

New Horizons

Compassion Focused Therapy for Depression

Course Handbook

Welcome to the Course

Everyone is now aware of the need to take precautionary measures to protect the health of the most vulnerable in our communities. As a result of government advice around social distancing, here at Steps to Wellbeing we are moving towards providing opportunities for therapeutic work which are not face to face but through other technological means.

We are pleased to confirm your place on the 'New Horizons' Counselling Course for Depression. This is a therapeutic group which uses NICE approved therapeutic interventions to help build awareness of how depression can impact a person's life and provide innovative ways to help combat and reduce symptoms of depression.

We appreciate it can seem daunting attending a group for the first time. People do report, after attending the group, they have found it really helpful. They generally report it has been helpful to learn more about depression, how depression is known to affect people's lives, and how learning new skills can help to counteract the impact of depression and improve their overall well-being for the future.

We are aware that the experience for online groups and courses will feel different from being present in a group of people. Whilst different arrangements may be required, for the majority we aim to use a shared online format called 'Go To Meeting'. To use Go-to-Meeting you will need to access it via an app, it is a small download. Click the link to join the group a few minutes before the start time. You will be asked to install the software (which is very quick). You can join from any computer, tablet or smartphone with a good internet connection. We will be able to see each other and interact as normal.

We will need you to fill in the e-mail questionnaires before the group – a link to these will be sent to your e-mail a day before the group session. Please make sure the questionnaire is completed prior to the session or we will NOT know that you have attended and may be sent a 'failure to attend' letter and may be liable to being discharged. [Note- the questionnaires email is entitled 'Online Forms'. Please check your junk folder if you have not received this by each session date].

Please be aware, the names that you put in will be visible to the other participants; please use first names only (or what you are comfortable with). Please do not put your email address in.

You will join the meeting. Turn on the option to show the video of yourself (top right of the screen). Seeing each other will help it feel as close to the normal group setting as possible.

If you are unable to make your appointment or have any concerns or questions, please let us know. Each week you will need to click on the link just before the start time- this will remain the same unless you are sent another.

This course will meet weekly for 6 sessions, each session lasts 90 minutes. We encourage you to complete the exercises and use the delegate pack to keep notes of your reflections and plans.

Working Together

One of the most valuable things about courses is the support that you can give to each other. To help everyone feel safe and comfortable, it is helpful for the group to agree some guidelines for the sessions. We will discuss and agree these as a group, but here are some suggestions below:

- **Please put mobile phones on silent so they do not interrupt the group**
- **Try to be on time, but if you are late do come in and join the session**
- **Respect others people's points of view; they may be different from your own**
- **Listen when others are talking**

- **If you are unable to make it to the session, please let Steps to Wellbeing know**
- **Do not come to the group under the influence of alcohol or drugs**
- **Please keep any personal information shared within the group sessions confidential**



Steps to Wellbeing Contact Telephone Numbers and Email Addresses

Weymouth & Portland, North Dorset, West Dorset, Purbeck and East Dorset: 0800 454 0500
dhc.s2w.rural.admin@nhs.net

Poole, Bournemouth and Christchurch: 0800 454 0500 or dhc.s2w.urban.admin@nhs.net

Southampton: 0800 612 7000 or dhc.sstw@nhs.net

www.steps2wellbeing.co.uk



Keeping Safe Between Sessions



Steps to Wellbeing is not a crisis service, and although you are welcome to contact the service between sessions, the course facilitator may not be available to speak to you. If you are feeling very low and need some support between sessions, there are a number of places that you can turn to as outlined below.



Please see the Steps2Wellbeing website for Covid-19 update; Helpful information and resources on coping with the pandemic.

During these uncertain times please keep yourself, your family and your friends safe and well by following the government guidance.



Risk Guidance

Please make a note of your useful telephone numbers, so that you have them to hand when you need them. You may want to write them in the space below, or save them in your phone so they are ready to use. (E.g.

Family/ Friend contact details, your GP / CMHT telephone number?)

Due to the format of our courses we are not able to check in with each person individually.

If you feel at risk to yourself or others or feel at risk from anyone else please utilise your risk management plan agreed at assessment.

The services below can also be used for support:

- Contact a friend or family member for support
- **Connection** a local 24/7 helpline run by Dorset HealthCare: **0800 652 0190**.
- **Samaritans** (24 hours) Telephone **116 123** or e-mail jo@samaritans.org
- Self-present at **The Retreat, Hahnemann Road, Bournemouth BH2 5JW or Maiden Castle Road, Dorchester DT1 2ER**

- NHS out of hours support: **111** or **999** (in the case of an emergency)
- Your GP or other healthcare professionals involved in your care e.g. The Community Mental Health Team, social worker, support worker.
- Present at your local hospital Accident and Emergency Department in an emergency

If you live in Dorset:

- Call **Connection**, a local 24/7 helpline run by Dorset HealthCare: **0800 652 0190**.
- Visit the Retreats:
Hahnemann Road, Bournemouth BH2 5JW
Maiden Castle Road, Dorchester. DT1 2ER

If you live in Southampton:

- **The Lighthouse** - <https://www.southernhealth.nhs.uk/locations/thelighthouse/>
- **Solent Mind** – for peer support

Helpful resources:

www.getselfhelp.co.uk

www.ntw.nhs.uk

www.thecalmzone.net - Tel: 0808 802 5858

NHS Apps: https://apps.beta.nhs.uk/category/mental_health/

Please make a note of your useful telephone numbers, so that you have them to hand when you need them. You may want to write them in the space below, or save them in your phone so they are ready to use. (E.g. Family/ Friend contact details, your GP / CMHT telephone number?)

My Personal Safety Plan

Signs that my mood is deteriorating
What steps can I take? Who is my support?

Session 1 – Understanding Depression

Purpose of the Group:

1. **You as the Expert** - in your own depression (including knowing your symptoms)
2. **Making Choices** – The impact of your choices on symptoms of depression. Recognise your own ability to take positive action leading to self-empowerment
3. **Committed change** – Noticing the impact of your actions on symptoms of depression. Able to notice when your symptoms improve.
4. **Rewards** – Enjoying the fruits of labour and noticed change.
5. **Relapse Prevention** – Sustaining recovery and noticing warning signs to help maintain wellbeing and increase hopefulness.

