

Virtual Getting Unstuck

What to Expect?



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What to Expect?

- Virtual Getting Unstuck is a self-guided, virtual workshop that includes lessons, activities, and homework
- Broken up in 3 Weeks, to allow time for practice and homework (please go at your own pace)
- This workshop focuses on better understanding depression, how thoughts and behaviors impact depression, and how to better manage depression
- Note: This workshop will provide a lot of information – don't feel like you need to master all of it. Small changes can make big differences

Virtual Getting Unstuck

Week 1



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Sadness vs. Depression

Sadness

- Is a normal, painful, response to challenging life events
- Usually passes when the challenging event passes
- Is something we all experience at some point in our lives

Depression

- May or may not include feelings of sadness
- Is a more persistent experience
- Includes a cluster of symptoms
- May or may not arise out of a painful experience, so a person might not identify a reason for symptoms



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For More Information:

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Understanding Depressive and other Related Disorders

While some depressive symptoms (i.e., sadness) are a normal experience for everyone, depressive and other related disorders are characterized by significant distress or impairment in social, academic/occupational, or other important areas of functioning (e.g., your general ability to function in life).

Some of the most common disorders include:

Major Depressive Disorder:	Involves experiencing depressive episodes, which must last for two weeks, and include a minimum of 5 symptoms.
Persistent Depressive Disorder:	A less extreme depressive presentation that includes a depressed mood and at least 2 other symptoms that last for at least two years. May have episodes of major depression along with periods of less severe symptoms, but symptoms must last for two years.
Premenstrual Dysphoric Disorder:	Several depressive symptoms present consistently during the week prior to menses.
Bipolar II Disorder:	Includes experiences of both depressive episodes as well as "mixed" or hypomanic episodes (i.e., elevated mood with other expansive symptoms).
Cyclothymic Disorder:	Persistent periods of alternating between "highs" and "lows" that are subthreshold for hypomanic and depressive episodes.
Disruptive Mood Dysregulation Disorder:	Recurrent temper outbursts and persistently irritable or angry mood for at least one year (present between ages 6-18).

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Getting Unstuck Workbook

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Our Main Goal is

to begin separating out that big mess of depressive symptoms, so that we can find ways to better manage them.



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Cognitive Behavioral Therapy (CBT) Model

THOUGHTS



EMOTIONS



BEHAVIORS



PHYSICAL SENSATIONS



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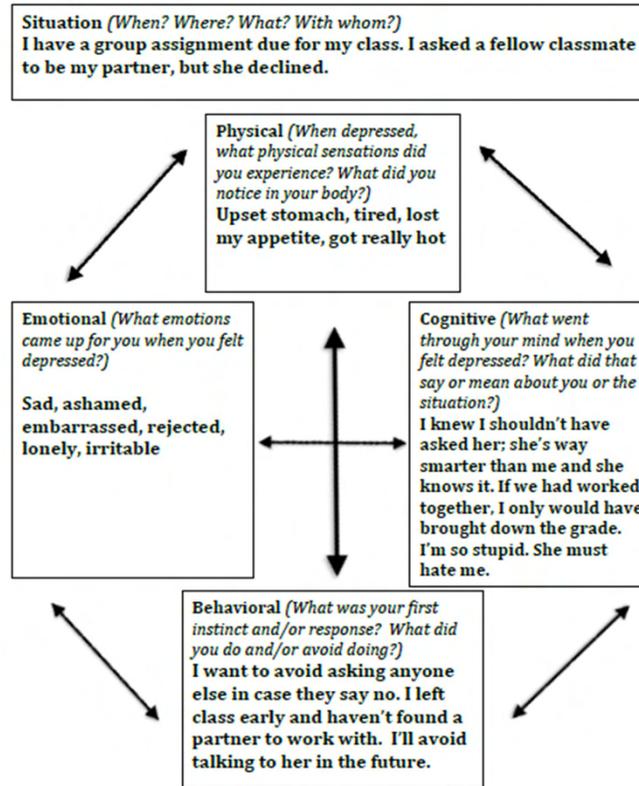
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SESSION 1: DEPRESSION 101

Common Depressive Symptoms

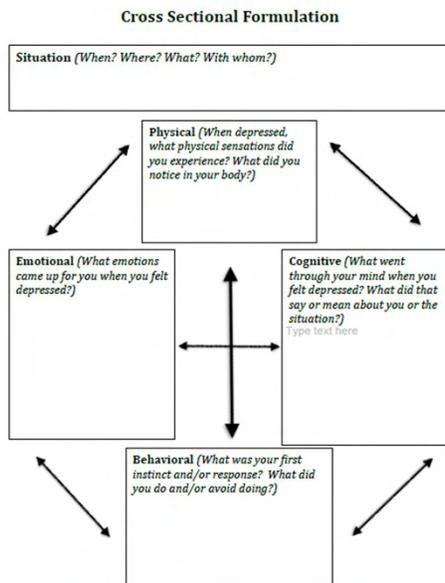
Behaviors	Thoughts	Emotions	Physical Sensations
Increased or reduced sleep	Reduced focus/ concentration	Low Mood or persistent sadness	Fatigue or low energy
Withdrawing from friends, family, pets	Suicidal thoughts or preoccupation with death	Loss of Pleasure for things you used to enjoy	Unexplained aches and pains
"self-medicating" with alcohol or other drugs	Self-criticism	Anger or irritability	"heaviness" in the body
Changes to eating or weight	Worry about something awful happening	Guilt	Appetite disruption
Suicide attempts	Fear of rejection	Numbness or feelings of emptiness	Gastrointestinal problems
Physical restlessness or slowing	Inability to make decisions	Hopelessness	Changes to sex drive
Poor hygiene			
Crying Spells			

