

SESSION
5

DEPRESSIVE SYMPTOMS INTERVENTION

SESSION HANDOUTS

The following materials are included for you to utilize during Session 5 of this module:

Handout 5.1: Coping Strategies

Handout 5.2: The 5 Ps: 5 Steps to Problem Solving

Handout 5.3: The 3 Ps: 3 Steps to Problem Solving

Handout 5.4: Catch the Positive

Handout 5.5: Active Coping

Handout 5.6: Signs I Had a Problem

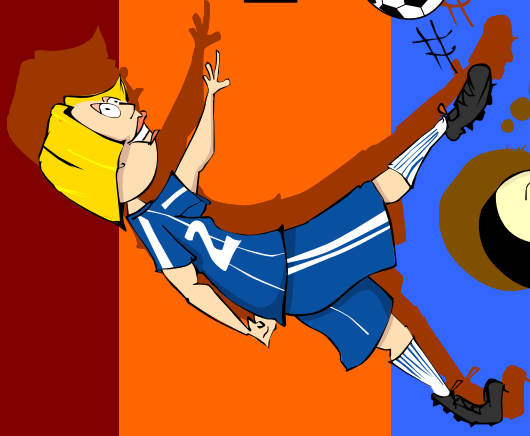
Coping Strategies



Do something enjoyable and distracting.



Do something soothing and relaxing.



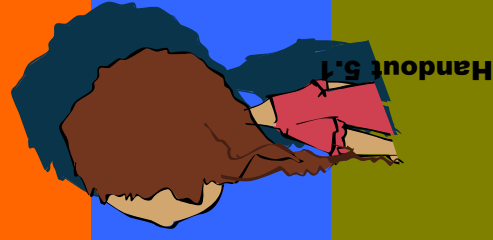
Do something that expends energy.



Find someone to talk to.



Change the way you are thinking.



The 5 P's: Five Steps to Problem Solving

PROBLEM: What is the problem?

PURPOSE: What is my goal?

PLANS: What are my plans?

PREDICT AND PICK: Which is the best plan?

PAT ON THE BACK: How did it work?



The 3 P's

3 Steps to Problem Solving



Catch the Positive!

Mood Rating for the Day

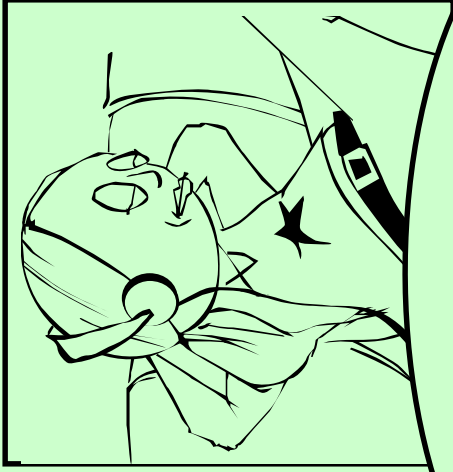


Pleasant Events

Active Coping

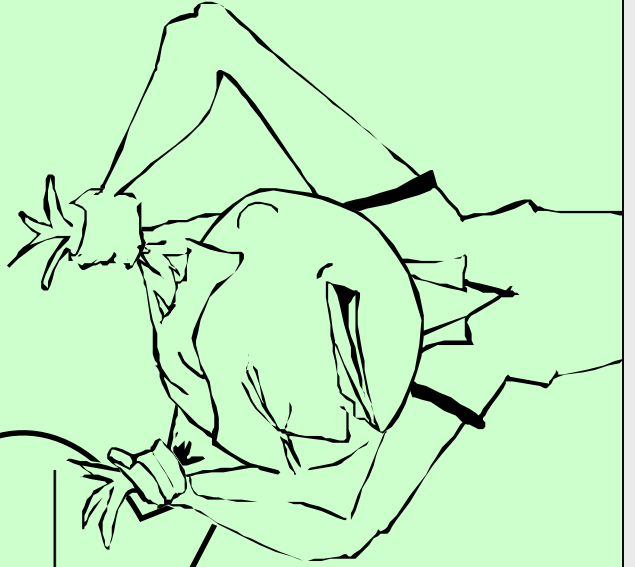


Notice when you are feeling an negative emotion and try a coping strategy to help yourself feel better. Describe what you felt and what you did using the form below.



I was feeling _____

So I tried to take ACTION by _____ and then I felt _____.

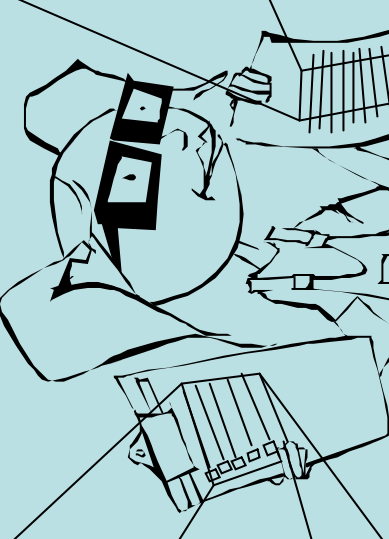
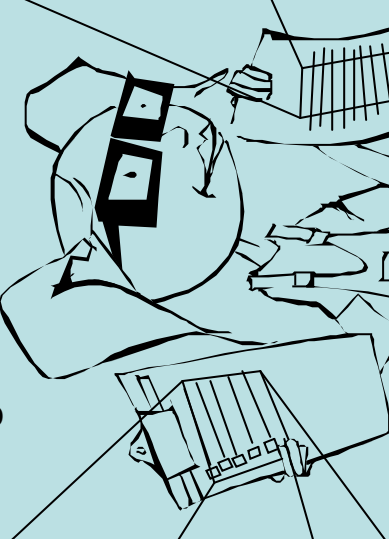


Signs I Had A Problem

Write down a problem that I had between meetings:

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- Check off the signs that helped you know you had a problem:
- Negative Emotions
 - Fighting with someone
 - Feeling let down
 - Muscles are tight
 - Feeling stressed out
 - Something isn't going the way you want

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