

BEHAVIOURAL ACTIVATION TO OVERCOME DEPRESSION

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DEPRESSION & MELANCHOLY

- **Depression** is a deepened or prolonged sadness in everyday life, but **melancholia** has a distinct quality of mood that cannot be interpreted as severe **depression**.
- Depression is characterised by the presence of a number of physical, psychological and behavioural patterns.

DEPRESSION SIGNS & SYMPTOMS

- Mood: anxiety, apathy, general discontent, guilt, hopelessness, loss of interest, loss of interest or pleasure in activities, mood swings, or sadness
- Behavioural: agitation, excessive crying, irritability, restlessness, or social isolation
- Sleep: early awakening, excess sleepiness, insomnia, or restless sleep
- Whole body: excessive hunger, fatigue, or loss of appetite
- Cognitive: lack of concentration, slowness in activity, or thoughts of suicide
- Weight: weight gain or weight loss
- Also common: poor appetite or repeatedly going over thoughts

TYPES OF DEPRESSION

- **Melancholic depression** is the classic form of biological depression.
- **Non-melancholic depression** essentially means that the depression is not melancholic, or, put simply, not primarily biological. Instead, it has to do with psychological causes, and is very often linked to stressful events in a person's life, alone, or in conjunction with the individual's personality style.

TYPES OF DEPRESSION

- **Psychotic depression** is a less common type of depression than either melancholic or non-melancholic depression. The defining features of psychotic depression include a deeper presence of the signs and symptoms common to depression.
- **Atypical depression** is a name that has been given to symptoms of depression that contrast with the usual characteristics of non-melancholic depression. For example, rather than experiencing appetite loss the person instead experiences appetite increase; and sleepiness rather than insomnia.

REACTIONARY DEPRESSION

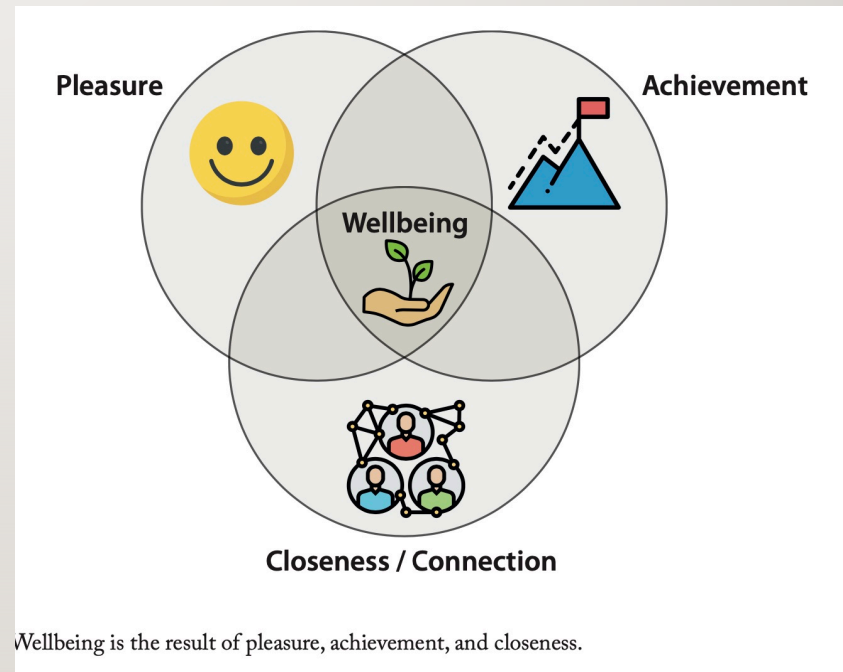
- **Reactionary non melancholic depression** characterized by an extended periods of low mood, or a loss of interest in life activities due to prolonged periods of “yuck”

WHAT WE DO AND HOW WE FEEL

- Psychologists have found that there is a close relationship between our activity and our mood.
- When we are feeling good, we take part in activities that make us feel good, tackle new tasks or adventures that challenge us as individuals, and spend time with people whose company we enjoy.

