

Virtual Getting Unstuck Script

Introduction Video: Getting Unstuck, What to Expect

Welcome to Virtual Getting Unstuck. This self-guided workshop focuses on identifying the symptoms of depression and building skills to better manage depressive symptoms. The content of this workshop is split into 3 weeks, with experiential activities and homework assignments along the way. While you're encouraged to approach the material this way because the material builds itself, we are all different and need different things, so please take the approach that works best for you.

The first section of this workshop is devoted to understanding the experience of depression. The second section will explore how thoughts and behaviors impact depression and the third section will address how to better manage depression by making changes to our thoughts and behaviors.

This virtual workshop provides a lot of information in a very short period of time. At times, you may feel somewhat overwhelmed by all the information. That's okay. Instead, focus on checking in with yourself about which skills you think would be most beneficial for you and start there. The more you practice these skills, the more you're going to get out of this experience. I encourage you to take a growth perspective to these skills, recognizing that it takes time and consistency to learn them, but that you can learn them and that they can make a difference.

If you have any questions while going through this material please feel free to email counseling@calpoly.edu or call Counseling & Psychological Services (or as we call it CAPS) at 805-756-2511.