

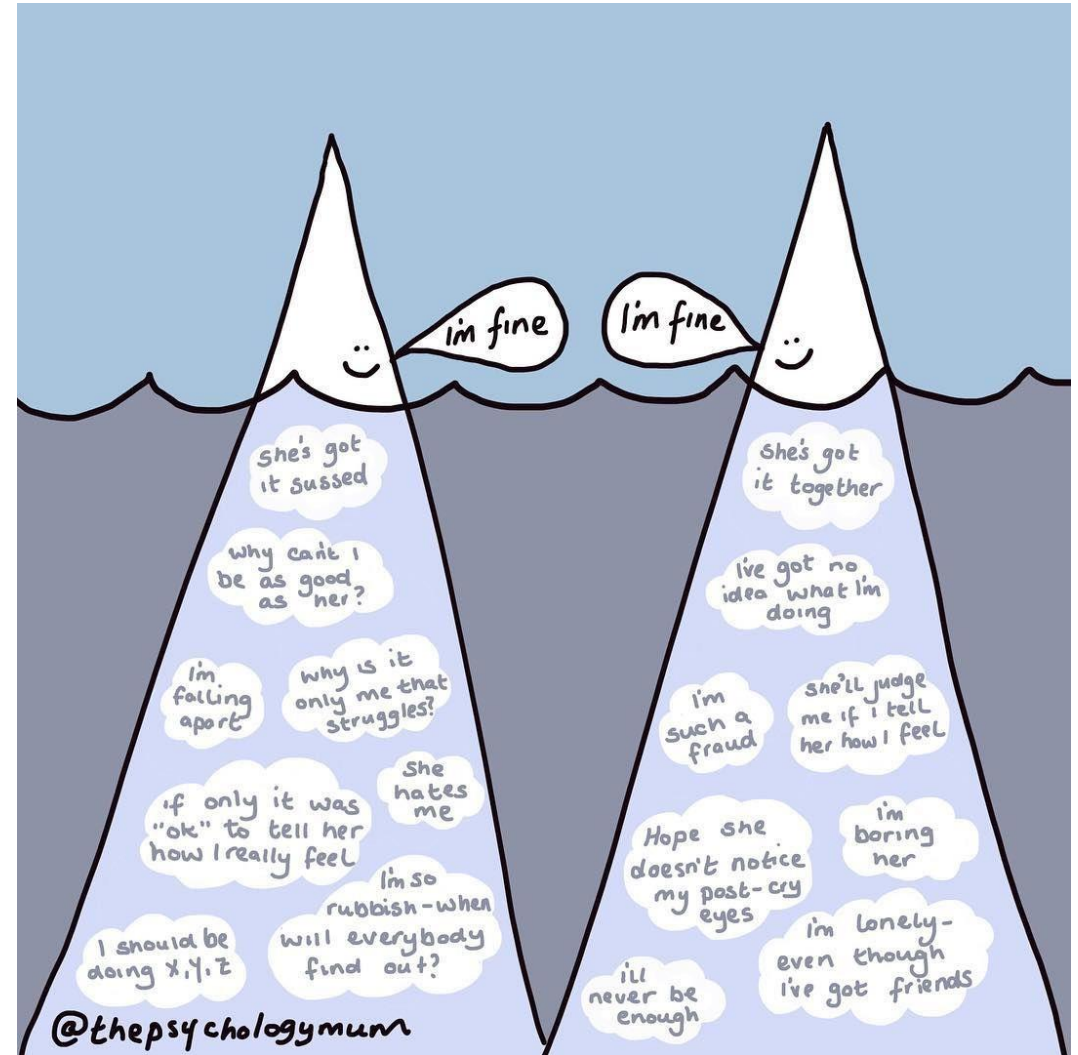
# Depression: Coping Strategies

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# Housekeeping



Try and get as comfortable and as free of distractions as possible.



Have a pad, pen, paper or anything that you could take notes on.



This session will last approximately 1 hour.



**CONFIDENTIALITY:** Please don't share information or talk about other colleagues who have joined the group today.

# Keeping Safe

This is a psycho-educational workshop

❖ You do not need to contribute anything which you do not want to share/would cause you any distress.