Throughout the course we encourage you to **NOTICE** all of the above and to increase your own self-awareness and empowerment.

Today we will look at becoming your own expert through, noticing, normalising and psycho-education.

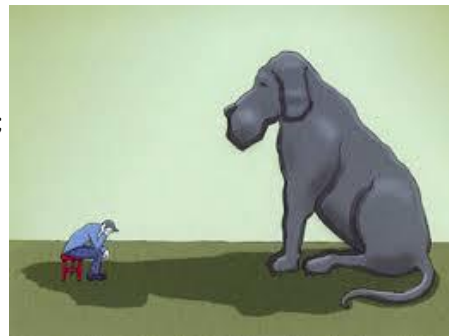
<https://www.youtube.com/watch?v=XiCrniLQGYc>

Different ways of describing depression including the black dog metaphor. Think of your mood and describe it if it were weather; foggy, cloudy, hazy, stormy, changeable/sunny with showers.

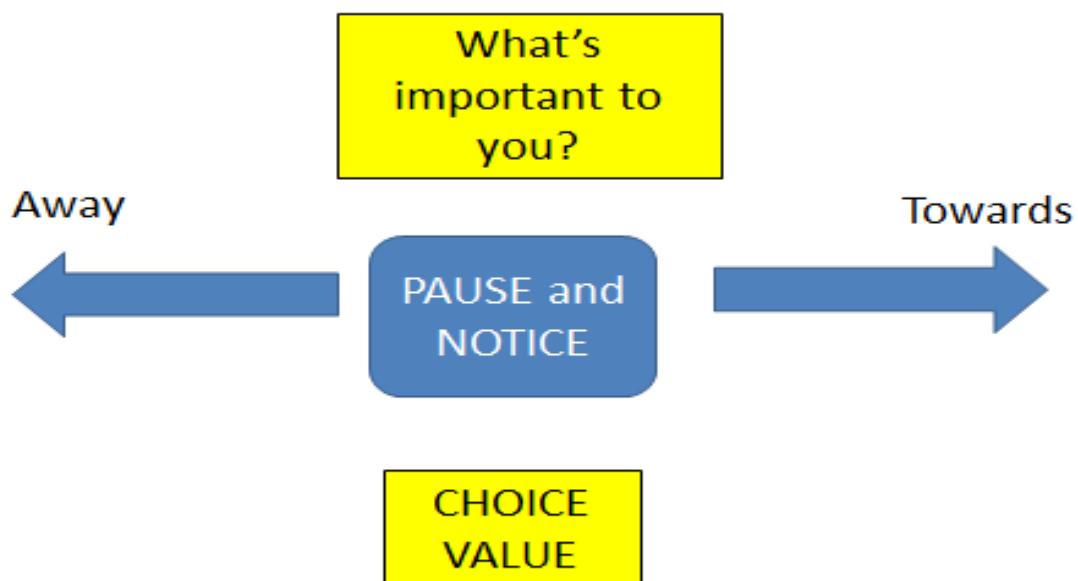
What is depression and how does it affect me..

Reflect on the key themes in the video.

Reflect on the questions asked in the weekly forms you complete (PHQ 9).



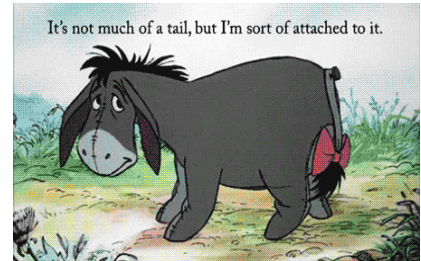
Away and towards; ACT Matrix; a useful tool taken from Acceptance and Commitment Therapy...



What's important to me and what takes you toward or away from this?

The week ahead...

Notice your weather; notice how and when it changes;



Away and towards, what you notice;

NOTICE when you move in the away and towards direction;

Session 2 – Building Awareness

Key Points from last session

- Choice to attend
- Awareness and knowledge of depression
- Black Dog understanding and key themes
- Notice what is relevant to you personally
- The week ahead – ‘away and towards’

Today we will look at what contributes or supports your self-management; what blocks or hinders change?

Symptoms of depression

Lawrence’s story - <https://www.youtube.com/watch?v=BfZ7VKhwpeI>

- Depression doesn’t discriminate,
- Can affect anyone and everyone
- Increase in negative thoughts
- Increasing self-doubt
- Impact on self-esteem and confidence
- Rumination
- Sleep disruption
- Avoidant behaviour – hoping it will go away
- Physical symptoms of panic and anxiety
- He knew he wasn’t well but it was someone else who noticed he wasn’t well. Noticing the triggers to depression may be related to stress
- Use of medication seeing GP – not seeing as a failure. Realistic expectations of efficacy
- Time off work for self-care

Depression is different to feeling sad or blue for a few days which everyone will experience at some point in their lives. Clinical Depression is more intense, lasts longer (symptoms last at least 2 weeks) and it interferes with your ability to do the things you are normally able to do easily.

Even though you might feel alone, depression is actually very common. In fact, 1 in 4 people will experience depression at some point in their life. Often people feel embarrassed about sharing this but it is important to note that it can happen to anyone.

The symptoms of depression can be divided into 4 categories. It is important to become aware which symptoms you experience, as these will act as early warning signs that you are starting to feel low. The earlier you can recognise the signs, the earlier you will be able to act, before your mood become really low.