Cross Sectional Formulation



Complete & Review

Complete Page 8:



Review Page 6:

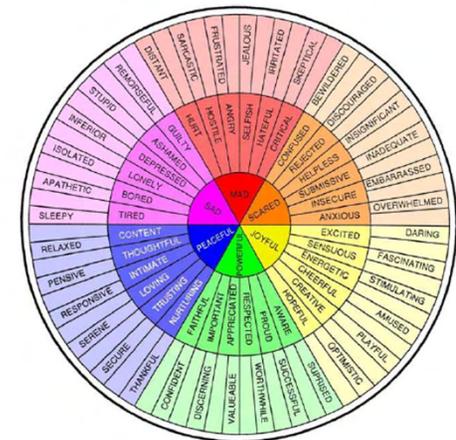
SESSION 1: DEPRESSION 101

Common Depressive Symptoms

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Crying Spells			

Review Page 9:

Feelings Wheel



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Importance of Foundational Self-Care

- good sleep
- physical activity
- attending to your nutritional needs



Enhancing Your Sleep



Research shows that most people
need 7 to 9 hours of sleep
consistently EVERY night to be well-
rested and perform optimally



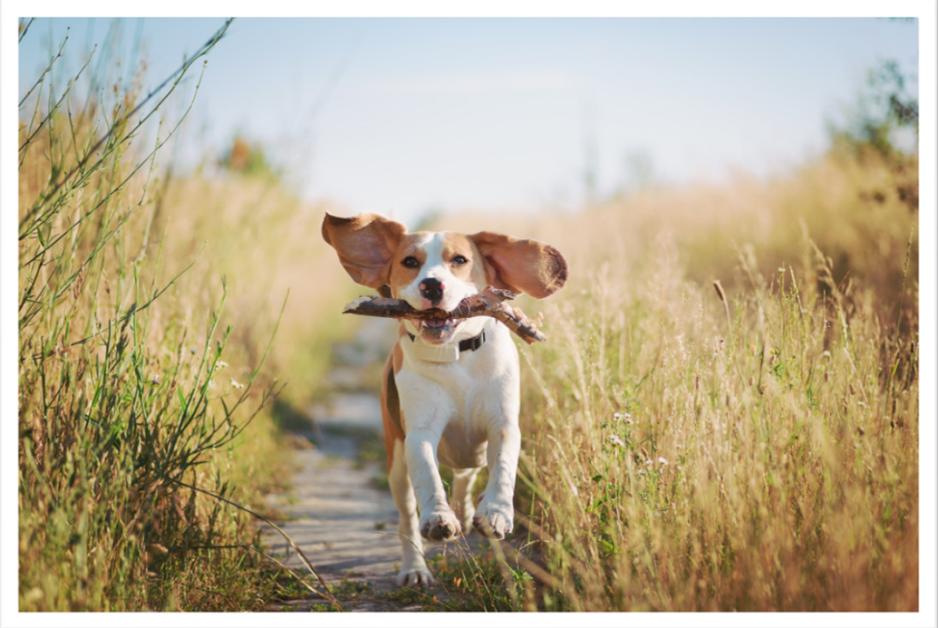
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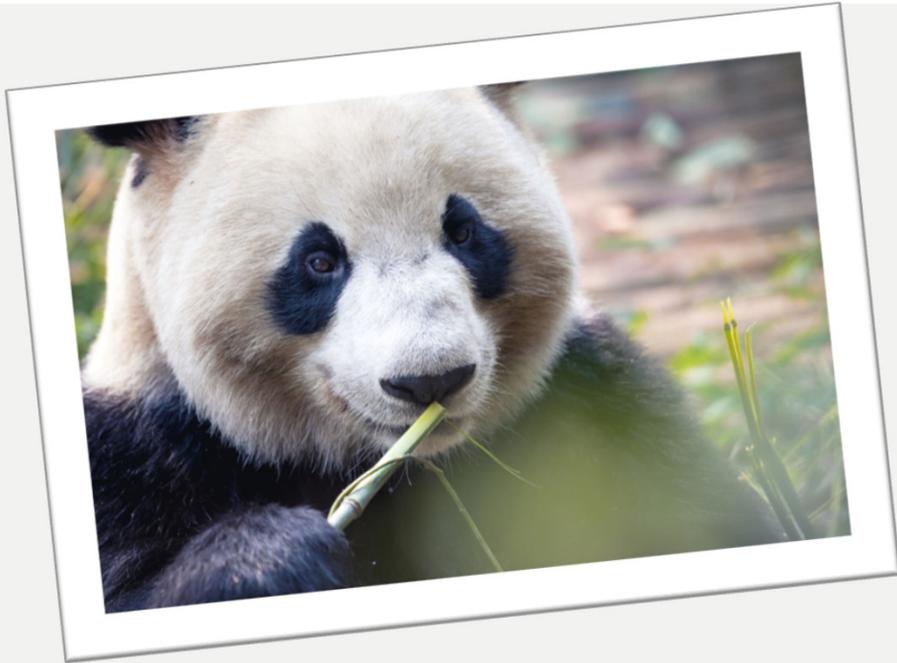
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Importance of Movement

