

### **Week 3/Video 9: Tying the Techniques Together**

In this section of Virtual Getting Unstuck we explored a number of techniques to begin shifting our thought and behavior patterns, thus creating new habits that interrupt the experience of depression. We encourage you to try these techniques consistently for a few weeks in order to allow time to build the skills.

Now that we have talked about some various thought and behavior techniques that you can use, let's take a couple minutes to tie this all together. Let's review the worksheet on **page 34**. As you can see, this worksheet ties together the alternative thoughts and behaviors that someone may practice and how those may further reduce symptoms of depression.

Now, using the example that we used about not being picked by a classmate to be a study partner as a reference on **Page 34**, please take a couple minutes to fill in the blank worksheet on **page 35** about a recent experience you have had. You can also refer to the questions on **page 36** and/or the feeling wheel on **page 37** if you need support completing it.

Take your time completing this activity. From this exercise, I am hoping you will see how all these techniques work together to reduce symptoms of depression.