1. Physical Symptoms (how your body experiences depression)

- Tiredness, heaviness and fatigue
- Increased or decreased appetite
- Sleep disturbances, such as early waking, trouble getting to sleep, sleeping too much
- Changes in the way you move, either becoming restless or slowed down

2. Cognitive Symptoms (your thoughts and thinking patterns)

- Negative about yourself (e.g. I'm a burden, people would be better off without me)
- Negative about the future (e.g. this will never change, I'll never get better)
- Negative about the world (e.g. the world is a bad place)
- Only noticing the negatives whilst overlooking the positives
- Difficulty concentrating and making decisions
- Repeated thoughts of death, self-harm or suicide
- Feeling depressed or down nearly every day

3. Emotional/Feelings

- Loss of interest or pleasure in activities
- Feelings of worthlessness, failure or excessive guilt
- Feeling irritated, angry or resentful

4. Behavioural (what you do, or avoid doing)

- Withdrawing from other people
- Difficulty keeping up with usual household tasks or work
- Neglecting your appearance or self-care
- Using alcohol or other substances
- Over or under eating

A note on Anxiety

Many people with depression also experience anxiety. Negative beliefs about your-self, the world and the future can fuel anxious thoughts, and worrying that something untoward could happen.

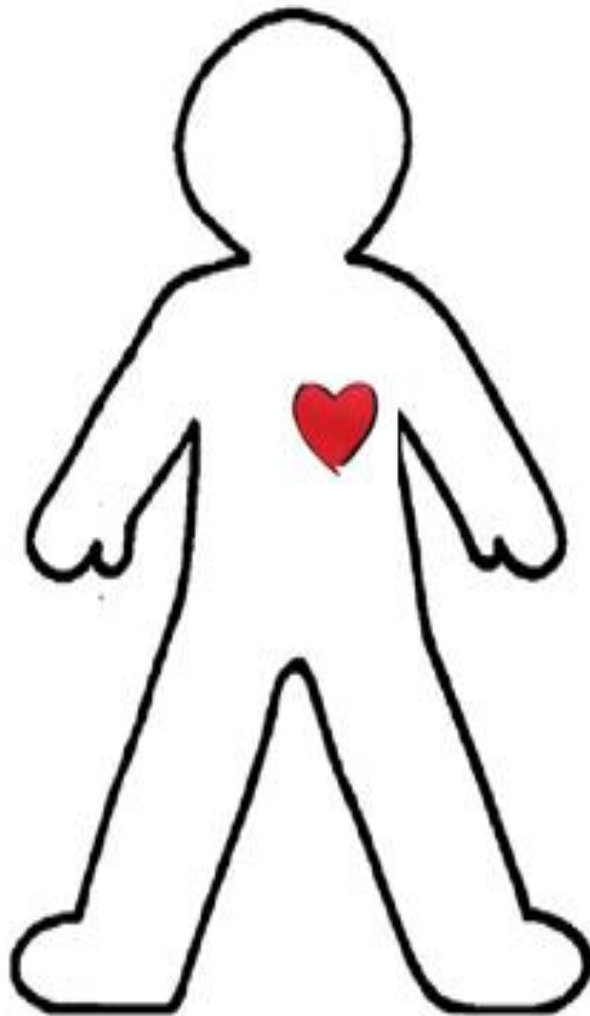
Low mood often leads to low motivation and activity or can lead to hyper-activity to avoid addressing the issues maintaining depression. "The less we do, the worse we feel; the worse we feel the less we do"

Activity makes you feel less tired and gives a sense of achievement. Doing things you enjoy can boost your mood and break a negative state/cycle along with giving yourself a chance for social interaction rather than being alone with your own thoughts. We know it's good to talk and one of the common symptoms of depression is isolating/withdrawing whether from people or activities or hobbies we used to enjoy.

What do you notice when you reflect on these points and the group discussion? Make a note of your reflections here:

Body – depression and me

Personalise this body outline with the impact of your depression on your body;

