

# Managing Depression Workshop Notes

*This worksheet is a companion to the video workshop and is not intended as a stand alone worksheet. Please consider your own confidentiality when writing, storing and disposing of this sheet.*

## Signs of depression

- Feeling sadness, anxiety, guilt or shame
- The feeling in depression is the key indicator as to what is going on underneath the depression
- Excessive self-blame
- Unhealthy depression might not have a clear reason, might last a prolonged time, might feel that it is irrational and may be constant over a long period
- Low self-worth
- Feeling fatigued for long periods of time
- Disinterest in doing things that you may have enjoyed in the past
- Having poor sleeping habits
- Difficulty concentrating
- Ruminating
- Suicidal thoughts or poor life attitude
- Aches and pains

What are your typical rumination habits when you are depressed?

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Perfectionism needs to be recognised and tempered with realism. Where in your life could you make this change?

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## Techniques to manage depression

- Examine your thoughts and find a way to manage unnecessary unhealthy thought habits or patterns
- Have healthy future goals and plans
- Address past issues that are unresolved and weighing you down
- Learn how to change your situation and get help and support to work towards a better future

- Change any unhealthy lifestyle patterns like excess drinking, smoking, substance abuse, unhealthy eating, sleeping issues
- Exercise to help increase dopamine and serotonin and shift excess adrenalin
- Recognise signs of how you slide into depression. Many people who suffer from depression can have indicators and if they address it at the time, can prevent an episode or at least decrease its impact
- Journaling can help to process and unravel emotions
- Increase self-compassion
- Build self-esteem
- Manage perfectionism, a strong inner critic or being too hard on yourself. If necessary working towards developing a more positive inner voice
- Practice mindfulness, use the kind and curious observer from mindful techniques to gain clarity and awareness and not get lost in unhealthy emotional overwhelm
- Being creative can help to move a person from depression
- Developing a gratitude practice can help us to focus on what you have and not on what is wrong with your life
- Stay connected to people and don't withdraw socially

Recall a time when someone was kind to you. How did they show it and can you embody some of this to create an inner voice like this?

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