Exercise has positive impacts on short-term and long-term mood



Importance of Nutrition



Nutrition is an important part of managing depression. Medical providers can run blood tests and/or guide you related to supplements and nutritional supports



Sleep Hygiene

1. **Get regular.** Go to bed and get up at more or less the same time every day, even on weekends and days off!
2. **Get up and try again.** Try to go to sleep only when tired. If you haven't been able to get to sleep after about 30 minutes, get up and do something calming (not stimulating) until you feel sleepy, then return to bed and try again.
3. **Avoid caffeine and nicotine.** Avoid consuming any caffeine (coffee, tea, soda, chocolate) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These act as stimulants and interfere with falling asleep.
4. **Avoid alcohol.** Avoid alcohol for at least 4-6 hours before bed because it interrupts the quality of sleep.
5. **Bed is for sleeping.** Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep.
6. **Electronics curfew.** Don't use back-lit electronics 60 minutes prior to bed, as the artificial light inhibits hormones and neurons that promote sleep.
7. **No naps.** Avoid taking naps during the day. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
8. **Sleep rituals.** Develop rituals to remind your body that it is time to sleep, like relaxing stretches or breathing exercises for 15 minutes before bed.
9. **No clock-watching.** Checking the clock during the night can wake you up and reinforces negative thoughts such as, "Oh no, look how late it is, I'll never get to sleep."
10. **The right space.** Make your bed and bedroom quiet and comfortable for sleeping. An eye mask and earplugs may help block out light and noise.
11. **Keep daytime routine the same.** Even if you have a bad night's sleep, it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.



Exercise Tips

1. **Find an enjoyable activity.** Exercise doesn't have to be boring. Choose a pleasurable activity, like playing badminton or doing yoga. Aim for fun, not more work.
2. **Start small.** Commit to 10 minutes of exercise a day or add exercise to your daily routine (like walking to school or doing push-ups in your room).
3. **Get outside.** The sun provides a mood "pick me up" of its own, producing serotonin in the brain. Take a walk outside or go swimming.
4. **Schedule it in.** It's easy to skip exercise when we don't plan. Put it in your phone as part of your daily to-do's and celebrate when you check it off.
5. **Mix it up.** To avoid feeling bored with exercise, try a number of different activities.
6. **Team up.** Depression can be isolating. Ask others to do team activities or find an exercise buddy for accountability and to increase social interaction.
7. **Minimize equipment.** Equipment can be expensive. Identify activities that don't require you to have equipment or facilities, like walking, running, or dancing.
8. **Follow your energy.** If your energy fluctuates throughout the day, try to plan to exercise when your energy is at its peak. Alternatively, exercise when feeling sluggish for an energy boost.
9. **Set goals.** Achieving goals improves mood and self-esteem. Set specific achievable exercise goals and reward yourself when you accomplish them.



This week we learned:

- the difference between sadness and depression
- to identify symptoms of depression
- about the CBT model and how to use the cross-sectional formulation to help manage depression symptoms
- About the importance of foundational self-care: good sleep hygiene, exercise, and nutrition

Homework



- ✓ Complete a Cross-Sectional Formulation
- ✓ Practice 1 Sleep Tip
- ✓ Practice 1 Exercise Tip

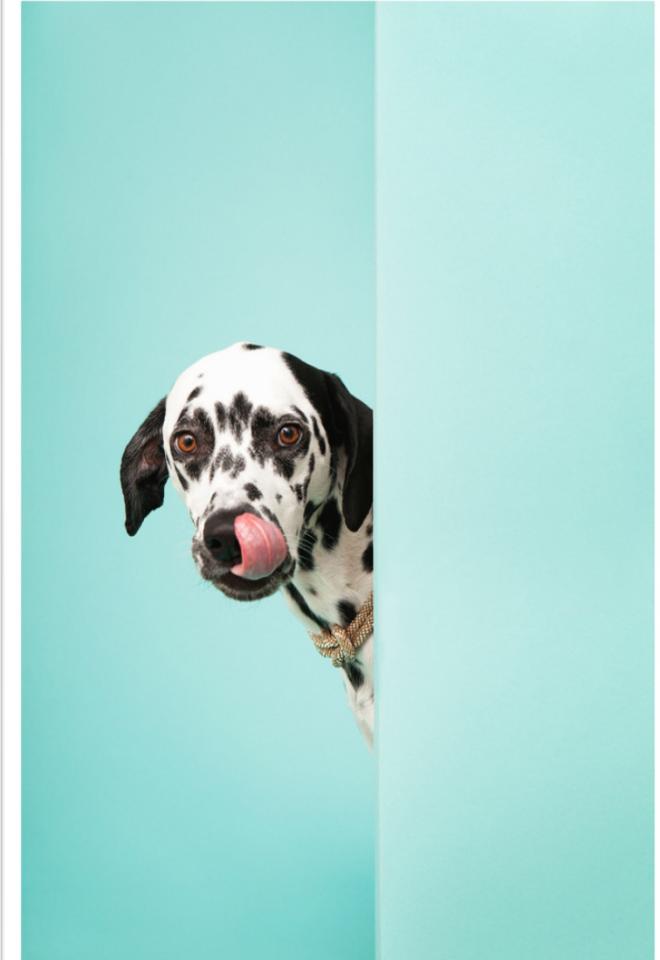
Welcome Back

In Week 2 of Virtual Getting Unstuck

We will continue to explore the connections between:

- Thoughts
- Emotions
- Behaviors
- Internal Sensations

Today we will focus on habits that keep us stuck feeling depressed



Perpetuating Depression



Important note: When we say, “Your thoughts and behaviors perpetuate depression,” **we don’t mean that you caused or are to blame for being stuck** in depression, but rather that some of our habitual thinking patterns and behaviors may be keeping us depressed.



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How To Do a "Good" Depression

- Stay still, don't do anything.
- Stay in bed if you can; if not, sit in the same chair or lay on the couch.
- Watch excessive amounts of TV or go online for hours, particularly viewing social media.
- Sleep during the day and don't sleep at night.
- Focus on the past, your fears, faults and resentments.
- Imagine the future will be the same or worse than the past or present.
- Isolate; avoid other people, including friends and family.



- If you can't avoid other people, try to talk to the same person or few people.
- If you do talk to people, talk about the same topic, usually how depressed or unhappy you are.
- Eat poorly; overeat or stop eating. Eat predominantly junk food, sugar, and carbs.
- Don't pursue hobbies, passions, or interests.
- Drink alcohol, smoke cigarettes, and/or use other drugs.
- Don't ask for help.



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Habits are originally formed by what is immediately pleasurable, avoids pain, and what we've done in the past.

Unfortunately, the part of our brain that controls habits does not distinguish between good and bad or helpful and unhelpful thoughts or behaviors; thus, we maintain the thought or behavior even when we know that it is not helpful.



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Thoughts can be...

**conscious,
intentional
and/or purposeful**

automatic



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Unhelpful automatic thoughts can impact the way we feel or further think about things. They can perpetuate depression

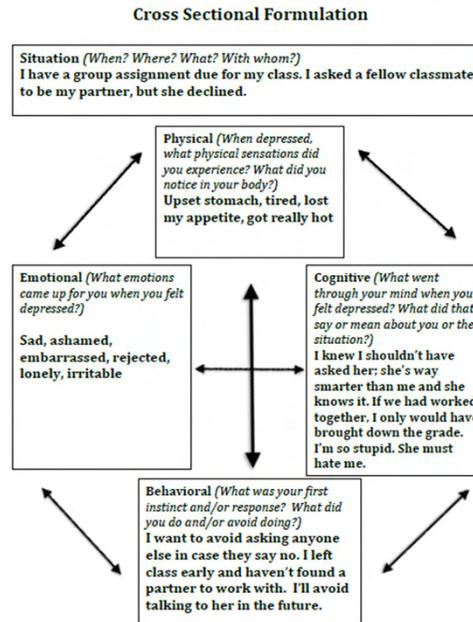


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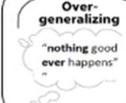
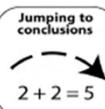
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Let's Return to Your Homework and consider if Negative Automatic Thoughts are present



Unhelpful Thinking Styles

 <p>All or nothing thinking Sometimes called 'black and white thinking' <i>If I'm not perfect I have failed Either I do it right or not at all</i></p>	 <p>Over-generalizing Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw</p>
 <p>Mental filter Only paying attention to certain types of evidence. <i>Noticing our failures but not seeing our successes</i></p>	 <p>Disqualifying the positive Discounting the good things that have happened or that you have done for some reason or another <i>That doesn't count</i></p>
 <p>Jumping to conclusions There are two key types of jumping to conclusions: • Mind reading (imagining we know what others are thinking) • Fortune telling (predicting the future) <i>2 + 2 = 5</i></p>	 <p>Magnification (catastrophizing) & minimization Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important</p>
 <p>Emotional reasoning Assuming that because we feel a certain way what we think must be true. <i>I feel embarrassed so I must be an idiot</i></p>	 <p>should must Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed <i>If we apply 'shoulds' to other people the result is often frustration</i></p>
 <p>Labeling Assigning labels to ourselves or other people <i>I'm a loser I'm completely useless They're such an idiot</i></p>	 <p>Personalization Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.</p>

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On Page 18:

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

Over-generalizing



Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw



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On Page 18:

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

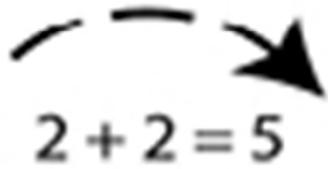


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On Page 18:

Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading**
(imagining we know what others are thinking)
- **Fortune telling**
(predicting the future)

Magnification (catastrophizing) & minimization



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important



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On Page 18:

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot

should

must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration



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On Page 18:

Labeling



Assigning labels to ourselves or other people

I'm a loser
I'm completely useless
They're such an idiot

Personalization

"this is my fault"

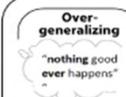
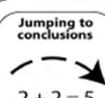
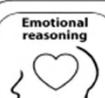
Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.