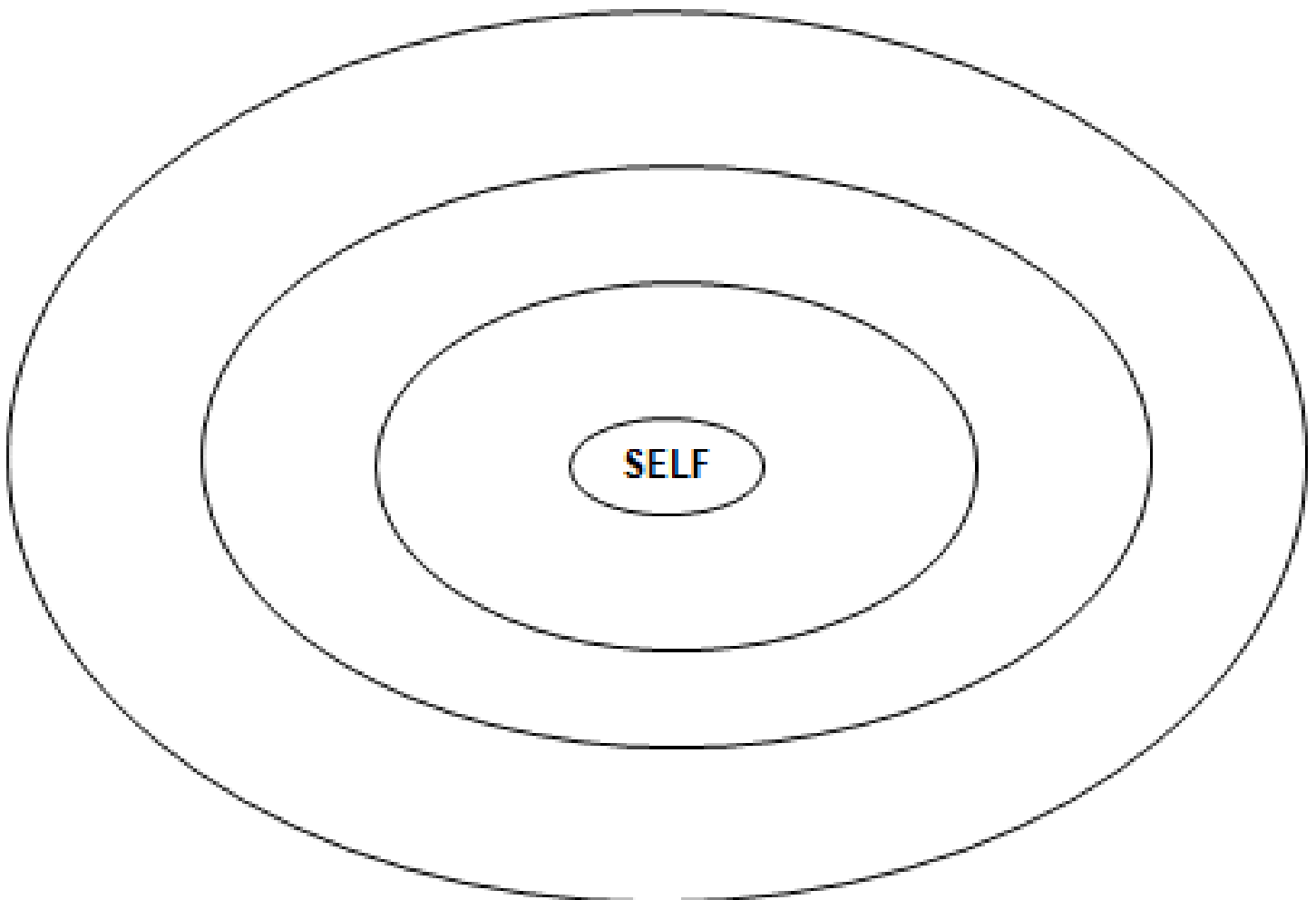


We know our mood affects our relationships and our relationships affect our mood. Here we'll look at significant relationships/key figures in our lives. We'll explore the different types of relationships including motivating, draining, and the range of emotionally, practically, financially supportive relationships we have.

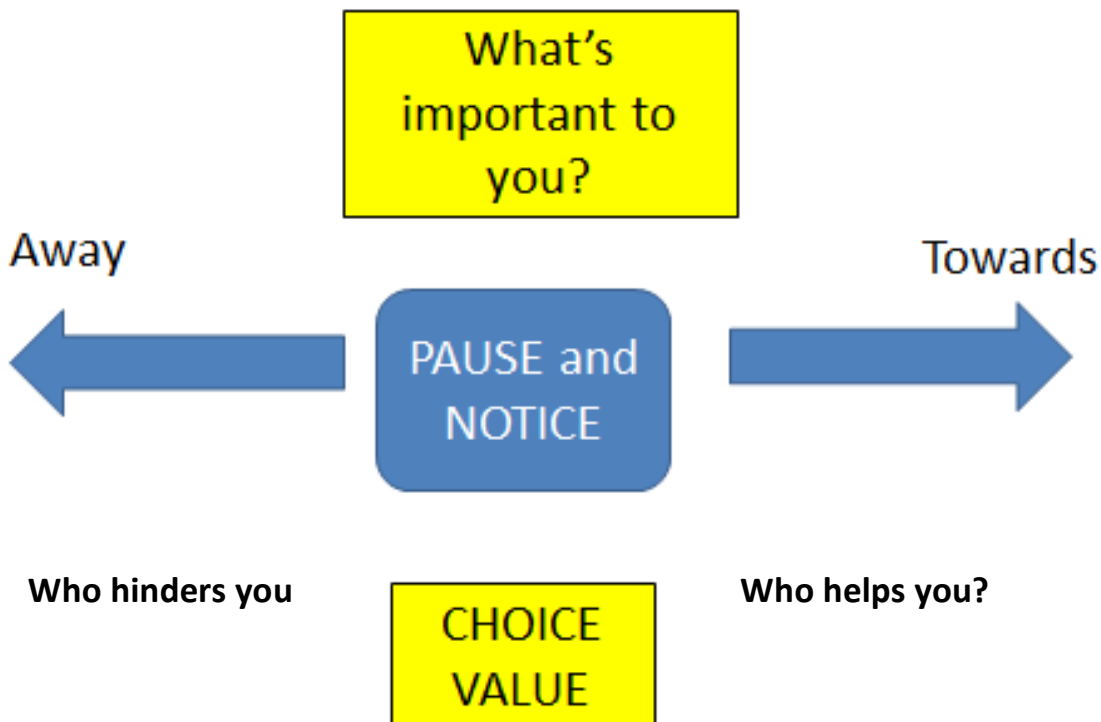
In essence we're developing a people map. The following exercise comes from IPT (Interpersonal Psychotherapy)

Write on the template who currently supports you in your life?

Where would you place them on the circles? Those in the inner circle are closer whilst those in the outer circles are more distant. Remember just as our weather changes, so do our relationships, some people can come and go and some remain. The purpose of this exercise is to gain some awareness of how these relationships affect our mood/depression. This also links in with the Away & Toward tool and although can be unsettling as increases awareness, it does also offer opportunity for choice.



Reflect on the previous exercise;



The week ahead.... Building up an inventory of resources;

Talk to a person you want to bring into your life more.

Consider how others impact your symptoms of depression – positively and negatively.

If you were to tell someone how you're feeling – who would you tell or confide in?

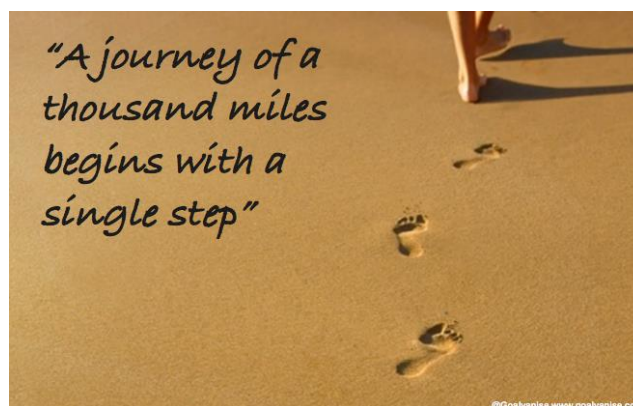
In times of social distancing use your creativity; what could you be doing differently/developing more and who could help.

Session 3 – Building Resilience

Key points from last session

- Choice to attend
- Awareness and knowledge of what activates depression
- Notice what is relevant to you personally
- The week ahead - away and towards

Today is about building resilience; what can be seen as vulnerability factors, including not eating well, not sleeping well and not maintaining a good level of activity. Turning these into protective factors, where we are eating well, sleeping well and maintaining a good level of activity, thus having a positive effect on our health and well-being. This may start with small changes in each area.