ACTIVITY HAS POSITIVE FEEDBACK EFFECTS:

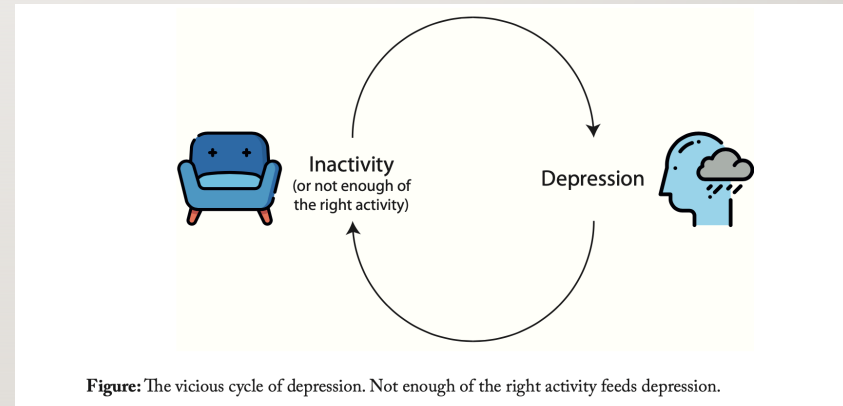
- Doing activities we enjoy gives us feelings of pleasure.
- Challenging ourselves means that we have a chance to grow and develop, and gives us a sense of achievement.
- Having positive relationships with other people makes us feel connected and valued.



Source: PsychologyTools

THE REVERSE IS TRUE TOO

- People who are depressed tend to do less.
- So they have fewer opportunities to feel pleasure, achievement, and connection – the things we need to feel good.
- It is easy to fall into a trap.



Source: PsychologyTools

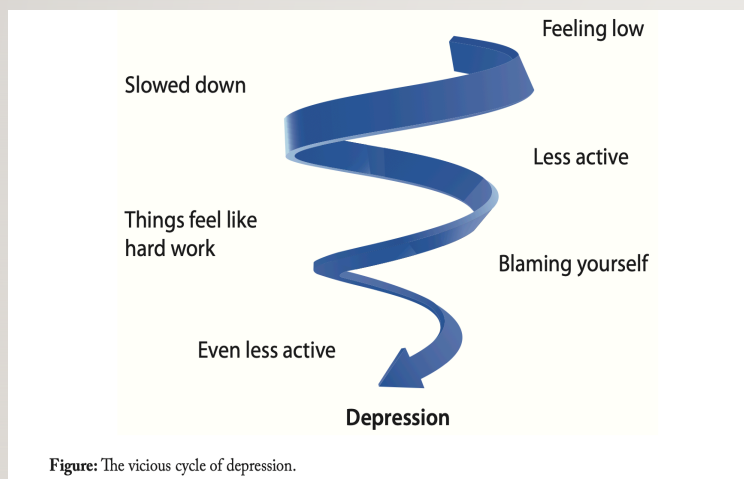
BEHAVIOURAL ACTIVATION (BA)

- **Behavioural Activation (BA)** is about making your life meaningful and pleasurable again, it involves four steps:



THE CYCLES

- Depression Cycle



Source: PsychologyTools

- Wellbeing Cycle



Source: PsychologyTools

TIPS TO FOLLOW



- Do something every day morning, noon and night!
- Find a support system. One of the greatest pushers in life is to have more to do with the people around you than time seems to permit.
- Think positive. Sounds easy, but be aware of your thinking, if negative thoughts are creeping in challenge yourself to find something joyful.
- Make a commitment to do something (often best with an another).
- Celebrate the small successes.
- Select comfortable clothes that make you feel good - sexy – important!

MONITOR YOURSELF

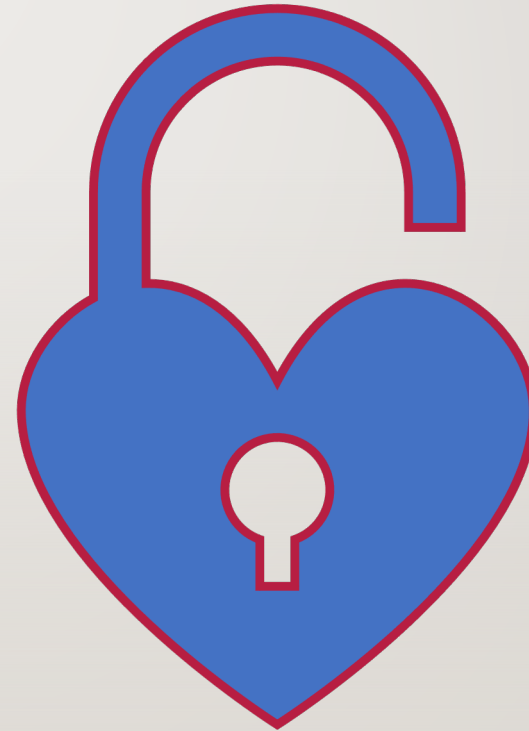
THAT'S RIGHT CHECK
IN WEEKLY...