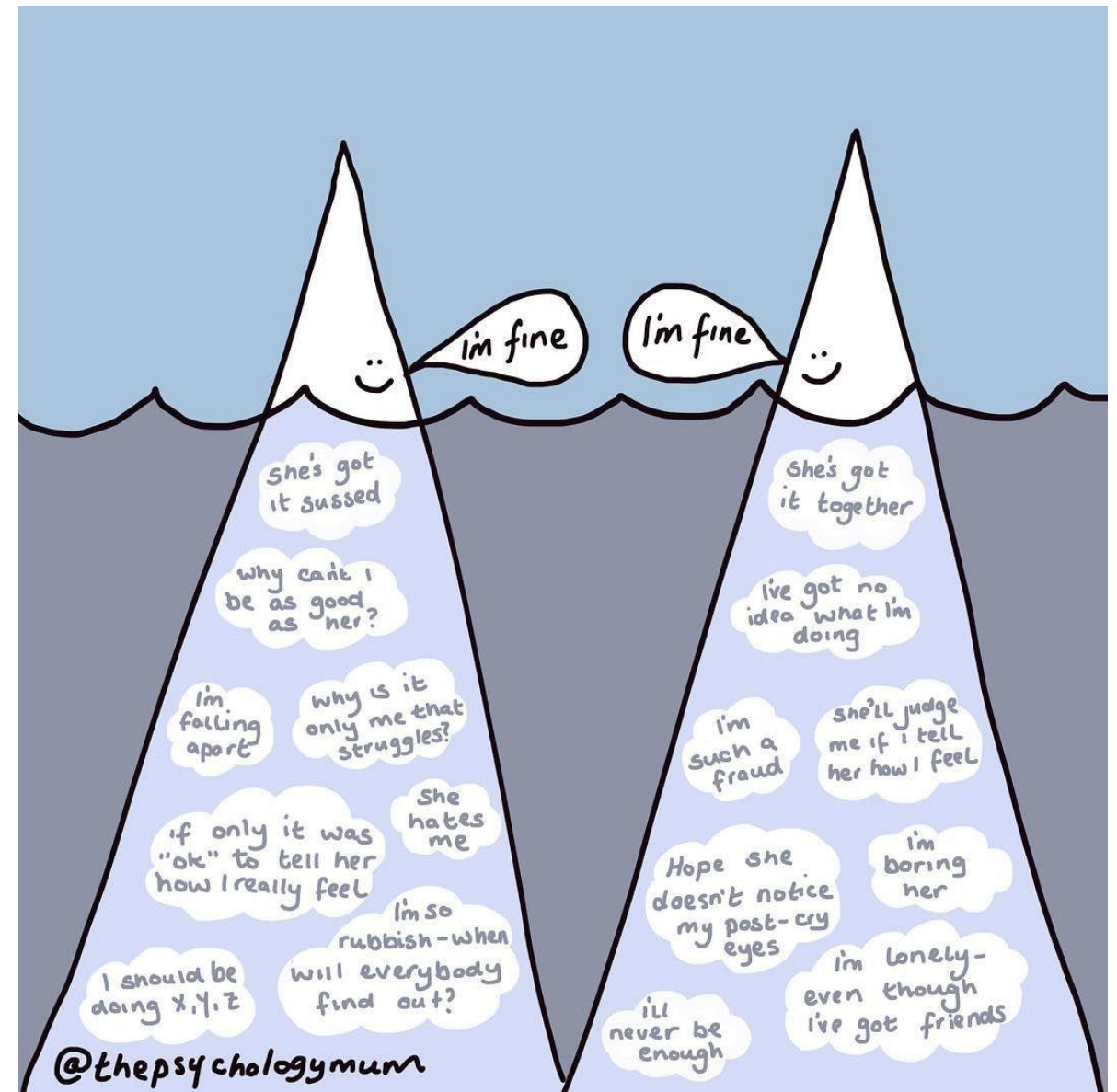
If you're struggling, please seek support

- ❖ Your workplace health and wellbeing support including wellbeing champions and mental health first aiders
- ❖ Employee Assistance Programme
- ❖ Speak to your GP
- ❖ Self-refer to NHS Talking Therapy.
- ❖ **Samaritans Helpline: 116 123 (free)** <http://www.samaritans.org/> Trained volunteers can listen to you any time day or night. They can help you talk through whatever is troubling you, find the answers that are right for you, and offer support. You don't have to give your real name or any personal information if you don't want to.
- ❖ **Mental Health Matters Helpline: 0800 107 0160** Call from mobiles: 0300 330 5486.  
<http://www.mentalhealthmatters.com/>

## Why are we talking about depression?

**52%** of employees have been found to experience symptoms of depression (Champion Health, 2022).

Practical and achievable advice and guidance for **boosting wellbeing and increasing positive mood** using Cognitive Behavioural Therapy (CBT) techniques.



# Why are we talking about depression?

World Mental Health Day 2023: Norwich City Football Club and Samaritans #YouAreNotAlone





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How does low mood affect me?

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What is low mood?

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What is Cognitive Behaviour Therapy?

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What can I start to do differently to help myself cope and manage?

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How to break the cycle of low mood?