Maslow's Hierarchy of Needs model (below diagram) depicts human needs as hierarchical and that those lower down need to be met before those higher up can be met.

Reflect on your interpretation and understanding in line with your personal circumstances/situation.



Film – 'Types of sleep and sleep cycles'

<https://www.youtube.com/watch?v=eM2VWspRpfk>

Types – non REM sleep and REM sleep.

- Non REM 1 – lightest sleep 5%
- Non REM 2 – deeper sleep 45%
- Non REM 3 – deepest sleep 25%
- REM sleep – 25% - rapid eye movement, muscle paralysis and dreaming. Brain more active now than when its awake.
- Sleep cycles – approx. 4 cycles of 90 mins each night.
- Benefits of napping – alertness, performance and health
- Ideal time between 3-5pm and length 20-45 mins.
- Sleep improves memory, promotes health, prevents disease.

Sleep myths

- **The brain shuts down and is inactive during sleep.**
The brain is busy during sleep. It sorts and processes information on what was going on that day. Then it cements this into long term memory – vital for learning and memory.
- **You can train yourself to get by with less sleep.**
Average adult needs 8 hours a night. Most of us know how much we need to feel good the next day. Getting less leads us to sleep debt. Even if we don't feel sleepy our brains won't be working as well as they should.
- **Sleeping in on the weekend prevents the effects of sleep loss during the next week.**
Sleeping in will work if you have sleep debt but you can't gain sleep in advance. If you get behind on sleep it affects how your mind works.
- **Daytime naps don't help and they waste time.**
If adults have slept well enough they usually don't need daytime naps. If you do need a nap its best to have one mid afternoon and for 15-20 mins.
- **The brain adjusts quickly to changes in your sleep schedule.**
We have internal body clocks. Set by when we get sunlight. So we are most alert during the day. Sometimes we adjust our sleep due to shift patterns or jet lag. Some cope better than others but it generally takes time to adjust and sleep quality suffers.
- **We need less sleep when we are older.**
Ageing adults often get less efficient sleep eg from body aches and pains. So we may have to spend a bit more time in bed. Apart from this, sleep needs are stable throughout adult life.
- **Regular snoring is normal.**
Snoring from time to time is common. Loud snoring all the time should be checked out.
- **If we find it hard to fall asleep or stay asleep, the usual cause is stress.**
Stress can make it harder to sleep. But many other causes exist – medical and psychological issues.

The week ahead.....

What changes could you make?

What did you used to do that you no longer do?

Identify 3 aspects of your sleep, activity and/or eating patterns that you could change for yourself that would help you 'move towards' building your resilience.

Make a note of these and NOTICE during the week.

The following pages give you more information about sleep, activity and eating well that we hope will help you.

Building resilience – activity, eating well and sleep

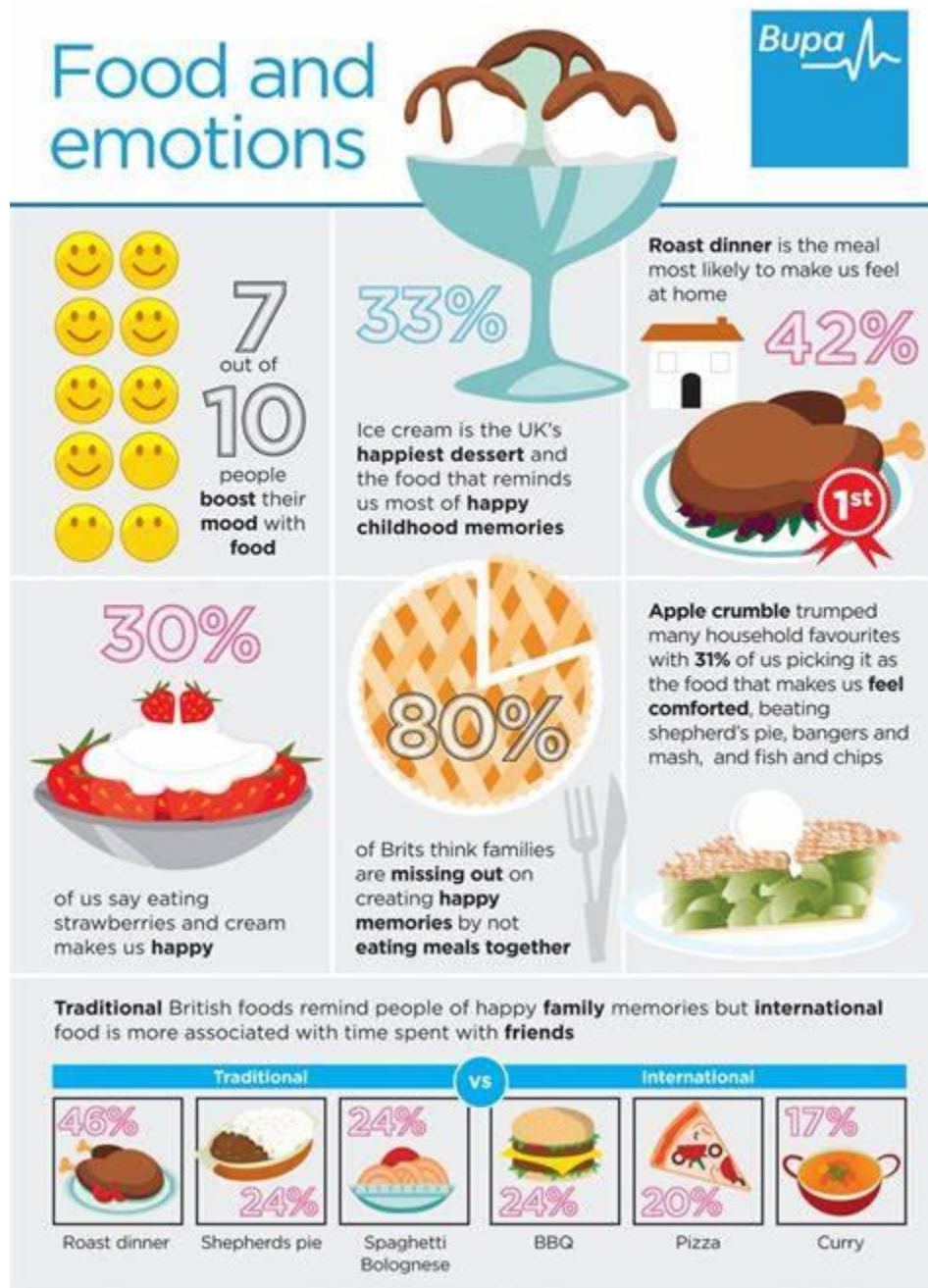
You may notice that when your mood is low, you tend to devote less time and effort to looking after yourself. Your appetite may be affected, and motivation to live a healthy lifestyle may be low. You may lack the energy to prepare nutritious meals, or manage any ongoing health conditions. Home environment, personal appearance and health can all suffer. Yet the food and drink you take in, your sleep patterns and spending time on your appearance can all have an effect on your mood.