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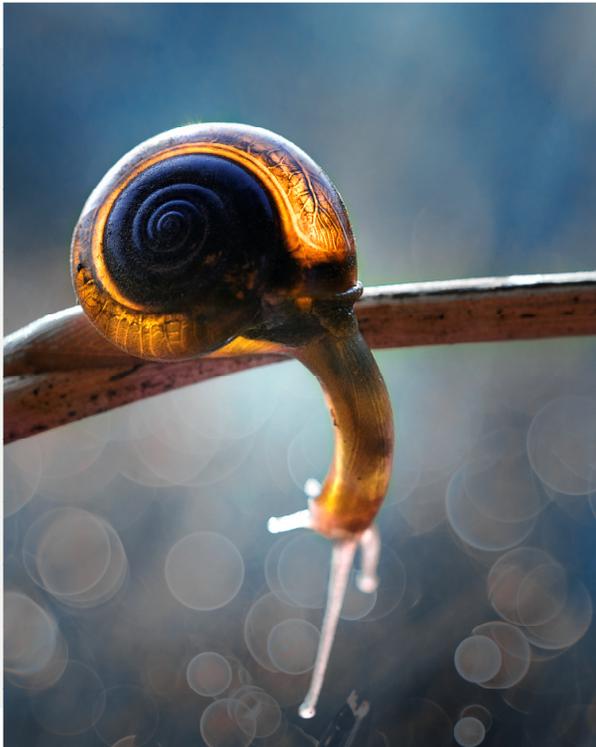
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Behavioral Patterns Can Keep Us Stuck



An example: Procrastination

Unhelpful Behaviors

Get up at different times every morning	Go to bed at different times every night	Miss class	Don't do a homework assignment	Wait until the last minute to get something done	Stop washing your hair
Stop brushing your teeth	Skip a test	Stop going to team or club meeting	Ignore or decline invites to hang out	Skip a meal	Over eat
Eat lots of junk food	Binge drink	Smoke cigarettes	Stop talking to/actively avoid your friends	Stop talking to/actively avoid your family	Don't seek help when you are struggling
Stay inside all the time	Play video games for hours	Constantly monitor social media	Stay in your bed	Stay in your room; don't leave	Stop talking to your roommate
Stop completing tasks	Stop going to work	Stop exercising	Watch a lot of TV	Only eat one meal a day	Argue with other people
Stop doing your hobbies	Only focus on the negative	Complain a lot	Use recreational drugs	Sleep all day	Don't move
Only listen to music that makes you sad, angry or upset	Stop smiling and laughing	Stop going to church, meditating or praying	Let your room get really disorganized	Self-harm	Smoke marijuana

Good News: Habits Can Be Changed



“Because habits are created by repetition, if you intentionally work to create new habits, despite the discomfort in the beginning, they will become easier and eventually will be automatic.”



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This week we learned:

- about thoughts and behaviors
- about habits (both thought and behavior patterns) that keep us stuck in depression
- about unhelpful thinking patterns and behaviors
- that new, healthier habits can be created

Homework



- ✓ Complete a Cross-Sectional Formulation
- ✓ Complete the “Maintaining Depressed Mood” Worksheet (Page 21)
- ✓ Continuing practicing sleep & exercise technique

Welcome Back

So Far in Virtual Getting Unstuck...

We have learned:

- about the connections between thoughts, feelings, behaviors, and physical sensations
- how thought (unhelpful thinking patterns) and behavioral habits perpetuate depressed mood

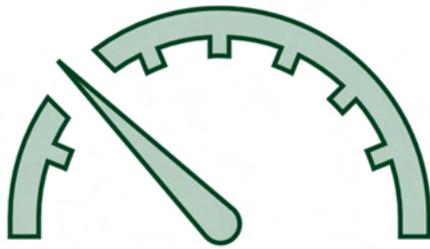
In this section we will:

- focus on specific techniques for change
- create your unique plan for managing depression



Change Technique 1: Affirmations

Slow Down



Speak your Affirmation



Broaden Perspective



Say the things that you know are true, but have a hard time believing when you are depressed

Complete Page 27:

Self-Affirmations

This cheat sheet should help you create self-affirmations that are effective and personalized. Affirmations can focus on several categories, including character traits, physical attributes, and skills and/or accomplishments.

1. Start your affirmations with "I am" (e.g., "I am a good friend")
2. Keep them short (we don't need a novel)
3. Keep them positive (avoid saying "not")
4. Use feeling words when you can (e.g., "I am proud of myself")
5. Keep them focused on you (after all, they are self-affirmations)

Examples: "I am proud that I am hard-working" or "I am thankful for my strong legs"

My Self-Affirmations:

Feeling stuck? Ask yourself questions like these:

- When was a time that you felt proud of yourself and why?
- Have you ever forgiven someone who has hurt you?
- Have you ever received a compliment that you agree with?
- What would your best friend or a loved one say about you?

Feeling Guilty? Consider this:

- We are socialized to ignore or minimize our positive characteristics.
- Unfortunately, we then just dwell on our "negatives."
- Practicing self-affirmations helps bring balance and improve mood.

