Module 3
Self-help first steps

When depression gets a foothold in your life, it quickly takes hold in the form of a series of mutually reinforcing habits. Depressed behaviour in the form of avoidance and social withdrawal reinforces depressed feelings and the lethargy that often accompanies depression. Whilst not a substitute for professional help, the strategies discussed in this module offer a starting point for doing what you can yourself to turn this spiral around.

Contents
1. Consolidating my support network
2. Taking care of myself
3. Focusing outward
4. Getting going
5. Finding what works for me

Consolidating my support network

In Module 2 you committed yourself to taking a vital first step in helping yourself by breaking the isolation of depression and seeking support from others. Telling someone else how you feel and getting support is the simplest way to make a significant difference to how you are. It is important to keep this process up and continue to seek and use the support that is available to you.

Use the chart overleaf to consolidate the work that you have done on building your support network by listing the people that you have talked to so far. Use another colour pen to identify who else you plan to bring into your support network next.
Self-neglect and having an uncaring attitude towards yourself are very common results of stress or feeling low – and this in turn contributes to further low mood and low self-worth.

Building a programme of self-caring habits can interrupt this vicious downward spiral. Using constructive self-soothing strategies is a vital skill for dealing with stress and other difficult feelings, like anxiety and anger.

1. My self-soothing strategies

Read the “Taking care of yourself” page and write down some ideas for your own self-soothing strategies related to all of your senses:

<table>
<thead>
<tr>
<th>Sense</th>
<th>Examples</th>
<th>My list of things to try</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sight/ surroundings</td>
<td>Tidy room with plant and soothing colours, pictures of friends or nature scenes, getting out into nature, funny or light-hearted TV/movies</td>
<td></td>
</tr>
<tr>
<td>Touch</td>
<td>Pampering washing ritual, stroking a pet, massage, hugs, (self-respectful) sexual activity, snuggling up in a warm duvet</td>
<td></td>
</tr>
<tr>
<td>Hearing</td>
<td>Playlist of uplifting and/or energetic music, sitting near the sea/moving water, recordings of natural sounds, meditation or relaxation tapes, favourite radio programmes, comedy, using earplugs (if you are being disturbed by unwanted noise)</td>
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</tr>
<tr>
<td>Smell</td>
<td>Having clean clothes and bed linen, aromatherapy or incense in your room, fresh flowers or getting out to smell sea air or other natural smells, choosing a new deodorant/ perfume/ aftershave</td>
<td></td>
</tr>
<tr>
<td>Taste</td>
<td>Try new tastes, cook healthy tasty food instead of bland processed food, treat yourself with small amounts of dark chocolate or ripe fruit or other sweet tastes, savour your food/ eat mindfully</td>
<td></td>
</tr>
</tbody>
</table>
2. Self-care in the mornings

First thing in the morning is often a particularly difficult time when your mood is low. If you are finding it difficult to get out of bed in the morning then making yourself a clear, self-caring plan for the first half hour of the day can help you start the day as well as possible. Try to set yourself the target of getting up out of bed within 10 minutes of waking up.

Example:
When I wake up I will get up straight away if I can, or else have the alarm set to give myself one 10-minute snooze if I want one and then get up.

Straight after getting out of bed I will put on the light or open the curtain and take a few deep, relaxing breaths

Then I will prepare myself for the day in a self-caring way by having a shower and getting dressed and eating something nutritious for breakfast

If I am finding this difficult to do I will be kind to myself and recognise how hard it is to do this when I am feeling so low. I will encourage myself to try anyway, because I know it will make me feel better in the long run. If it is a particularly difficult day I will let myself go back to bed for half an hour before trying again.

My morning plan:

When I wake up

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Straight after getting out of bed I will

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Then I will prepare myself for the day in a caring way by

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

If I am finding this difficult to do I will

_________________________________________________________________________________
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3. Making a soothing ‘home space’

Consider:
Is your room a place a welcoming, comfortable place to be? Does it offer you a soothing place to rest and re-charge, as well as an environment conducive to study and concentration? Some aspects of this might be outside your control, but what can you do to improve your home environment and make it a less depressing place to be?

Write down five simple things you can do to make your room a more pleasant environment in the form of a set of intentions.

My intention statement:
I will improve my home environment in the following ways:

• ____________________________________________________________
• ____________________________________________________________
• ____________________________________________________________
• ____________________________________________________________
• ____________________________________________________________

If this feels daunting I will ask ___________________________ to help me.