Meeting Our Body's Needs

This section contains general healthy lifestyle advice- if you have any medical conditions, please seek advice from your GP to make sure that you are eating and exercising appropriately.



- A healthy diet can be good for our mental health-we also need to make sure that we have enough fuel to help us function and embrace changes as part of CBT.
- Brain relies on glucose (*potatoes, rice, cereals, bread, pasta*) eat little and often to keep your mood at its best.
- Brains are made up of 50% fat and need fat to maintain structure and health.
- Choose **unsaturated** naturally found fats (*nuts, seed, olive oil*)
- Avoid **trans fats** found in ready meals, pre-packaged cakes and biscuits, processed meats as this changes the cell structure and its function.
- A healthy brain is made up of 78% water and even slight dehydration can affect mood-aim to drink 6-8 glasses of fluid each day.
- Avoid caffeine and alcohol as these contribute to dehydration, low mood, disturbed sleep and increase symptoms of anxiety.

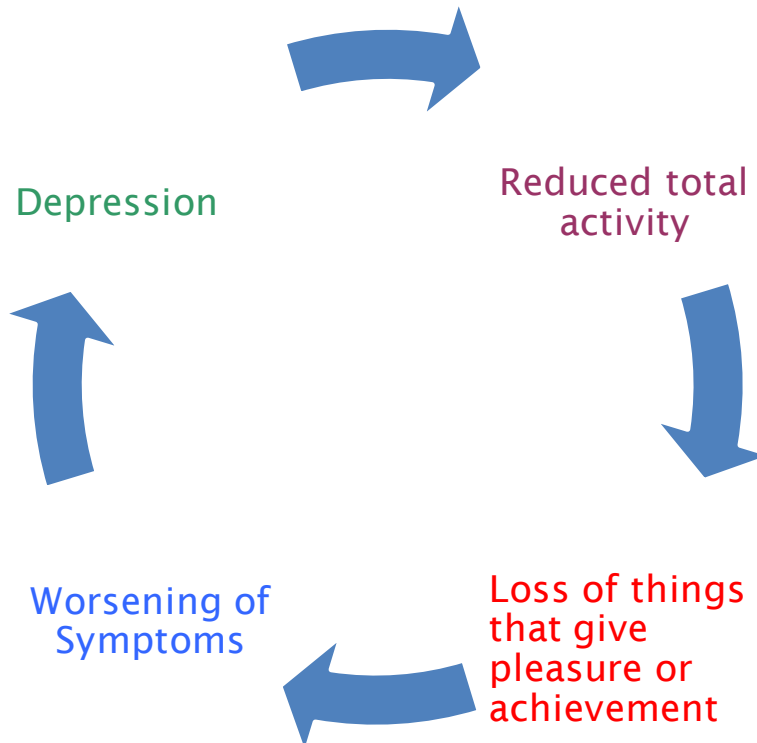


Activity

- Activity has long been known to have a positive benefit on mood and evidence shows it helps ease symptoms of mild, moderate and severe depression.
- Activity not only increasing blood flow and oxygen to the brain which helps improve our functioning, it also releases endorphins- the body's natural anti-depressant hormone.
- Any activity is better than none and the key is finding something you enjoy or it will be harder to find the motivation to do it regularly.

Cycle of reduced activity

Does this sound familiar?



What have you stopped or reduced doing as a result of feeling depressed?

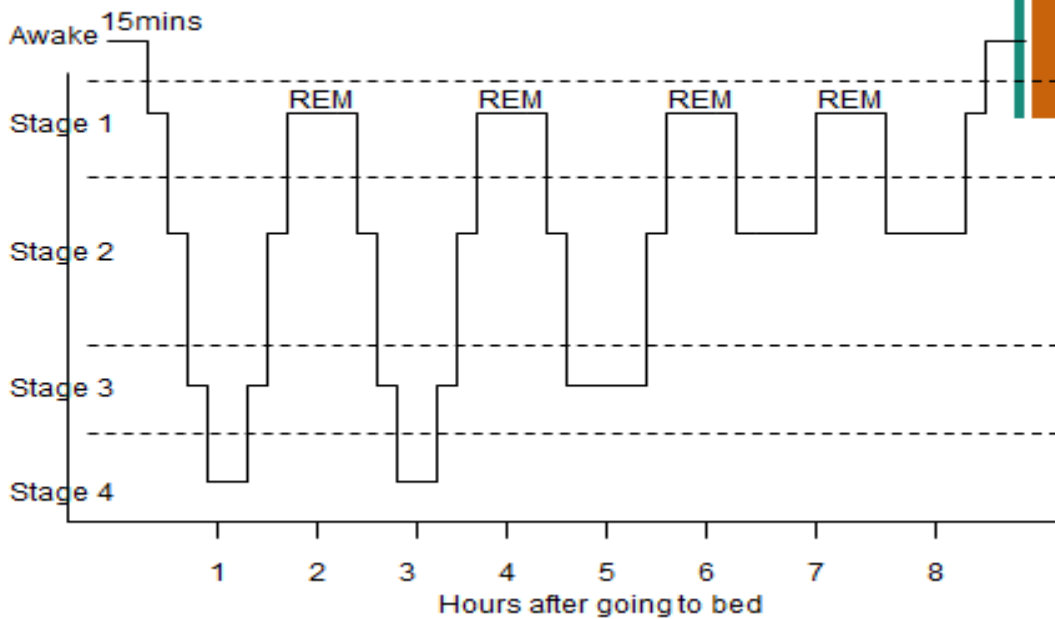
- When we are depressed, we may experience a loss of motivation and energy that often stops us from engaging in activities that might lift our mood
- This decrease in activity levels may perpetuate depressed mood as we may become even less motivated and more lethargic
- Daily tasks and responsibilities might be neglected as well, and thinking about all the things we have to do, may make us feel overwhelmed, not knowing where to start.

