

Depression Management

Aims of the course

Help participants to gain a greater understanding of the causes and effects of depression and to provide an opportunity to learn effective relaxation and other coping techniques.

Aims of session one:

- Understand the difference between low mood & depression.
- Understand what is meant by depression.
- Understand some of the causes of depression.
- Recognise some of the symptoms of depression.
- Learn and practice a relaxation visualisation method.

Aims of session two:

- Understand how behaviour affects thinking.
- Understand rational and irrational thoughts.
- Recognise the difference between fact and opinion.
- Be able to recognise some kinds of negative thoughts.
- Recognise the effect of Challenging Negative Thoughts
- Learn and practice relaxation method mindful breathing.

Aims of session three:

- Gain an understanding of how self-esteem and depression are linked.
- Discuss what self-esteem is
- Increase awareness of own positive aspects

Aims of session four:

- Gain an understanding of what is meant by exercise.
- Recognise the benefits of exercise.
- Gain an understanding of the recommended guidelines of exercise.
- Identify the advantages of exercise.
- Be introduced to an Exercise Diary.
- Learn and practice mindful breathing.
- Gain an understanding of the importance of daily activity.
- Recognise the importance of keeping an Activity Diary.

Aims of session five:

- Understand the vital role of sleep.
- Understand the different types of sleep state.
- Recognise some causes of sleep prevention.
- Realise that the lack of sleep causes problems.
- Become more aware of sleep hygiene.
- Practice a relaxation method to aid sleep.
- Recognise the importance of healthy eating.

Aims of session six:

- Practice a quick relaxation method.
- Understand worry and how it can be managed.
- Recognise the importance of laughter/happiness
- Understand the effect of destructive self-criticism.
- Understand how to deal with thoughts of failure and self-criticism.
- Practice a relaxation method

Aims of session seven:

- Understand the importance of goal setting.
- Understand the importance of planning.
- Practice Relaxation method

Aims of session eight:

- Recognise this is the final session of the course.
- Understand slippage.
- Have reviewed the course content.