4. Next steps

Build on these basic self-care strategies by reading the ‘Focusing outward’ and ‘Getting going’ pages, and planning how to tackle the lethargy and withdrawal of depression by including more purposeful and enjoyable activities in your life step by step.

• Put up posters of natural scenery or beautiful art
• Get a plant
• Put up photographs of family and friends to remind you of your support network
• Photographs of yourself having a good time to remind you that depression doesn’t always have to win
• Tidy up and give yourself a system for keeping things tidy
• Wash your bed linen.
Focusing outward

The depression habit spiral narrows your perspective and works to keep you looking inward. The more negatively introspective you become, the firmer depression takes hold and the more you get sucked into depressed thinking and tunnel vision.

Using purposeful distraction is a powerful way to resist this depressed ‘rumination’ habit. So, one way to choose useful activities for your list is to look at how well they might distract you and engage your mind in something purposeful or meaningful.

1. My ‘focusing outward’ ideas

If you are feeling very low, then very simple distractions are all you need to aim for – as long as they are reasonably constructive. You can build up towards more meaningful ways to engage your time, energy and hope. Look at the suggestions on the ‘Focusing outward’ page and make a list of activities that you can refer to when you need ideas for something to distract you from depressive rumination.

1. Three simple distractions I could use if I am feeling particularly low:
   (eg. watching a light-hearted TV show, cooking myself a nice meal, asking someone else to hang out or play a video game, getting my washing done or tidying up my room…)

   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

2. Two ways/places I could regularly get myself outdoors, into natural surroundings:

   __________________________________________________________________________________________
   __________________________________________________________________________________________

3. Three ways I could continue to break isolation and distract myself through contact with other people:
   (eg. making the effort to get out of my room and hang out when others are watching telly or cooking a meal; joining in with an activity at the SU or a club or society; making contact with friends in other places via Facebook or texting; doing a group exercise or yoga class; perhaps even joining a ‘penpal’ scheme to make a new contact with someone in a different country or setting)

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“I know if I have too much time I have too much mental energy and if it’s not occupied somewhere else I just start analysing things that don’t need analysing and finding problems and getting myself down about it. But if I’m occupied with lots of things then I am happier with that.” – Daniel
4. One creative activity I could try as an outlet for my feelings: (eg. writing, drawing, making music, model-making, dancing)

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5. One idea to aim for doing something useful in the wider world: (eg. getting/keeping a part-time job to earn money, doing something for a friend, volunteering for a charity or project)

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6. One idea for how to use my uni/college work as a distraction: (Identify aspects of your subject or course that you might be able to enjoy just immersing yourself in, rather than focusing on assessments etc – eg. finding out more about a specific topic you’re really interested in.)

_______________________________________________________
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2. My focusing outward plan

Choose one of the ideas you have listed above to plan to put into action this week. Write an intention statement to help you make a clear, focused goal.

My focusing outward intention statement:

Example:
This week I will _____ take a break and start filing the pile of papers on my desk _____ (what) if I notice that I am feeling low and can’t concentrate on my work _____ (when) in my room _____ (where) I will do that for 30 minutes and then get back to my work _____ (how/long)

This week I will __________________________________________ (what)
 __________________________________________ (when)
 __________________________________________ (where)
 __________________________________________ (how/long)

3. Next steps

Build on this strategy by reading the ‘Getting going’ page and planning more ways to increase purposeful and enjoyable activity in your life.
Getting going

www.studentsagainstdepression.org

Lethargy and lack of energy are classic warning signs for depression – depression drains your motivation and reinforces the withdrawal from daily activities and interests which in turn leads to isolation and loss of purpose...

Activity (or the lack of it) has a direct effect on the brain chemicals affecting mood, so one very effective way to turn this spiral around is to build simple, fun or purposeful activities back into your daily schedule.

Don’t wait to ‘feel like it’! This worksheet will help you figure out the simplest, most manageable way to ‘get going’ – giving you a very powerful strategy for tackling depression and moving forward.

1. My activity record

The simple first step is to keep an activity record, so you have a clear picture of how depression is depriving you of pleasurable activities. Use the Activity Record page at the end of this worksheet to record what you are doing in each period of the day, giving a rating for how enjoyable it was and a separate rating for your sense of achievement.

The achievement rating needs to be based on your own personal sense of achievement at this time – so if you’ve been finding it very hard to get out of bed in the mornings and you manage to do this reasonably quickly on a given day, then this should result in a relatively high sense of achievement. (ie. the rating is not based on whether or not you feel this ‘should’ be an easy thing for you to do!)