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Modifying our behaviours

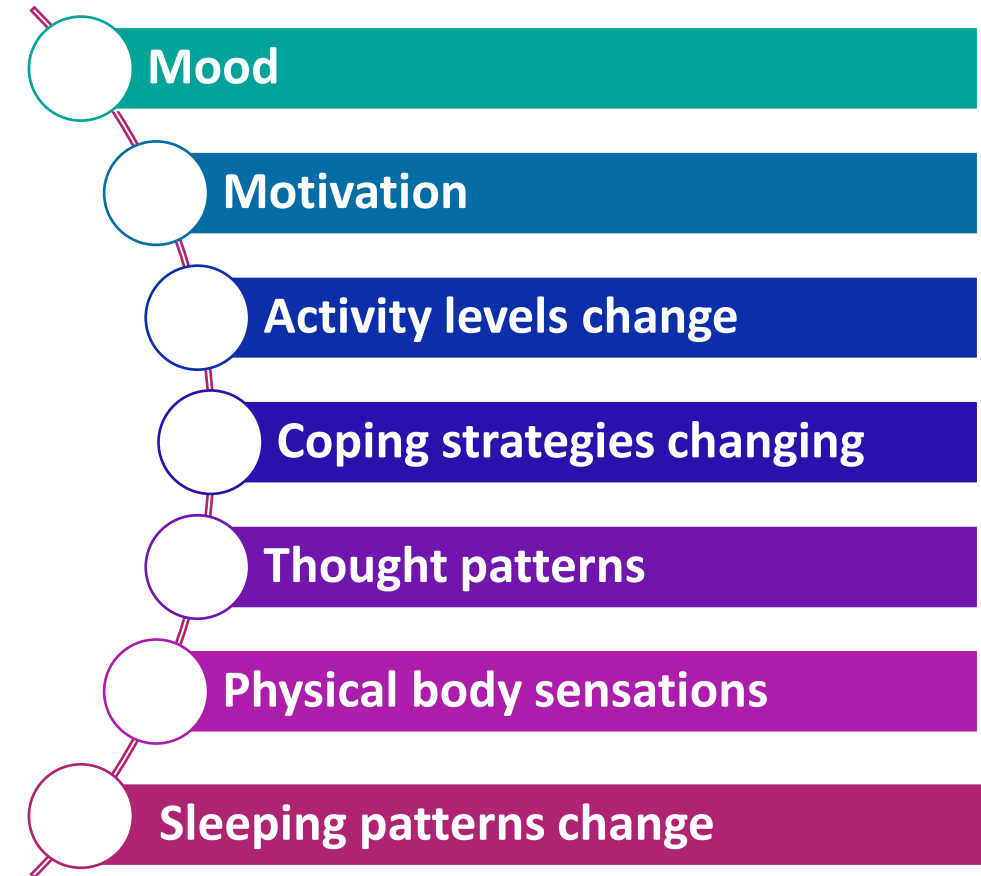
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Managing negative thinking

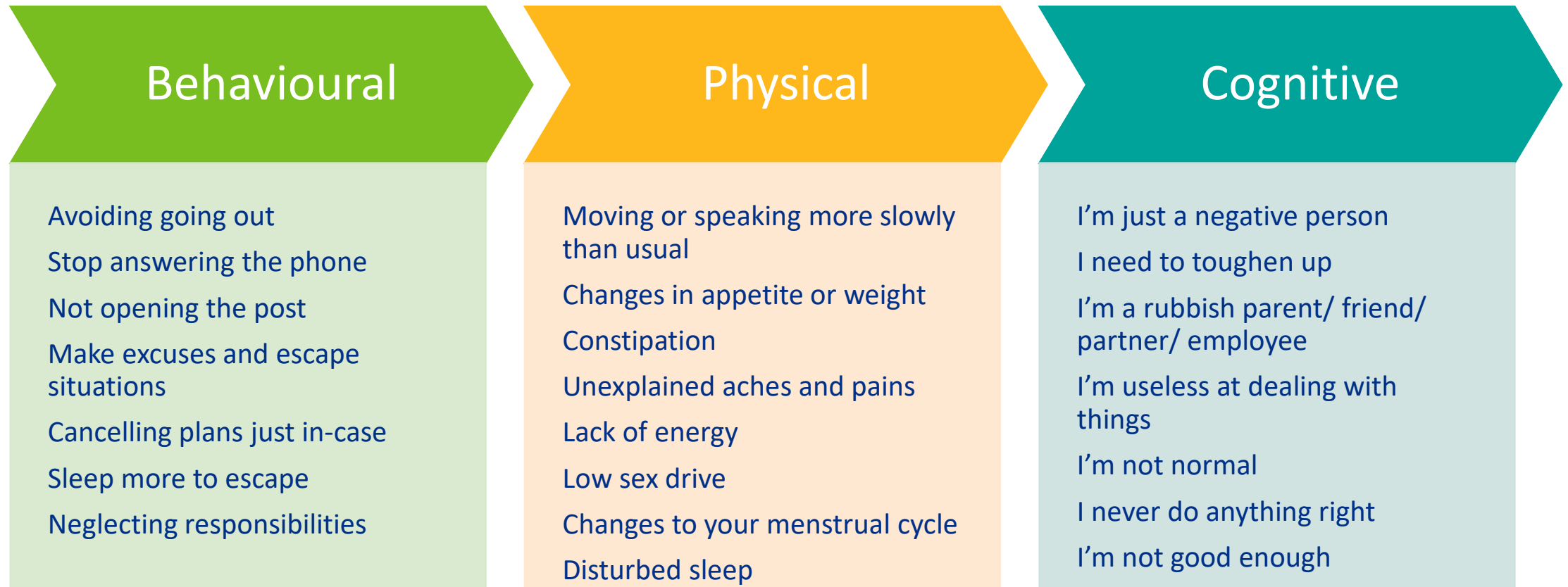
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# How might depression affect someone?



