

Beating Depression Through Activity

Although you may not *feel* like doing anything when you are depressed, it will be important to remember that this is exactly what depression will get you to do to make ITSELF stronger. Therefore, in order to get yourself out of the grips of depression:

“You will need to do things not because you *feel* like it, but because it’s the plan.”

To begin building a plan to help you climb out of depression, you will need to identify activities that you can engage in to get you moving. These activities should include tasks that need to get done (aka: responsibilities) and things that you used to enjoy (aka: previously fun and fulfilling activities). I say “used to enjoy” because it’s likely that depression will make it hard for you to enjoy activities at first. It may take time and continued effort at sticking to the plan before you are able to shake of the depression gremlin enough to begin enjoying activities again.

The Plan - List the activities you engage in below, who you did them with (yourself or someone else) and then predict how satisfying/enjoyable you think it will be to get the activity done. Once you have completed the activity, rate how satisfying/enjoyable the activity actually was.

With time, you may begin to notice that certain activities were more pleasurable than predicted. You may also begin to notice that doing things by yourself or with a particular person were more pleasurable than predicted.

Alternatively, you may notice that you do not usually enjoy the time spent with a particular person. If this occurs, then it may be important for you to begin reassessing if this is a healthy relationship for you or if certain dynamics within this relationship may eventually need to be addressed. The issue of setting boundaries and clearly stating your needs are outside the scope of this exercise, but they will be discussed during the group and followed up by other handouts.

Activity	Who? With Self or Other	Predicated Enjoyment/Satisfaction	Actual Enjoyment/Satisfaction	Observations / Notes

