

Week 3: Making Changes

Week 3/Video 1: How to Make Changes

Welcome back to Getting Unstuck! Last week in Part 2 of Getting Unstuck, we talked about thought and behavior habits that perpetuate depressed mood. Today we will focus on specific techniques for change. We will end this workshop with you creating your unique plan for managing depression.

From the CBT model we learned that our depressive symptoms, including thoughts, behaviors, emotions, and physiology, all feed off of each other, reinforcing depression. The good news is that making small changes in one of those areas can have a positive ripple effect across our entire experience of depression.

From your homework assignment, you may have already begun to notice some of the ways of thinking and behaving that reinforce your experience of depression. Similarly, you have probably also started to notice some of the thoughts and behaviors that you engage in that combat depression. It's okay if you didn't notice any helpful thoughts or behaviors, this section of the webinar should shed some light on this. Let's start by focusing on making changes to our thinking patterns.

We're going to explore some specific ways that we can begin to engage in cognitive restructuring, which is a fancy term for changing our thoughts. A big goal of cognitive restructuring is to slow down and pay attention to our thoughts so that we can more intentionally make choices about what to do next. The good news is that over the last two sections of Getting Unstuck you have already begun to do this by looking more meaningfully at your current thoughts and how they perpetuate depression.

We will introduce several techniques for beginning to approach thoughts more intentionally. Remember that your current thoughts are a pattern. We can use your brain's skill for creating habits to begin to create new thought habits! New habits can take some time and practice, so I encourage you to be gentle with yourself as you try on these new techniques.