

## **Week 2/Video 5: Habits Wrap-Up, Summary, & Homework**

We have been focusing on our unhelpful thought and behavior patterns and how they perpetuate feeling bad. You may feel kind of gloomy right now because we have been focusing on being stuck in depressing things. Earlier in this section of videos, I said that, "Unfortunately, the part of our brain that controls habits does not distinguish between good and bad or helpful and unhelpful."

Here is where things start to brighten up for us. It's a fortunate thing that our brain does not distinguish between good and bad in making habits because it means that our brain is not wired to keep us stuck only in bad habits. We can create and get stuck in good ones too!

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. With repetition, most people will get used to doing things that help them think and feel better.

Chances are, you've been stuck in your current patterns for a long time. Since it has taken time to develop your current patterns, it's likely that it will also take time to create new patterns and there may be setbacks along the way. We encourage you to be patient with yourself, and to try and show yourself compassion as you work to learn new things.

To summarize Part 2 of Virtual Getting Unstuck, this week we focused more intently on our thoughts and behaviors. Specifically, we talked about habits and began to identify the thoughts and behavior patterns that can maintain depression. We ended by highlighting that we can create helpful habits and phase out unhelpful ones. Your homework will help you get started on this process. Next session, we will introduce a number of specific techniques to create change in our thoughts and behaviors.

Your homework between now and the next set of videos is to complete another cross-sectional diagram using a situation you experience over the next week or something that happens to you often. This week, pay particular attention to the automatic thoughts that you experience. Blank copies of both worksheets are on **pages 22-25**.

Additionally, in the effort to identify and address helpful and unhelpful habits, please complete the "**Maintaining Depressed Mood**" worksheet on **page 21**. Pay attention to thoughts and behaviors that maintain depression and those that help you feel good.

Continue practicing the sleep hygiene and exercise tips that you chose. Remember that it takes time to create new habits, so continue to practice. You can find a summary of your homework assignments on **Page 20** of your workbook. This concludes part two of Getting Unstuck. See you next week!