

SESSION

9

DEPRESSIVE SYMPTOMS INTERVENTION

SESSION HANDOUTS

The following materials are included for you to utilize during Session 9 of this module:

Handout 9.1: Coping Strategies

Handout 9.2: Self Mapping

Handout 9.3: Catch the Positive

Handout 9.4: Active Coping

Handout 9.5: Thought-Feeling, New Thought-New Feeling

Handout 9.6: The 5Ps

Handout 9.7: The 3Ps

Coping Strategies

Do something enjoyable and distracting.



Do something soothing and relaxing.



Do something that expends energy.



Find someone to talk to.

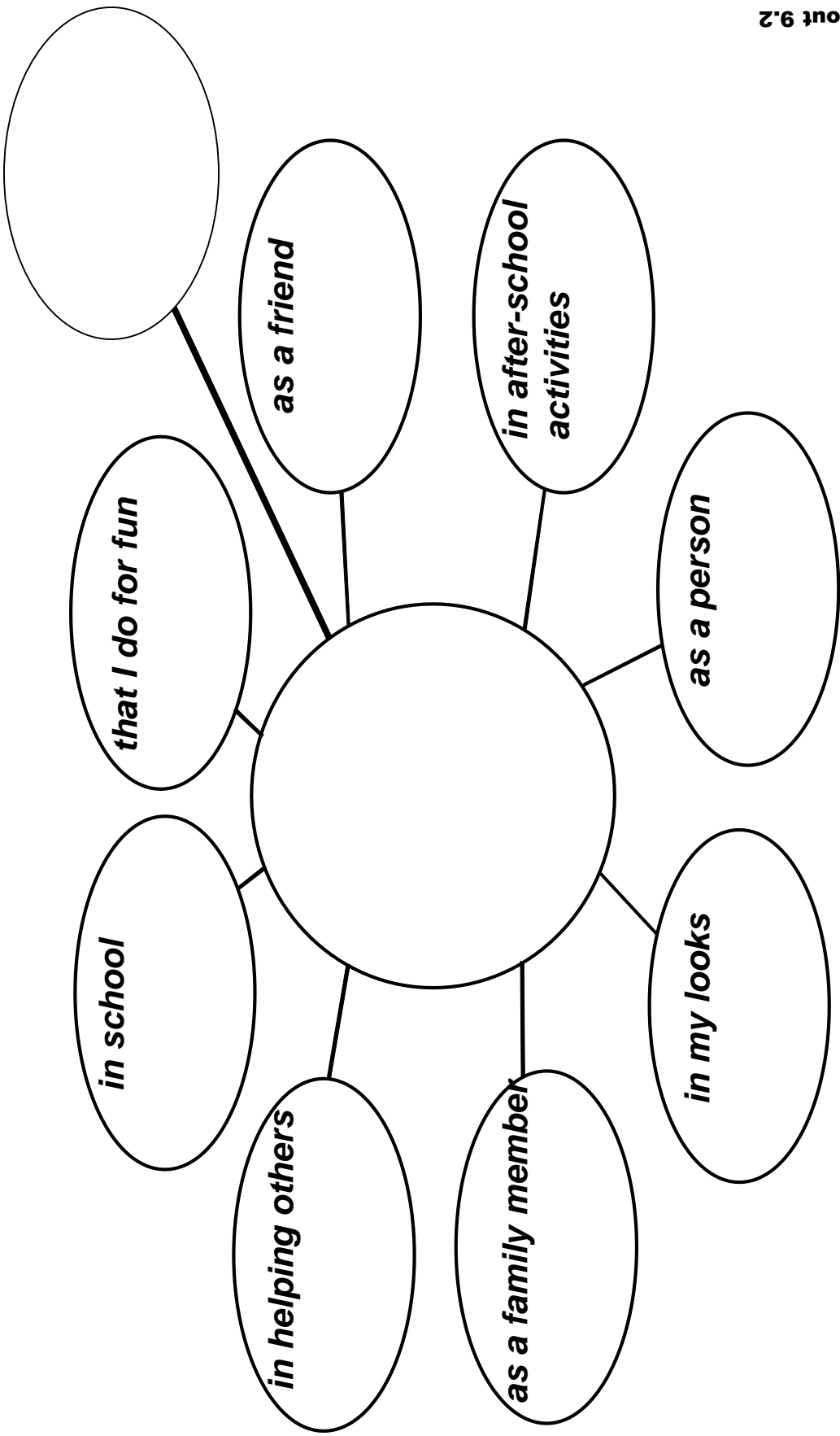


Change the way you are thinking.



Handout 9.1

Self Mapping



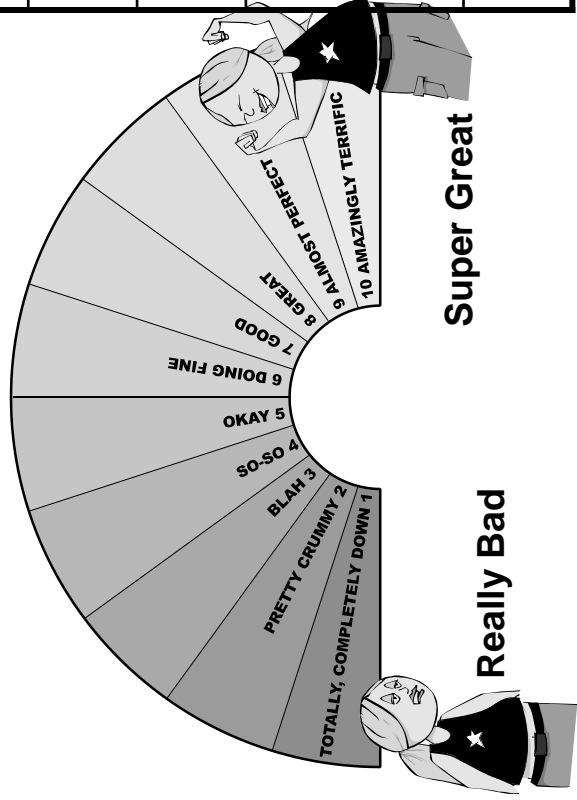
Catch the

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: _____



Super Great

Really Bad

M T W Th F Sat Sun

Catch the Positive!

Mood Rating for the Day

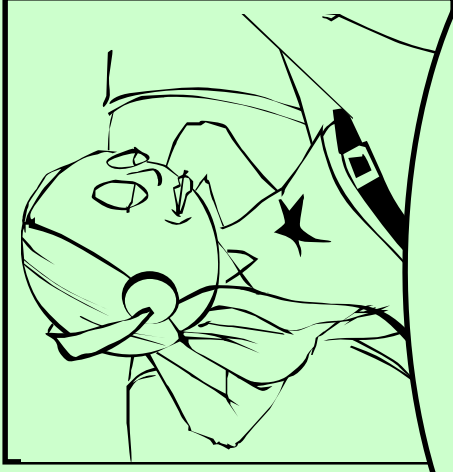


Pleasant Events

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.