Change Technique 2: Alternative Thought Patterns



Step Back
+
Take a Broader Perspective
=
New Patterns of Thoughts

Review & Complete

Page 28: Review

Alternative Thoughts Worksheet

Situation: (When? Where? What? With whom? What did you feel depressed about?)
I have a group assignment due for my class. I asked a fellow classmate to be my partner, but she declined.

Things to Ask Myself:

1. What are other ways of looking at this situation?
2. Am I looking at the whole picture?
3. Are the depressed thoughts 100% true/accurate, 100% of the time?
4. What might be a more helpful way of thinking about this situation?
5. What unhelpful thinking styles might I be using here?
6. What is the evidence that my thoughts are true? Is there an alternative way of thinking about this situation that is more accurate?
7. What is the probability that my thoughts will happen? What are some other things that could happen that are equally, if not more, probable?
8. Have I had any experiences in the past that suggests that this thought might not be COMPLETELY true ALL of the time?
9. Can I really predict the future? Is it helpful to try? What is more helpful?
10. Am I exaggerating how bad the result might be? What is more realistic?
11. Can I read people's minds? What else might they be thinking?
12. If a friend or loved one were in this situation and had this thought, what would I tell them?
13. Are these thoughts helpful?

Alternative Thoughts and Images:

She might already have a partner.

I've done well in this class so far, so I might not be stupid.

Not everyone is going to like me and that is okay.

Page 29: Complete

Alternative Thoughts Worksheet

Situation: (When? Where? What? With whom? What did you feel depressed about?)

Things to Ask Myself:

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Alternative Thoughts and Images:

Page 30: Review

Challenging the Unhelpful Thinking Styles

 <p>All or nothing thinking</p> <p>Things aren't either totally black or white, all or nothing. There are gray areas. Where is this on the spectrum?</p>	 <p>Over-generalizing</p> <p>Am I making global evaluations for a specific experience? Is it 100% true, 100% of the time? Am I describing what actually <i>did</i> and <i>have</i> evidence for.</p>
 <p>Mental filter</p> <p>Am I using my negative, sad news as a filter? What if I approached the situation from a different perspective?</p>	 <p>Disqualifying the positive</p> <p>Am I only noticing the bad stuff? Am I filtering out the positive? Am I using my negative outlook as a theory?</p>
 <p>Jumping to conclusions</p> <p>Am I assuming that I know the future? Am I assuming that I know what other people are thinking? Have I tested my assumptions?</p>	 <p>Magnification (catastrophizing) & minimization</p> <p>Thinking of the worst possible things that could happen is not helpful right now. What's most likely to happen? What's the bigger picture?</p>
 <p>Emotional reasoning</p> <p>Just because it feels bad, doesn't necessarily mean it is bad. My feelings are a reaction to my thoughts and my thoughts aren't necessarily 100% true or accurate.</p>	 <p>should must</p> <p>Am I putting more pressure on myself? Are these unrealistic expectations? What would be more realistic?</p>
 <p>Labelling</p> <p>Would I say this to my best friend?</p>	 <p>Personalization</p> <p>Is this something that I am 100% responsible for?</p>

Page 31: Review

Other Helpful Thought Tips

1. **Stopping.** Interrupt a thought as it begins. Use a strong image or a word to interrupt the thought. Strongly state it, either internally or aloud.



2. **Distracting.** Redirect your mind to something else internally or externally, preferably something pleasant and engaging.



3. **Mindful Observing.** Watch, label, or log your thoughts. Use the language "I am thinking ..." or "My mind is having the thought that..." to distance yourself from the thought.

4. **Understanding.** Begin to understand where thoughts come from by asking a number of questions, including: What is the purpose of this thought? Does it tie to a specific schema?

5. **Mindfully Letting Go.** Use imagery or words to visualize thoughts passing by. Good examples are clouds in the sky or leaves on a stream.



6. **Gratitude.** Try to focus on something that you are grateful for from the past, present, or future.



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Changing Behavioral Habits



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Change Technique 3: Socializing

Behavioral strategy: connecting with others and being part of a community

The idea is to just get out of your depressive environment and be around people.



Page 32: Complete Section on Socializing

Helpful Behavioral Tips

The following lists of ideas are meant to get you thinking about possibilities for helpful behaviors. The activities do not have to be huge commitments; focus on small baby steps. Choose activities that are do-able for you when you are feeling down. The more success you have in doing the little things, the more likely you will be motivated to try more things.

Ideas for Socializing

- Watch a movie with a friend
- Go to an intramural or CP game
- Go to the library, UU, or dorm lounge to study
- _____
- Go to a gym class, dance class, martial arts class, etc.
- Go eat free samples at Farmer's Market
- Plan to eat a meal with a roommate/friend
- _____

Ideas for Pleasant Activities

- Play with a pet
- Go shopping or window shopping
- Fix/tinker with something
- Listen to music
- _____
- Color/Paint/Draw/Sculpt
- Write a poem, music, play, story
- Read for fun
- Watch the sunset/rise at the beach
- _____

Ideas for Mastery Activities

- Wash a dish or two (even if they aren't yours)
- Do laundry
- Return a phone call
- Write that email to your professor
- Read a chapter or a page of your homework assignment
- Take out the trash
- Pay a bill
- _____

Change Technique 4: Pleasant Activities



*Enjoyable activities are important
to maintaining a healthy mind
and body*



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Helpful Behavioral Tips

The following lists of ideas are meant to get you thinking about possibilities for helpful behaviors. The activities do not have to be huge commitments; focus on small baby steps. Choose activities that are do-able for you when you are feeling down. The more success you have in doing the little things, the more likely you will be motivated to try more things.