Sleep

When feeling depressed sleep is often disturbed or disrupted. You can suffer from a range of insomnia symptoms including difficulty falling asleep (sleep onset insomnia), difficulty staying asleep (sleep maintenance insomnia), unrefreshing sleep and daytime sleepiness.

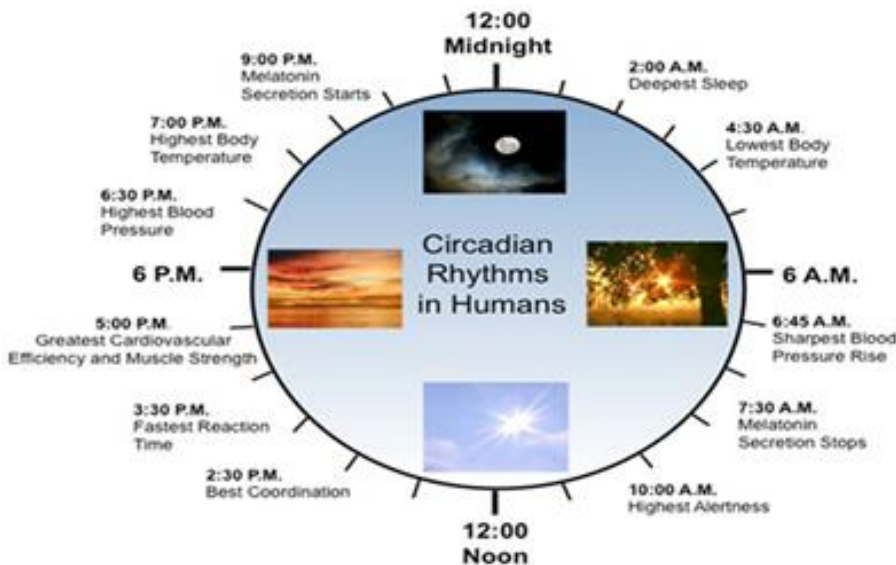
There are a number of ways to try and reduce the impact of these symptoms. Some of these you may have heard of and tried others may be new to you. Poor sleep can feel incredibly frustrating but hold on to the fact that this will pass...like with other symptoms of depression it will start to ease as you feel better.

+ Typical sleep cycle

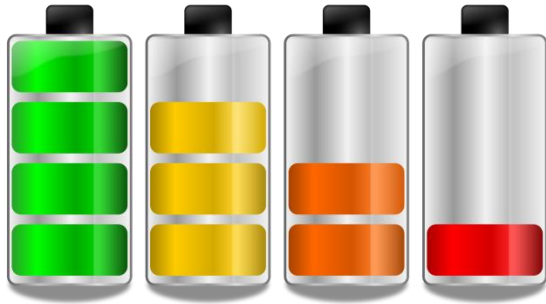


+ Circadian Rhythm:

The sleep/ wake pattern that we all cycle to through a 24 hour period.



Our sleep battery



Think about your need for sleep like a battery - if we are not draining this throughout the day then we are not needing to charge it as much through sleep. Therefore we need to be able to drain the battery and create need to process our day and restore our bodies - this can be both psychological or physical stimulation throughout the day.

Sleep hygiene:

- Avoid caffeine after lunch and alcohol within 6 hours of bedtime- Alcohol helps with sleep initiation, but it impairs sleep maintenance.
- Avoid nicotine close to bedtime or during the night- Nicotine is a potent stimulant with a short half-life which means as part of the frequent withdrawal symptoms you will experience you will induce broken sleep through regular awakenings in the night.
- Engage in moderate physical activity but avoid heavy exercise within 3 hours of bedtime
- Avoid consuming excessive liquids or a heavy evening meal before bedtime
- Maintain a quiet, dark, safe, and comfortable sleep environment. Minimize noise and light- Blue screen light suppresses the sleep hormone melatonin-don't use phones, screens or TV's at least 30-60 minutes before bed
- Avoid a bedroom that is too hot or too cold- evidence suggests a drop in body temperature aids our internal systems to prepare for sleep-having a warm bath or shower before bed will help this process.
- Avoid watching/checking the clock
- Develop a bedtime routine to cue your brain to sleep, e.g. have a bath, read, relax, turn lights down

Stimulus control:

Stimulus control is designed to re-associate the bed/bedroom with sleep and to re-establish a consistent sleep-wake schedule. This is achieved by limiting activities that serve as cues for staying awake. The treatment consists of the following behavioural instructions:

- Eliminate non-sleep activities in the bedroom. Remove the TV and computer from the bedroom
- Use the bed and bedroom only for sleep and sex
- Go to bed only when sleepy, even if later than prescribed sleep schedule
- Get out of bed if not able to sleep within 15-20 minutes - go to another room and relax. Return to bed only when sleepy
- Set alarm for agreed upon wake time
- Avoid excessive napping during the day - *a brief nap (15-30 minutes) during the mid-afternoon can be refreshing and is unlikely to disrupt nocturnal sleep*

Anxiety Reducing Strategies and Relaxation therapies

Relaxation therapy is designed to reduce physiological and psychological arousal to promote sleep. Here are some recommended relaxation therapies that may be of use:

- Avoid arousing activities before bed (late night phone calls, work, watching TV, strenuous exercise)
- Designate at least one hour before bedtime to help unwind from the day's stresses – *dim light exposure and engage in relaxing activities*
- Relaxation techniques such as deep breathing, light exercise, stretching, yoga and relaxation CDs can help promote sleep
- Stress management skills training and relaxation therapies such as progressive muscle relaxation, meditation,
- Techniques for managing worry can also be useful. This may include keeping a worry journal, scheduling worry time, challenging worried thinking, or seeking help if you are struggling to manage worries.