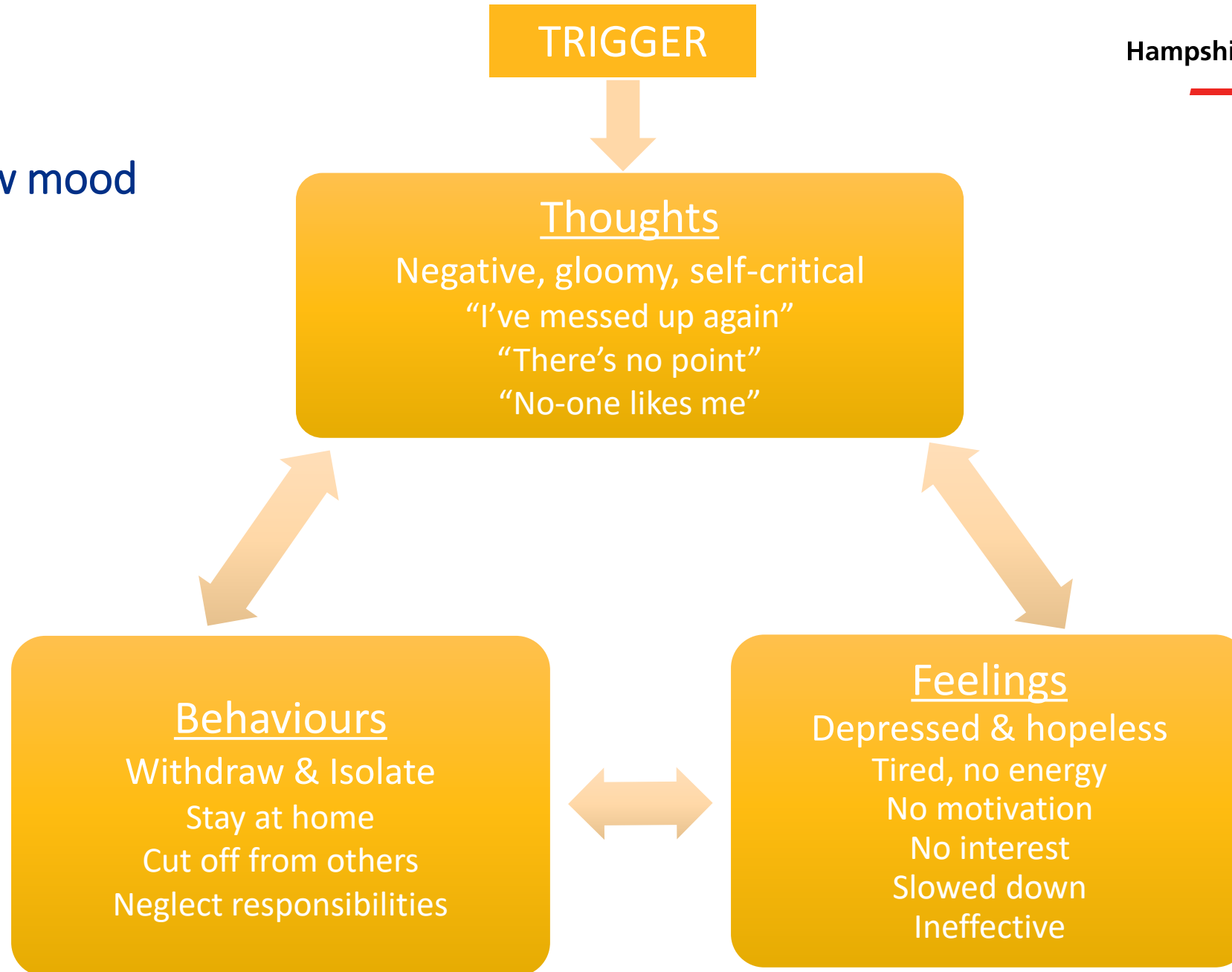
# What is low mood?