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- Go to the library, UU, or dorm lounge to study
- _____
- Go to a gym class, dance class, martial arts class, etc.
- Go eat free samples at Farmer's Market
- Plan to eat a meal with a roommate/friend
- _____

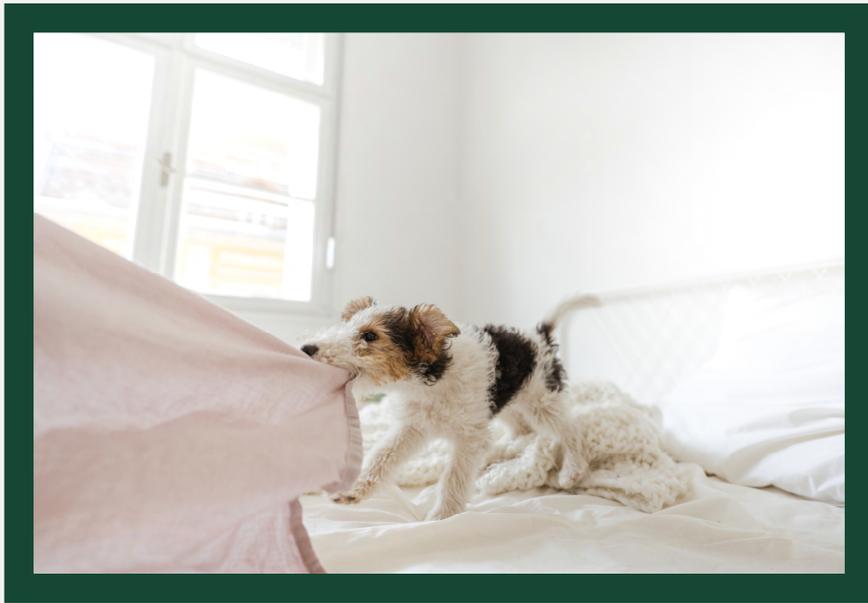
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- Play with a pet
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Ideas for Mastery Activities

- Wash a dish or two (even if they aren't yours)
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- Read a chapter or a page of your homework assignment
- Take out the trash
- Pay a bill
- _____

Change Technique 5: Mastery Experiences



“Start by doing things...
that evoke a sense of
accomplishment or
achievement”

An example:
Productive Procrastination

Bottom of Page 32:

Helpful Behavioral Tips

The following lists of ideas are meant to get you thinking about possibilities for helpful behaviors. The activities do not have to be huge commitments; focus on small baby steps. Choose activities that are do-able for you when you are feeling down. The more success you have in doing the little things, the more likely you will be motivated to try more things.

Ideas for Socializing

- Watch a movie with a friend
- Go to an intramural or CP game
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Ideas for Pleasant Activities

- Play with a pet
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Ideas for Mastery Activities

- Wash a dish or two (even if they aren't yours)
- Do laundry
- Return a phone call
- Write that email to your professor
- Read a chapter or a page of your homework assignment
- Take out the trash
- Pay a bill
- _____

Getting Started

Remember- Do Not Overwhelm Yourself

Choose just a few things to work on at a time – don't attempt too many changes at once – focus on investing in one change before moving on to the next one



Review Page 33:

Other Helpful Behavioral Tips for Managing Depression

1. **Get sunlight:**

Aim for 5 to 15 minutes of sunlight a day.



Sunlight increases the brain's release of serotonin, which is associated with boosting mood.

2. **Get a massage:** Massage boosts serotonin and decreases stress hormones. Try giving yourself a massage by lying on or leaning against a tennis ball or rolling it against your muscles.

3. **Practice Yoga:** Yoga works to



improve mood and has benefits similar to that of exercise and relaxation techniques.

Yoga poses that incorporate back bends and opening the chest help to increase positive emotions.

4. **Stand up straight:** Your body tells your brain how to feel. Stand up straight and open your chest to feel more confident.

5. **Smile (even if you're faking):** When you smile, you are more likely to perceive positive emotions in other people, which can positively impact your mood.



Smiling will lead your brain to believe that you are happy.

6. **Laugh (even if you're faking):** Your brain does not distinguish



between real and fake laughter. If your brain gets signals from your body that you should feel happy, then it is more likely to feel happy.

7. **Do Progressive Muscle**

Relaxation: Flex a tight muscle for a few seconds and release. Pay particular attention to your facial muscles as those have the largest effect on emotion.

8. **Create/listen to music:** Music can help regulate your emotions. It can be soothing and help you feel calm and/or it can be energizing and pump you up.

9. **Dance:** Dancing combines music and physical activity so it is a double whammy.



10. **Journal:** Labeling your emotions and writing your story can be cathartic and help you organize your thoughts.

Adapted from Alex Korb's "The Upward Spiral"



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Page 33
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Getting Unstuck Workbook
counseling.calpoly.edu

Tying It All Together

Page 34:

Alternative Response Worksheet

Situation: (When? Where? What? With whom? What did you feel depressed about?)
I have a group assignment due for my class. I asked a fellow classmate to be my partner, but she declined.

