

## **Week 1/Video 5: Summary & Homework**

In this week of videos we discussed the difference between sadness and depression. We identified symptoms of depression, discussed the CBT model for understanding depression, and completed a personal cross sectional formulation. We also focused on the importance of basic self-care in managing mood. Next session we will talk more about the CBT model. In particular, we will begin identifying thoughts and behaviors that impact and perpetuate depressed mood.

Your homework between now and the next section of videos is to complete one cross-sectional diagram using a situation you experience over the next week or something that happens to you often. Blank copies are in your student workbook starting on **page 12**. Try to complete the worksheet as soon as possible after the event. If you're unable to do so, jot down notes on your phone in order to prompt yourself to remember what happened. You have multiple blank copies so feel free to do more than one over the next week. If possible, we recommend doing one a day while you're working to learn more about your depression. It might sound overwhelming, but the more you practice, the better you will be at using your tools and soon you might not even need the paper to prompt you to walk through what you are feeling and experiencing.

On top of this choose one exercise and one sleep hygiene tip from the **Sleep Hygiene and Exercise Tips worksheet** that you would like to practice over the next week. Remember that sleep and exercise are important tools for managing symptoms of depression.

Thanks for joining me for part one of this webinar, I hope you'll join me for Part 2.