## Vicious Cycle: low mood



# HOW CAN CBT HELP?

what you **think** and **do** affects the way you **feel**



## How can CBT help?

- ✓ Focus on the **present moment** – the here and now.
- ✓ Develop **copng strategies**.
- ✓ **Challenge** unhelpful thoughts and behaviours.
- ✓ Requires **active participation**
- ✓ **Pick and Mix!** Not all techniques work for everyone, pick your favourite and experiment.

# Interrupting the Vicious Cycle

TRIGGER



## Thoughts

Negative, gloomy, self-critical  
"I've messed up again"  
"There's no point"  
"No-one likes me"

Learn to challenge our thoughts and interpretations of situations.

Notice the positives.



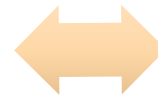
## Behaviours

Withdraw & Isolate  
Stay at home  
Cut off from others  
Neglect responsibilities

Do more of the activities you used to enjoy.

Connect with others.

Gentle exercise.

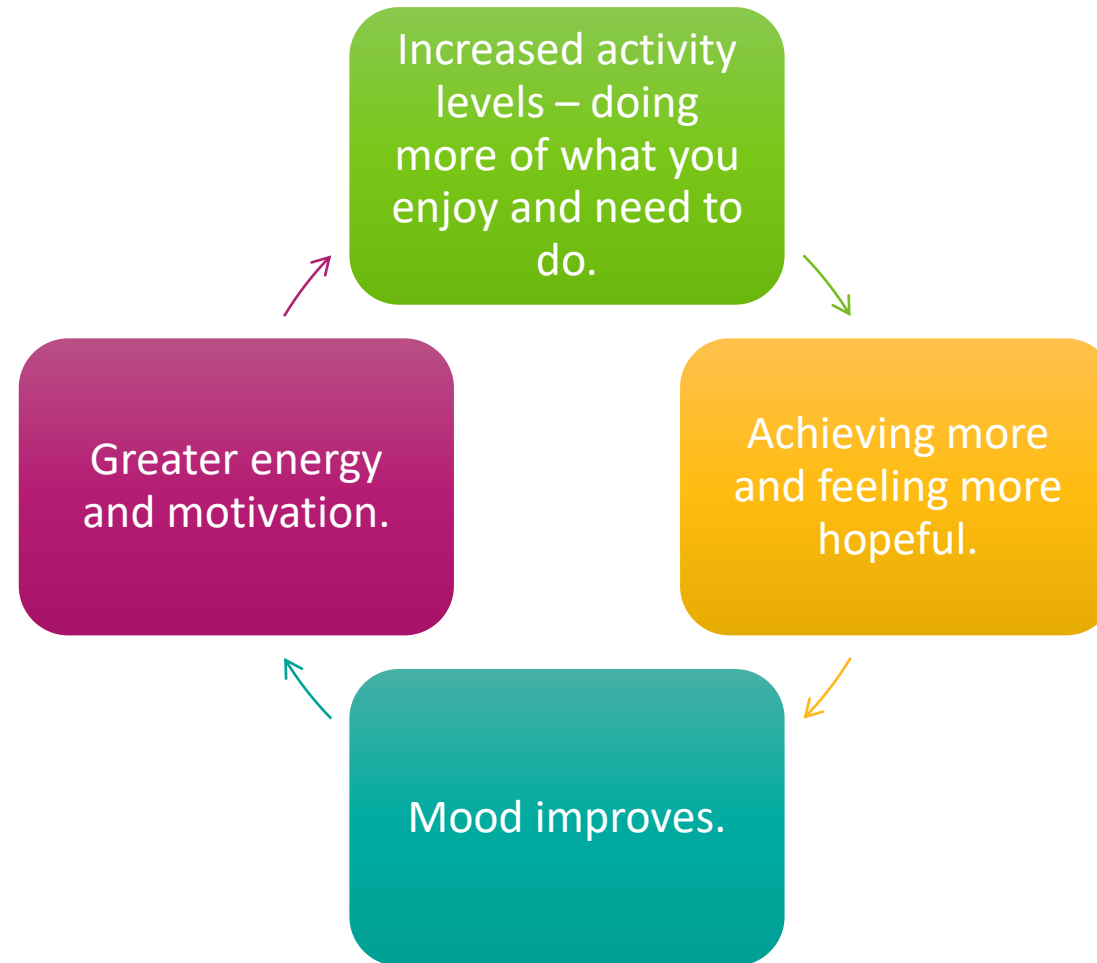


## Feelings

Depressed & hopeless  
Tired, no energy  
No motivation  
No interest  
Slowed down  
Ineffective

Thinking and behaving differently lifts mood and increases energy levels.