<p>Alternative Thoughts and Images: (Are these thoughts helpful? Are the depressed thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture?)</p> <p><i>She might already have a partner.</i></p> <p><i>I've done well in this class so far, so I might not be stupid.</i></p> <p><i>Not everyone is going to like me and that is okay.</i></p>	<p>Alternative Behaviors: (What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?)</p> <p>Coping Strategies I Can Use:</p> <p><input type="checkbox"/> Deep breathing</p> <p><input type="checkbox"/> Distract myself</p> <p><input type="checkbox"/> Seek support from a friend/family member</p> <p><input type="checkbox"/> Do a pleasurable activity</p> <p><input type="checkbox"/> Use alternative response worksheet</p> <p><input type="checkbox"/> Other _____</p> <p><input type="checkbox"/> Other _____</p>	<p>Alternative Feelings: (What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?)</p> <p><i>Optimistic</i></p> <p><i>Confident</i></p> <p><i>Relaxed</i></p> <p><i>Neutral</i></p>
---	--	---

Outcome: (What was the original outcome? Using these new alternatives, what would you like the outcome to be in the future?)
Original outcome: I left class early and e-mailed my professor to assign me a partner. Next time: I would like to say, "thanks anyway" and will ask a person with whom I have worked well in the past.

Congratulations



In Getting Unstuck we:

- reviewed depression symptoms and focused on how thoughts, behaviors, emotions, and physical sensations interact
- increased awareness of unhelpful thinking styles and unhelpful behaviors that perpetuate depression
- identified ways to make changes (e.g., self-affirmations, foundational self-care, socializing, cross sectional formation journaling, mastery experiences, pleasant activities)

Personalized Action Plan:

Page 38:

My Personalized Plan

1. My depressive symptoms (e.g., lack of motivation, reduced sex drive) [located on page 6]:
2. My unhelpful thinking styles (e.g., catastrophizing) [located on page 18]:
3. My unhelpful behaviors (e.g., isolating) [located on page 19]:
4. One sleep and one exercise tool I plan to use [located on page 10]:
5. Two thought exercises I plan to use (e.g., alternative responses, self-affirmations) [located on pages 27-28, 31]:
6. Two behavioral tips I plan to use (e.g., pleasant event, mastery activity) [located on pages 32-33]:



Looking for More Support?

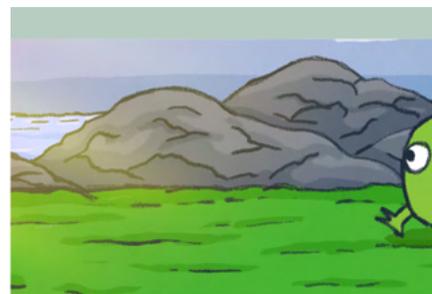
Other Self-Guided, Virtual Workshops:



SEEKING SERENITY

Counseling & Psychological Services' (CAPS) self-guided Emotional Wellbeing Workshop Seeki views principles related to building skills in (1) distress tolerance, (2) emotion regulation, and (3) interpersonal effectiveness. This workshop is based on Dialectical Behavior Therapy (DBT) and is designed for students who experience overwhelm. By the end of the workshop, you will have strategies for better managing overwhelming emotions.

As you work through this workshop do not hesitate to email us at counseling@calpoly.edu or call us at 805-756-2511. You can learn more about our Emotional Wellbeing Workshops [here](#).



Recognition Insight Openness

Psychological Services Overview Services Requests Meet the Staff

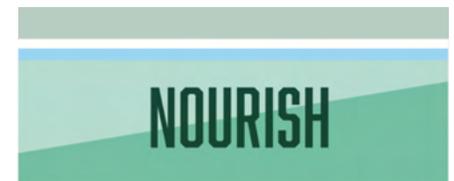
Hi! RIO stands for Recognition, Insight and Openness and is an online workshop that will introduce you to these feelings through a series of short videos and journal exercises. RIO online is based on the RIO model developed by the [Cal Poly University Counseling Services Team](#). This online workshop will help you understand and manage the feelings you want to change in your life. We wish you luck as you begin your RIO journey and if at any point you need support, we invite you to contact CAPS.



B.R.I.D.G.E.

Counseling & Psychological Services' (CAPS) self-guided Emotional Wellbeing Workshop B.R.I.D.G.E. focuses on principles related to building and maintaining healthy relationships. In this workshop you will learn about boundary setting, perspective taking, and how to resolve conflict with integrity. This workshop is designed to help you feel free to go at a pace that feels right to you.

As you work through this workshop do not hesitate to email us at counseling@calpoly.edu or call us at 805-756-2511. You can learn more about our Emotional Wellbeing Workshops [here](#).



NOURISH

Counseling & Psychological Services' (CAPS) self-guided Nourish Workshop. Join Shari and LMFT as they provide an introduction to the understanding and treatment of Disordered Eating: Facts, Fictions, & Functions; Biological Impacts of Disordered Eating; and how to work through this workshop do not hesitate to email us at counseling@calpoly.edu or call us at 805-756-2511. You can learn more about our Emotional Wellbeing Workshops [here](#).

FACTS & FUNCTIONS OF EATING DISORDERS

CAPS services are available to Cal Poly Students and can be accessed by calling 805-756-2511