HOW ENGAGED HAVE
YOU BEEN OVER A
WEEK?

IT IS HELPFUL TO
MAINTAIN AN
ACTIVITIES DIARY FOR
THREE OR MORE
WEEKS...









NOT GOING ANYWHERE? TAP INTO YOUR VALUES

- Our values reflect what we find meaningful in life.
- They are what you care about – deep down – and what you consider to be important.
- Everybody's values are different and they can change over time.
- They reflect who you want to be and what you want to stand for.



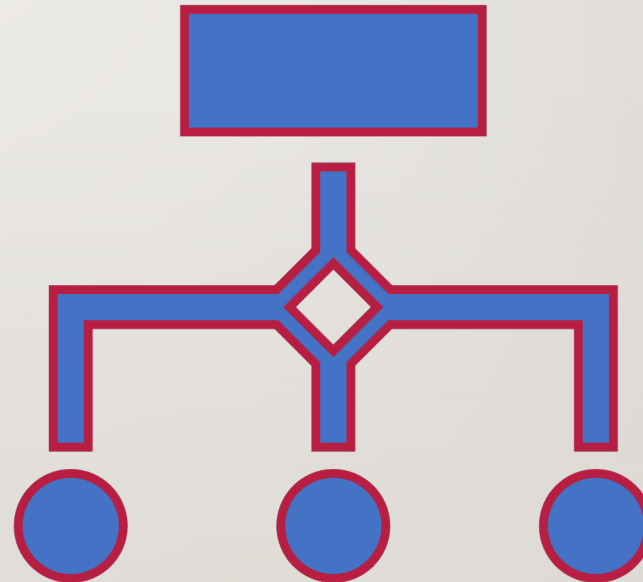
VALUE AREAS

- These domains are valued by many people.
- There might be values you think are important, and others that don't matter so much to you.
- There are no 'right' answers. Read the descriptions and think about what makes for a meaningful life that you could value.

	Family	<i>What kind of relationships do you want to have with your family? What sort of brother / sister / mother / father / aunt / uncle / niece / nephew do you want to be? How do you want to be in those relationships?</i>
	Marriage / Couple / Intimacy	<i>What kind of husband / wife / partner do you want to be? What kind of relationship do you want to be a part of? What sort of partnership do you want to build? What kind of person do you want to be in a relationship?</i>
	Parenting	<i>What sort of parent to you want to be? What qualities do you want your children to see in you? What kind of relationships do you want to build with them?</i>
	Friendships / Social life	<i>What sort of friend do you want to be? What friendships is it important to cultivate? How would you like to act towards your friends? What kind of social life matters to you?</i>
	Career / Employment	<i>What kind of work is valuable to you? What qualities do you want to bring as an employee? What kind of work relationships would you like to build? What kind of work matters to you?</i>
	Education / Personal growth & development	<i>How would you like to grow as a person? What kind of skills would you like to develop? What matters to you about education and learning? What would you like to know more about?</i>
	Recreation / Fun / Leisure	<i>How would you like to enjoy yourself? What relaxes you? When are you most playful?</i>
	Spirituality	<i>What kind of relationship do you want with God / nature / the Earth?</i>
	Citizenship / Environment / Community	<i>What kind of environment do you want to be a part of? How do you want to contribute to your community? What kind of citizen would you like to be?</i>
	Health / Physical wellbeing	<i>What kind of values do you have regarding your physical wellbeing? How important to you is your health? How do you want to look after yourself?</i>

VALUE EXERCISES

- A number of worksheets will be shared through the iCare link I have for values worksheets for you over the next 24-hours...
- <https://www.shanewarren.com/dust-diseases-seminar-pdf>



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