

Week 3/Video 10: My Personalized Plan

Congratulations, you made it to the end of Virtual Getting Unstuck! Well done!

Now it's time for you to take all that you've learned and develop your own personalized plan around better managing your depression.

Over the course of Virtual Getting Unstuck you have begun to examine your experience of depression, including the interactions between thoughts, feelings, behaviors, and physical sensations. You've also explored how our thoughts and behaviors perpetuate the experience of depression and how we can begin making changes to our thought and behavior patterns.

Now you are going to end by creating a personalized action plan for you to continue practicing in the future. Remember that continued practice is important, even when you are not experiencing depressive symptoms. We also encourage you to remember that, even when using these skills, you may still have occasional days when you feel sad, have low energy, or just do not want to do that homework assignment. This is a normal part of life and that is okay to have days where you just need to be gentle with yourself. However, our hope is that, with continued practice, these skills will minimize the overwhelming experience of depression.

And now it's time to make a plan. Your Personalized Action Plan can be found on page 38 of your workbook and will ask you to identify the symptoms of depression you experience, to identify your unhelpful thinking patterns and behaviors, and to set goals related to practicing healthier behaviors. Be thoughtful and reflective as you complete this plan. Have it somewhere accessible – it should be somewhere you can reach when you are having trouble motivating.

And remember, CAPS is here for you and we want to help you reach your goals. If you would like more specialized support please call us at 805-756-2511. If you are interested in learning more about mindfulness, sleep hygiene, or practicing gratitude check out our Made for Mustang page for more self-guided resources and to access our other virtual emotional wellbeing workshops.

Thank you for spending time with us and take good care!