




Community and Mental Health Services

Skills for Wellbeing Course

Session 2

- Introduction to Depression
- Strategies to Manage Low Mood




Ground Rules



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- Please click on the zoom link ten minutes before the session starts.
- Attend all the sessions, if you can't please let us know.
- Phones on silent, to minimise disruption, take calls outside of the room if necessary. Please switch camera off if needed to minimise disruption.
- Respect confidentiality. For the privacy of yourself and others, please DO NOT record, video, screen shot or photograph anything or anyone (visual or audible) during the sessions.
- Treat each other with dignity and respect. Allow others opportunity to talk/feedback.
- The therapist will mute all participants during the session but there will be opportunities to ask questions at specific times. You do NOT have to speak out.
- Do not attend sessions under the influence of drugs and alcohol.
- Be mindful, this is not group counselling.
- If your video connection falls during the session, we advise that you attempt to re-access the session by clicking on the zoom link again and if this is not successful, we advise you telephone our team to inform us by calling **0151 228 2300**.




Confidentiality and Risk



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- We will keep your involvement with Talk Liverpool confidential unless we identify a risk issue.
- Your GP will be updated at key points – this might be at the end of the course, or if anything changes as sessions go forward.
- We have a legal obligation to try and keep people safe at all times.
- If we are concerned for your safety or the safety of others, we may discuss your situation with a GP, social services or Police.




Safety Plan



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Where to go, who and how to contact if you need help:

- Contact your **GP** and ask for an emergency appointment.
- Call **111** if you are in need of urgent medical help or advice but it's not an emergency or life-threatening situation.
- For **Urgent mental health support** during the Coronavirus crisis please ring 0151 296 7200 or by Freephone on 0800 145 6570.
- If your life or someone else's life is in immediate danger, CALL **999**.
- **Samaritans** are available 24 hours a day, 7 days a week. Tel - 116 123 email – jo@samaritans.org

Again, if you are concerned about anything related to your safety you can also speak to one of the facilitators at the end of the session.





Course Contents



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- Week 1 – Introduction to the course and CBT, Goal Setting and Relaxation Techniques
- Week 2 – Introduction to Depression and Strategies to Manage Low Mood
- Week 3 – Introduction to Anxiety and Worry Management Strategies
- Week 4 – Addressing Unhelpful Depressive Thoughts and Thought Challenging
- Week 5 – Understanding and Dealing with Panic. Tips for Sleep.
- Week 6 – Looking After Yourself in the Future and Next Steps




Today's session



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- Recap on last week
- Introduction to Depression
- Behavioural Activation technique
- Out of session work




Review of last week



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- How did you get on with identifying your own vicious cycle?
- How did you get on with setting your SMART goals?
- How did get on with practising relaxation?
- Any feedback?




What is Depression?



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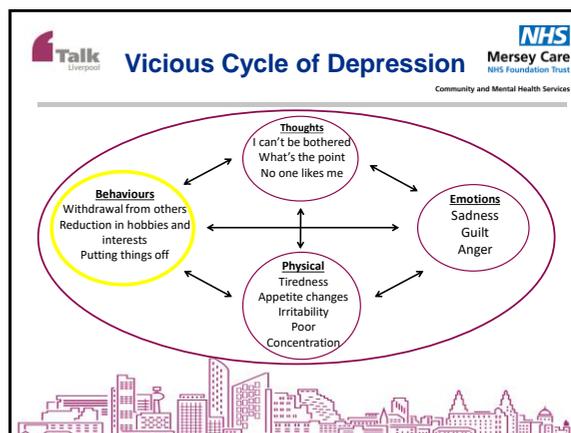
- Depression is a **common** problem that involves sadness or loss of enjoyment.
- Everyone feels low sometimes. In depression people can feel low nearly all the time for weeks, months, or years.
- You can watch a video explaining depression by visiting:

<https://www.youtube.com/watch?v=XiCrmiLQGYc>
(Page 11 contains the link)



Talk Liverpool **What is Depression?** **NHS Mersey Care**
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- Depression can:
 - affect sleep, appetite, concentration and energy.
 - make us feel worthless and make the future look hopeless.
 - make us feel so bad that we don't want to keep living anymore.
- It can also lead us to withdraw from our planned routine or use other coping behaviours to try and avoid our negative feelings, e.g.
 - If we feel exhausted we might go back to bed.
 - If we feel overwhelmed, we might avoid situations.
 - If we are afraid of letting people down, we might rush around trying to please everyone.
- Depression can become a vicious cycle

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- When people are depressed, they tend to struggle with activities we need to such as house work, paying bills or those that we find enjoyable such as seeing friends or family.
- This can mean we are more likely to avoid doing things. In the short term this may seem easier, and can give a sense of relief. However, the longer this happens the more likely we are to avoid more activities, and can feel stuck; we end up with less enjoyment, more time to dwell on negative thoughts and worry, and other tasks can build up making us feel more stressed and overwhelmed.
- Behavioural Activation breaks this cycle; helping to increase confidence and motivation, and giving us more energy to get back to the things we want to do.



Talk Liverpool **Behavioural Activation** **NHS Mersey Care**
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- Research has shown that we need to increase activities in three main areas, **routine, necessary and pleasurable**.
- You decide how much you feel you can do and go at your own pace.



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Are you avoiding any ROUTINE activities?
(Page 12)

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Are you avoiding any NECESSARY activities?

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Are you avoiding any PLEASURABLE activities?

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Things to note -

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- It is important that we are specific with the activities that we want to begin doing again.
- For example: a routine activity of housework; this can feel overwhelming to do in one go, but if we break it down into specific jobs, such as; mopping, vacuuming, wiping etc. Focusing on individual tasks may feel more manageable and we do not have to all of it at the same time.






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Let's have a break 😊





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Hierarchy

- Some activities probably may look more manageable than others; this can be our starting point.
- Try to organise your routine, necessary and pleasurable activities in order of how easy to difficult they feel at the moment. This is called a hierarchy. (Page 13).





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Hierarchy

Easy
Medium
Hard





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Diary Planning

- We are more likely to do activities if we have them planned. We do this with the help of a diary.
- Start with the activities you have rated as being the easiest. Aim to include a balance of routine, necessary and pleasurable activities across your week, with at least 3-4 activities per day.
- Some of the necessary activities may need to be prioritised even if they seem difficult, as they may have consequences if not done (e.g. paying an important bill, attending a medical appointment).



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Make a plan & stick to it!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							



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Tips on Diary Planning

- Breakdown activities further if necessary and think about your lifestyle/responsibilities/health.
- Think about the order of your activities to make it easier for you to do it, e.g. buying food on the way home vs after having watch TV for an hour.
- Spread tasks across the week using all 7 days.
- Be realistic – set time rather than task.
- **Follow plan and not mood!**



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Things to be mindful of...

- Motivation
- Finances
- Time
- Tiredness
- Weather
- Other people




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Home Tasks

- Identify routine, necessary and pleasurable activities.
- Create your hierarchy according to easy, medium and difficult tasks.
- Plan your diary using the template (Page 14). Stick to the plan and not your mood.
- Tick out completed activities at the end of the day to monitor your progress.






Home Tasks List

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- ✓ Session 1 –
 - ✓ Vicious cycle
 - ✓ Smart Goals
 - ✓ Relaxation
- ✓ Session 2 –
 - ✓ Routine, necessary, pleasurable activities
 - ✓ Hierarchy of activities
 - ✓ Diary planning





Next Week

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- Introduction to Anxiety
- Worry Management strategies
- Introduction to Problem Solving





End of Session 2

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Well done everyone! See you next week

Please approach us if you have any questions