Don’t try to change anything yet – just observe what you do and how you feel for regular intervals over the course of a day. You’ll get the most information if you can do this for a whole week, but even one day is still beneficial.

2. Linking my activity levels and mood

Once you have get the activity record for a few days, or up to a week if possible, look back over your record and notice any patterns, and which activities had the highest pleasure or achievement ratings. You should find that your mood is generally slightly better when you have engaged in activities with higher pleasure or achievement ratings.

Don’t dismiss this exercise if you don’t see a perfect correlation between pleasure/achievement and mood. This is just one of the complex factors that affects your mood, so it can’t be as simplistic as suggesting that if you just do fun stuff you’ll feel fine! However, you might be pleasantly surprised to see how much difference it can sometimes make…

“During my CBT sessions it was suggested to record the amount of pleasure and achievement I gained from each daily activity and to then build in more of the highly scoring activities into my day to lift my mood and self-esteem. These could be simple things like going to a lecture, emailing a tutor, having a coffee, blowing bubbles, even just cooking dinner.”

– Iona
Note down the activities which did seem to give a small mood boost and add a few more ideas to the list of simple activities that you think might have this effect if you try them out:

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Look back at the ideas you have had for ‘Taking care of yourself’ and ‘Focusing outward’ – purposeful, self-caring activities are likely to be particularly effective in lifting your mood.

3. My realistic goals for increasing activity in my life

Now use the Activity Planner at the end of the worksheet to plan activities for the week ahead. Start with putting in one simple activity for each day, at an appropriate time. Balance fun things with tasks that will give you a sense of achievement and getting things done. Keep it simple and be realistic – don’t set yourself up for failure by giving yourself too many goals at once.

Give yourself a clear goal for how you will introduce the activities and how you will support yourself in sticking to your plan. Setting a rule that you will ‘have a go’ for a minimum time before you give up is a good way to motivate yourself and give yourself a sense of achievement. You may already have some useful intention statements planned from the ‘Taking care of myself’ and ‘Focusing outward’ worksheets.

Example:
I have set myself __ one __ fun activity and __ one __ achievement activity for each day this week. My achievement activities are:

  • My achievement activity on most days is to get up out of bed when I first wake up, do some deep breathing exercises and to get dressed within 15 minutes of waking up.
  • I am also aiming to change my bed linen on Monday, and get my washing done on Thursday.
My fun activities are:

My fun activity is different on most days including:

- ___ going for a coffee with Tom on Monday, ___
- ___ walking round the block with my
  ‘feelgood’ music on after lectures on
  Tuesday, Thursday and Friday, ___
- ___ phoning for a catch up with Sarah
  (which is also an achievement) on
  Wednesday, ___
- ___ playing with dog on Saturday when
  I go home,
- then ___

I have filled the activities in on my activity schedule to give myself a rough time period for when I will do this each day, but it is okay to do it later if I don’t make it when I planned to, ___

I will do each activity for at least ___ 5 minutes ___ and after that I can give up if I want to – and it will still count as an achievement.

You can use the activity record sheet each day to rate your pleasure, achievement and mood as before. Keep notes to help you modify your activities if you notice anything that makes a particular difference.

4. Next steps

Once you have successfully introduced more fun and achievement into your life, in simple ways, you can build on and consolidate this powerful strategy with other sections and worksheets:

- Use the ‘Healthier daily routines’ section to monitor and improve on your daily routines for sleep, eating, exercise, relaxation and socialising. ‘Increasing exercise’ is a particularly effective strategy against depression.
- Use the ‘Changing attitudes’ section to identify and challenge depressed thinking habits that may be preventing you from making the most of your activity goals, and improve your motivation for self-caring activities by learning greater self compassion.
- Use the ‘Living well’ section to introduce further life skills such as mindfulness, assertiveness and emotional literacy, and provide yourself with a powerful compass for the way forward by identifying your life values.
<table>
<thead>
<tr>
<th>Day:</th>
<th>What was I doing?</th>
<th>Pleasure rating (1=lowest 10=highest)</th>
<th>Achievement rating (1=lowest 10=highest)</th>
<th>Mood rating and/or notes</th>
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<td>2am to 7am</td>
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<tr>
<td>Time</td>
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<td>Tues</td>
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</tbody>
</table>
Every person is affected by depression differently, so some strategies will work better than others for each individual person. You can use the ‘spiral’ nature of depression in your favour – making even very small changes in your behaviour can have a big impact in turning the downward spiral around!