# Reversing the Vicious Cycle of low mood



# Activity Scheduling

- Low mood can impact on behaviour.
- Lack of motivation or energy can result in a loss of activity and neglect of various tasks and responsibilities.
- A loss of routine can become problematic.

**Activity scheduling:**  
improve mood by carving out time in your week to engage in a mixture of **pleasurable, routine and necessary activities.**

## Activity Scheduling: the benefits

Identify and plan outstanding tasks or responsibilities.

Feel a sense of achievement, pleasure and enjoyment.

Think and focus on something else.

Improve your energy levels.

Improve your sleeping patterns.

Think differently and focus on what you value in life.

## Start Simple

- ❖ Write down some of the activities you used to do or may have been avoiding recently.
  - a. **Routine activities** e.g. Hoover, shower, clean the kitchen, shopping
  - b. **Pleasurable activities** e.g. meet up with friends or family
  - c. **Necessary activities** e.g. sort out the post, pay the bills, fix things that need fixing
- ❖ Place the activities in your lists into **hierarchy of difficulty**.

The most difficult ----- Medium difficulty ----- The Easiest

- ❖ Use a weekly planner to plan in some of the activities you have been avoiding.



# Start Simple

Starting is often the hardest bit: follow these tips to help get yourself going.

Breakdown each task into manageable chunks, for example, instead of,

 “clean the house”

You could,

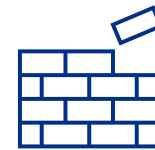
 “do the washing up”

 “hang up the washing”

 “clean the shower.”



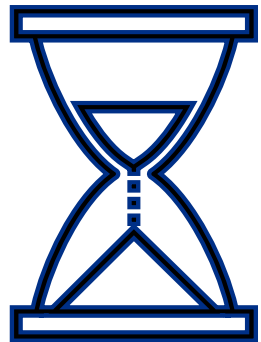
It might take time to adjust. After all, you cannot run a marathon without training first.



Avoid planning too much too soon: view what you are doing now as your scaffolding to build upon or adjust.

# Start Simple

**REMEMBER:** Action is the first step, *not* motivation.



Motivation starts once you start.

Try and apply a '5-minute rule' to each task.

Give yourself a time-limit to do tasks, rather than a set amount; e.g. "Read for 20 minutes", instead of "finish a whole chapter"

Try recording your mood alongside each activity when doing these things and see what works best for you.



# Pleasurable Activities

# What can you think of?



### Connect with people

- Contact a friend
- Invite a friend to come over
- Be with friends
- Meet a friend for coffee
- Make new friends
- Join a new group
- Join a political party
- Join a book club
- Join an exercise class
- Join a mother & baby group
- Join a dating website
- Ask someone out
- Go on a date
- Go 'people watching'
- Send a message to a friend
- Write a letter to a friend
- Reconnect with an old friend



### Learn

- Learn something new
- Learn a new skill
- Learn a new fact
- Enrol in a class
- Go back to school
- Watch a tutorial video



### Mend

- Repair something in the house
- Repair your bike / car / scooter
- Make something new
- Change a lightbulb
- Decorate a room



### Read

- Read a favourite book
- Read a new book
- Read the newspaper
- Read your favourite website



### Schedule

- Get up extra early
- Stay up late
- Sleep in late
- Book a day off
- Tick something off your 'to do' list



### Watch

- Go to the cinema
- Go to the theatre
- Watch a movie
- Watch a TV show
- Watch a YouTube video



### Write

- Write a letter of complaint
- Write a letter with compliments
- Write a letter to your politician
- Write an angry letter
- Write a grateful letter
- Write a 'thank you' card
- Write a journal / diary
- Write your CV
- Start writing a book

