

SESSION

4

DEPRESSIVE SYMPTOMS INTERVENTION

SESSION HANDOUTS

The following materials are included for you to utilize during Session 4 of this module:

Handout 4.1: Coping Strategies

Handout 4.2: Catch the Positive

Handout 4.3: Changing my Feelings

Coping Strategies

Do something enjoyable and distracting.



Do something soothing and relaxing.



Do something that expends energy.



Find someone to talk to.



Change the way you are thinking.

Catch the

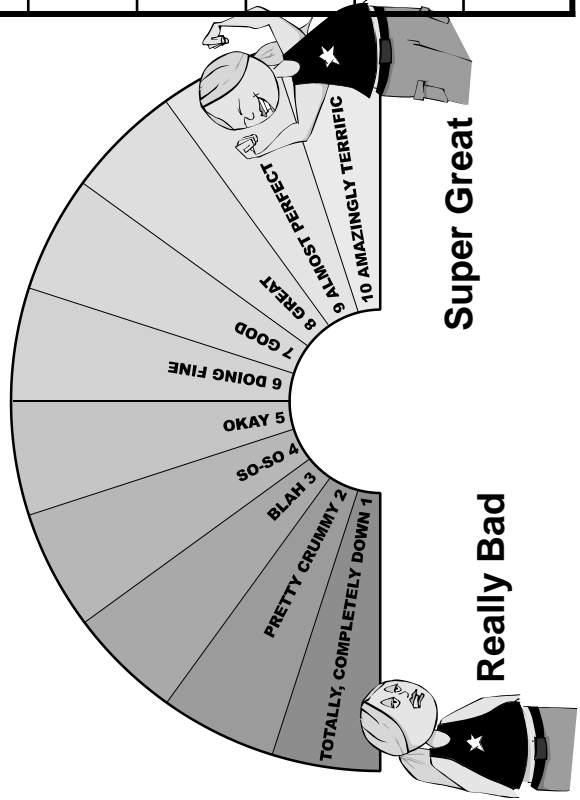
Positive!

Check off each activity you did this week and then rate your mood for the day from 1-10 at the top of the chart.

Name: _____

Date: _____

M	T	W	Th	F	Sat	Sun



Catch the Positive!

Mood Rating for the Day



Pleasant Events

Changing My Feelings

Tell about a time your feelings changed:

What was your first feeling? _____

What happened to change that feeling? _____

What was the new feeling? _____

What were the clues?

Body: _____

Brain: _____

Behavior: _____

What did you do to feel better? _____