This worksheet helps you build on any steps you have taken so far and continue to tackle the depression affecting your life. It is important to plan small steps at first, and to take things slowly.

If you are moderately to severely affected by depression, and especially if you feel you are at risk of harming yourself in any way, then the most important first steps are to act quickly to get professional support from a doctor or counsellor, and start building a wider support network. See the ‘Get Support’ section for more information.

1. One small thing

Thinking about how depression is affecting my daily life at the moment, what is a small change I can make that might make a difference to how things feel?

A few quick examples to help you:

- getting outside into the fresh air once a day
- telling someone else how you are feeling
- getting an attractive poster or plant for your room
- planning to get up and eat breakfast every morning

2. What I’ve tried so far

What strategies, if any, have you already tried to help you tackle your depression? If you had a previous episode of depression then what do you think was helpful to you in moving on beyond the depression on that occasion?

List strategies that have helped (even if only a little):
3. Things I might consider trying

The ‘Tackle Depression’ and ‘Get Support’ sections of Students Against Depression.org cover a wide range of strategies that might help you turn things around. The Student Stories section will show that different things work for different people, so it is important for you to keep trying until you find the things that will work for you.

You can use the ‘My strategies’ table to get an overview of some of the things that might help and to keep track of things you have tried and what they have contributed. The strategies are listed in a recommended order of priority for someone who is moderately to severely affected by depression – getting support from others, preferably from professionals, is very important if this applies to you. After that the simplest self-help strategies, which can make an immediate difference, are listed in the First Steps section.

- Give yourself some time to browse the information and stories at Students Against Depression.org
- Mark strategies you think you’d like to try, then identify a few (up to 5) you’d like to try first.
- Use the relevant ‘Take Action’ worksheets for the strategies you have chosen.
- Give yourself a reasonable length of time to see how it goes, then evaluate and make notes.
- Some of the first steps lead on naturally to longer-term strategies. Build up gradually and be gentle with yourself (see Learning self-compassion).

4. Take Action workbook

If you prefer a more structured approach, then the Take Action worksheets attached to each page on Students Against Depression.org have been organised into a Workbook with step-by-step modules, which help you try the strategies in a recommended order. See ‘Take action in your own life’ for the collection of Workbook modules.

“There is no quick fix or easy answer – it might take time to find the things that help you best. Everyone experiences depression and low moods differently, and therefore requires different support. But when you find the right thing for you it can make such a huge difference to your quality of life, so it’s crucial to keep trying.” – Dani
<table>
<thead>
<tr>
<th>Strategy</th>
<th>Section</th>
<th>Tick (intention to try out)</th>
<th>Worksheet done?</th>
<th>Tried strategy out (date, length of time)</th>
<th>Notes</th>
<th>Was this helpful or not? (evaluate)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety plan</td>
<td>Check suicide &amp; self harm (GS)</td>
<td></td>
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<tr>
<td>Break isolation/ Tell someone how I feel</td>
<td>Build support networks (TD)</td>
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<tr>
<td>Check warning signs for depression</td>
<td>What is depression? (UD)</td>
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<tr>
<td>See doctor</td>
<td>Counsellors &amp; doctors (GS)</td>
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<tr>
<td>Consider medication (if prescribed by a doctor as appropriate for me)</td>
<td>Counsellors &amp; doctors (GS)</td>
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<tr>
<td>See counsellor</td>
<td>Counsellors &amp; doctors (GS)</td>
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<td>Build support network</td>
<td>Build support networks (GS)</td>
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<tr>
<td>Self care plan</td>
<td>First steps (TD)</td>
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<tr>
<td>Focusing outward – distraction and ‘keeping busy’</td>
<td>First steps (TD)</td>
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<tr>
<td>Get going (basic activity plan &amp; first steps summary)</td>
<td>First steps (TD)</td>
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<td>Sort out sleep</td>
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<td>Understand food &amp; mood</td>
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<td>Connect with others</td>
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<td>Understand my depression better</td>
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<td>Identify my depressed thinking</td>
<td>Changing attitudes (TD)</td>
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<td>Alternative approaches</td>
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<td>Therapeutic writing</td>
<td>More ideas &amp; resources (GS)</td>
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<td>Other help and resources</td>
<td>More ideas &amp; resources (GS)</td>
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<tr>
<td>Understand different perspectives on depression</td>
<td>Different perspectives (UD)</td>
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<tr>
<td>Take action against depression beyond my own life</td>
<td>Take Action (TA)</td>
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