
- Withdrawal from caffeine also mimics depression, with irritability, fatigue, appetite problems, and poor concentration.
- It's best to be aware of the effect of caffeine and to consider limiting its use.
- Please refer to the Caffeine Chart on back to determine your caffeine intake.

## *Caffeine Chart*

### **CAFFEINE CONTENT OF COFFEE, TEA, AND COCOA (MILLIGRAMS PER 6 OZ. CUP)**

Coffee, instant . . . . .	60 – 70 mg
Coffee, percolated . . . . .	90 – 110 mg
Coffee, drip . . . . .	120 – 150 mg
Coffee, decaffeinated . . . . .	3 – 10 mg
Tea bag, 5 minute brew . . . . .	50 – 60 mg
Tea bag, 1 minute brew . . . . .	30 – 40 mg
Cocoa . . . . .	10 – 20 mg
Chocolate (dry, 1 oz.) . . . . .	5 – 10 mg

### **CAFFEINE CONTENT OF COLA BEVERAGES (PER 12 OZ. CAN)**

Coca-Cola . . . . .	65 mg
Pepsi-Cola . . . . .	43 mg
Dr. Pepper . . . . .	61 mg
Mountain Dew . . . . .	50 mg
Red Bull . . . . .	80 mg
Jolt Cola . . . . .	72 mg
Monster Energy . . . . .	160 mg
Spike Shooter . . . . .	300 mg

## Exercise

- Regular physical activity helps the treatment of depression by brightening mood, increasing energy, and improving sleep.
- Exercise helps increase stamina and reduces the risk of diseases like diabetes, heart diseases, and osteoporosis.
- Exercise can raise the levels of certain chemicals in the brain, including serotonin, which produces happier states of mind, thus helping in the recovery of depression.
- When you are depressed, it is good to know that you are taking positive action for your health.
- A realistic, flexible and fun program has the best chance for success.
- No one form of exercise has been shown to be superior for depression. What is important is to choose a physical activity that you enjoy — and to do it regularly.
- You do not need to push yourself to extremes. In fact, moderate and consistent exercise may improve mood more than excessively long, hard workouts.
- Your goal should be to feel pleasantly tired, a normal feeling after any physical activity.
- The key is to start slowly and be patient with yourself. Just a few minutes of walking (or other exercise) is a good place to start.
- Work towards a fitness goal that resonates for you.
  - Whether you always wanted to pursue training for a long distance race, or if you admire the lightning fast reflexes of masters of the martial arts,
  - Follow a sport or activity that makes you feel alive, in control and powerful
  - Learning a new physical skill often translates into learning a new mental skill in coping with stress and persevering through a difficult section of training/exercise.
  - Many people believe exercising is 75% mental and only 25% physical, and the best part is, anyone can do it



# A Healthy Life