# Happier January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

ACTION FOR HAPPINESS

Happier · Kinder · Together



## Mindful Breathing



Mindful Breathing Exercise

Every Mind Matters  
6.74K subscribers

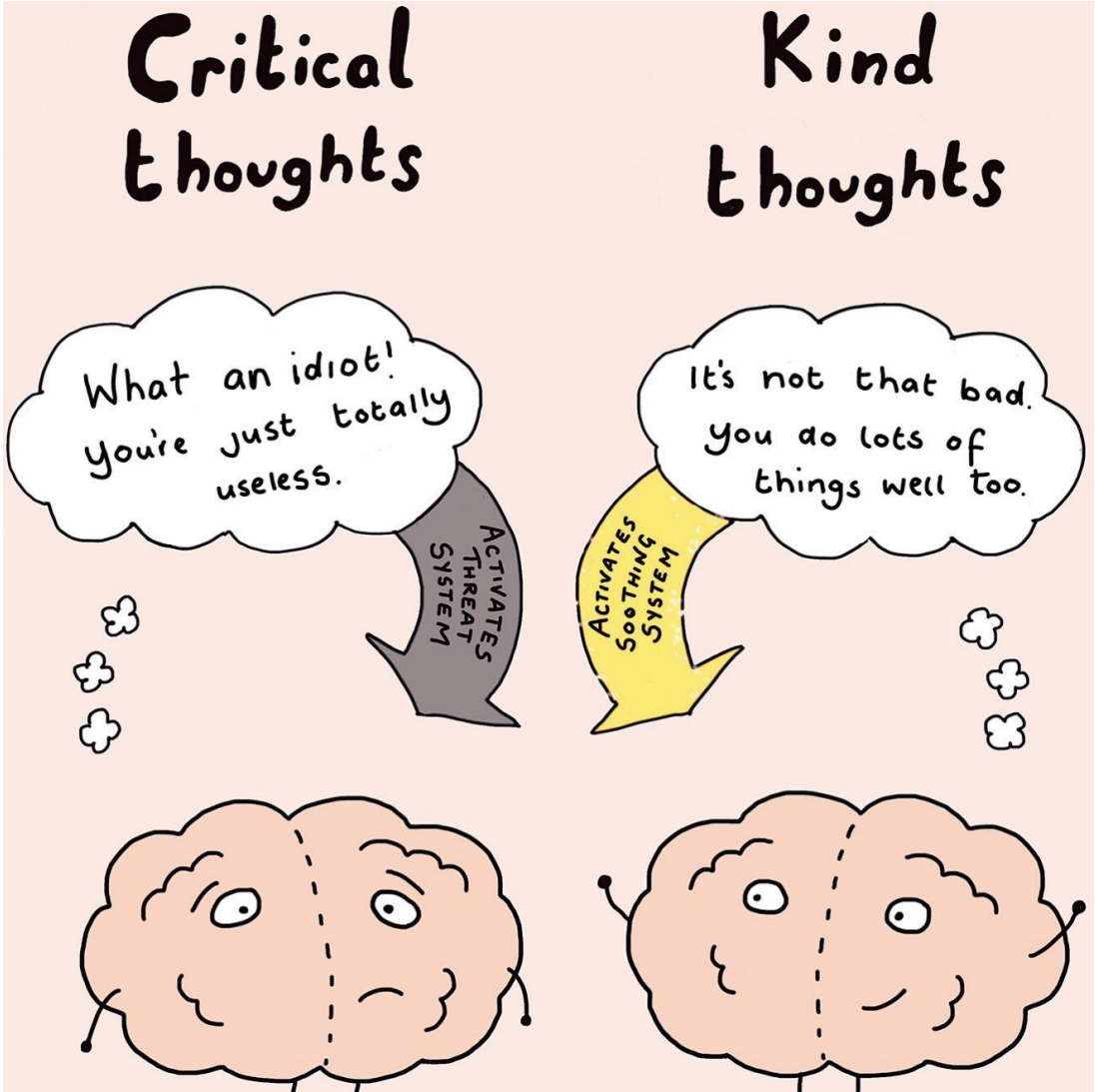
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# Thinking Differently



# Unhelpful Thinking Styles

When a person experiences an unhelpful emotion, such as depression or anxiety, it is usually preceded by unhelpful self-statements and thoughts.

Often these thoughts follow a pattern and can be considered to be **unhelpful thinking styles**.

People use unhelpful thinking styles as an **automatic habit** – it is something we are often unaware of.

Consistent and constant use some of these thinking styles, can often cause emotional distress.

## Unhelpful thinking styles: **THINK** Technique

- **True?** – Is this thought 100% true? What are the facts, and what is opinion?
- **Helpful?** – Is paying attention to the thought useful to me or others?
- **Inspiring?** – Does the thought inspire me or does it have the opposite effect?
- **Necessary?** – Do I need to focus on the thought? Is it necessary to act on it?
- **Kind?** – Is the thought kind? If not, what would be a kinder thought?