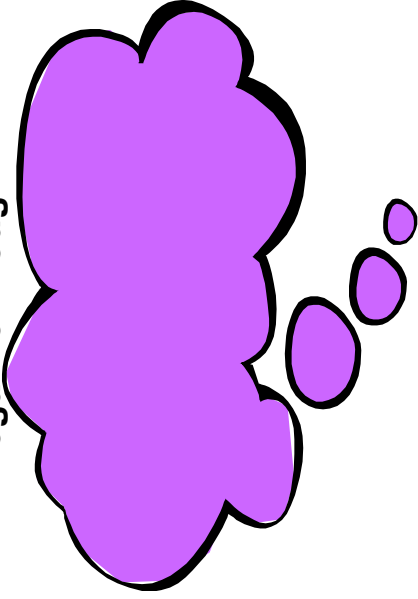


I was feeling _____

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

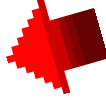
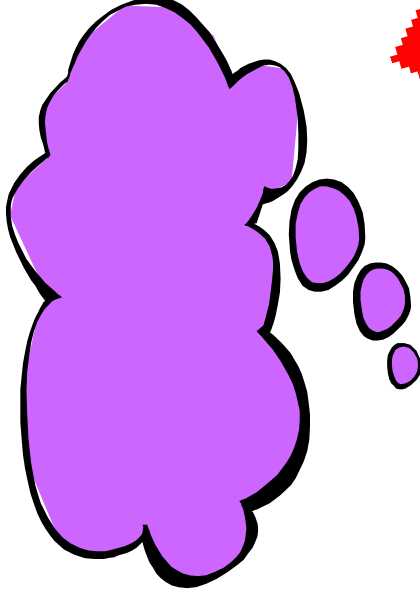


Negative Thought

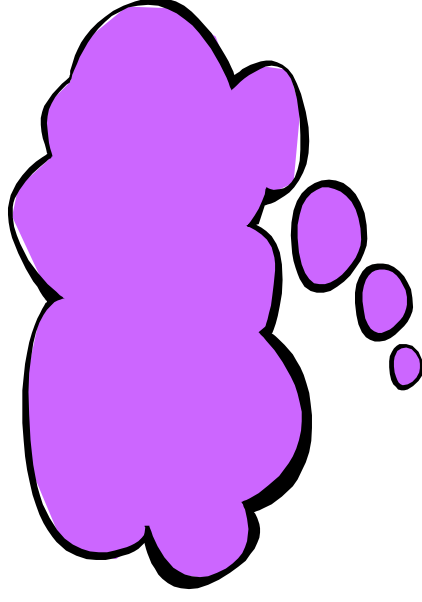


Thought-Feeling, New
Thought-New Feeling

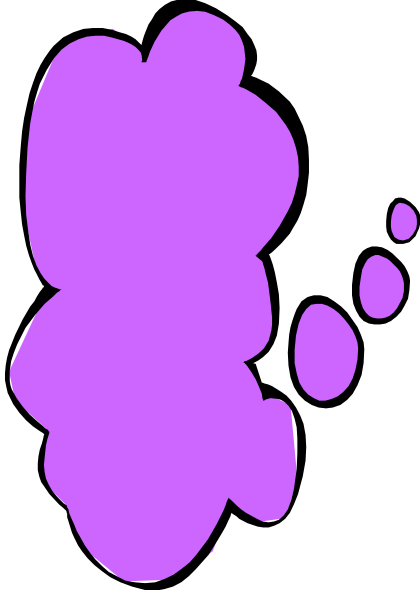
Coping Thought



New Feeling

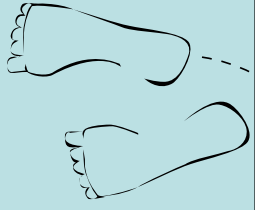


Feeling



Notice a time when you have a problem. Write about your problem and how you solved it by going through the 5 P's.

Problem Solving Using the 5Ps (For use with older children)



What's the **problem**? The problem is _____

What's the **purpose**? What I want to have happen is _____

What are some **plans**? I could 1. _____

2. _____

3. _____

4. _____

5. _____

Predict and pick the best plan. It is _____

How did it work? It worked _____

Pat yourself on the back!

DAY: _____

Notice a time when you have a problem. Write about your problem and how you solved it by going through the 3 P's.

Problem Solving Using the 3Ps (For use with younger children)

What's the **problem**? The problem is _____

What are some **plans**? I could 1. _____

2. _____

3. _____

4. _____

5. _____

Pat yourself on the back!

DAY: _____