

## Weekly Activity Work Sheet

# Working through depression

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<p><b>Stop blaming and criticising yourself.</b>  <i>Imagine that a friend of yours is depressed and you're with them offering kindness and compassion (maybe in front of a mirror).</i></p>							
<p><b>Find and hang on to non-depressed experience and identity.</b>  <i>Remember that you are so much more than the depression you're experiencing at this moment. Identify habits that you do when you're beyond depression. Hang on to as many memories and activities that you can. Commit to at least 1 a day.</i></p>							
<p><b>Push against isolation.</b>  <i>A characteristic of depression is to withdraw from or push away others. Isolation discourages recovery from depression. In any way that you can, allow and/or encourage connection. This could be with animals or humans.</i></p>							
<p><b>Get Moving</b>  <i>Physical activity helps produce new brain cells and synaptic connections. Even though it may seem really tough, like wading through treacle, do as much physical activity as you can. The more out of breath you can get, the better.</i></p>							
<p><b>Acknowledge how you feel in this moment</b>  <i>Without blame, criticism or judgement; but just acknowledging all your feelings. You may find that you have more than one feeling. After acknowledgment, can you accept that this is how you're feeling right now. As we know, feelings never last so we can appreciate that how we feel now is temporary. And we can allow other feelings, thoughts, memories, dreams and hopes to pepper our time.</i></p>							

Adapted from "Out of the Blue" O'Hanlon.