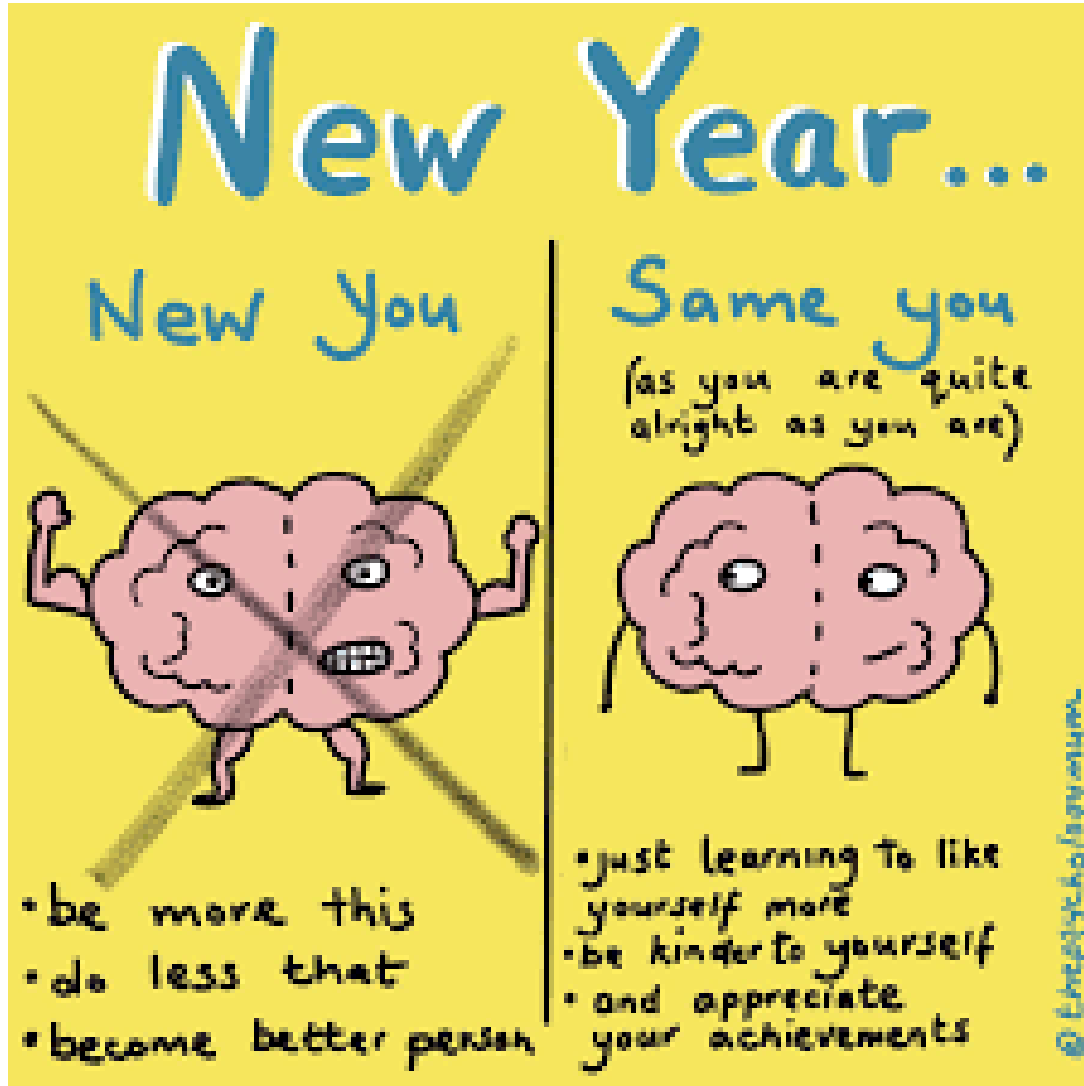


## Top Tips

- **Pace yourself** - slowly try to increase activities. Don't look too far ahead, focus on one day at a time or one activity at a time.
- **Build up tolerance** – try doing something that challenges you every day or every few days e.g. going on a walk to somewhere you have been avoiding.
- **Routine** - think about creating a new daily routine that prioritises looking after yourself e.g. taking time out to read more or watch movies.
- **Move a little more** - having an exercise routine.
- **Build in accountability** – consider how are going to keep yourself on track?

## Top Tips

- **Gently question some of thoughts** – try keeping a thought diary and revisit some of your thoughts and question with the THINK technique.
- **Talk** – maybe speak to your workplace about worries or just talk in general about how you are feeling with friends and loved ones.
- **Spend time outside** – visit parks, go on walks and get some fresh air.
- **Relaxation** - try a relaxation technique e.g. <https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>



## Support

- ❖ Workplace health and wellbeing support including wellbeing champions and mental health first aiders
- ❖ Employee Assistance Programme
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