As with anything change takes time and having the information as to why it is of benefit can contribute to our motivation and likelihood to maintain a change. Aim for a small change and build from there-try not to feel overwhelmed and use it as an opportunity to be curious about what works for you.



Fun activities

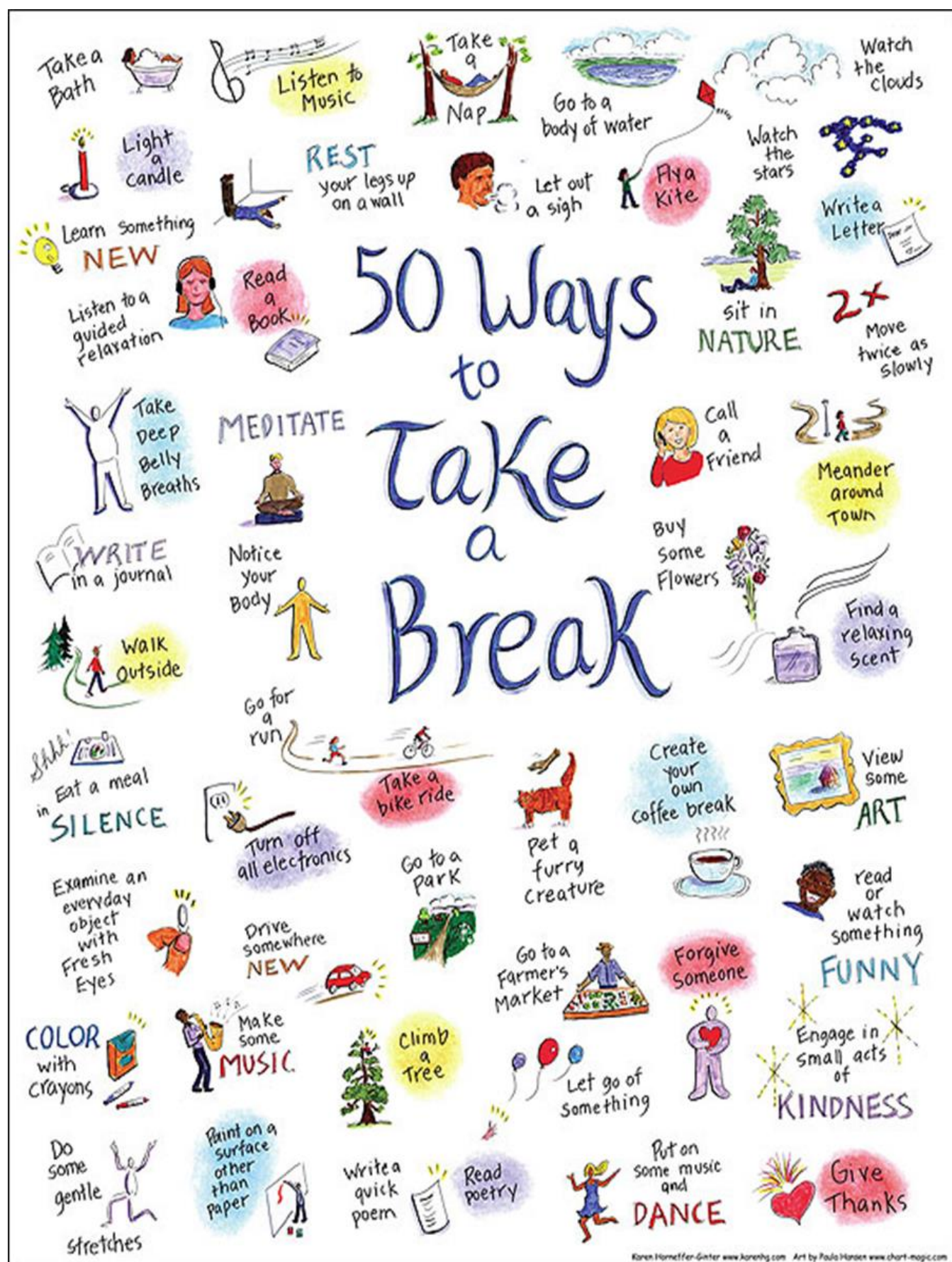
The following is a list of activities that might be fun and pleasurable for you. Feel free to add your own fun activities to the list.

- | | |
|---|--|
| Soaking in the bathtub | Lying in the sun |
| Planning my career | Planning a career change |
| Collecting things (coins, shells, etc.) | Laughing |
| Going for a holiday | Thinking about my past trips |
| Recycling old items | Listening to others |
| Relaxing | Reading magazines or newspapers |
| Going on a date | Hobbies (stamp collecting, model building, etc.) |
| Going to a movie | Spending an evening with good friends |
| Jogging, walking | Planning a day's activities |
| Listening to music | Meeting new people |
| Thinking I have done a full day's work | Remembering beautiful scenery |
| Recalling past parties | Saving money |
| Buying household gadgets | |

Card and board games	Buying CDs, tapes, records
Going to the gym, doing aerobics	Watching boxing, wrestling
Eating	Planning parties
Thinking how it will be when I finish school	Cooking, baking
Getting out of debt/paying debts	Going hiking, bush walking
Practising karate, judo, yoga	Writing books (poems, articles)
Thinking about retirement	Sewing
Repairing things around the house	Buying clothes
Working on my car (bicycle)	Working
Remembering the words of loving people	Going out to dinner
Wearing sexy clothes	Discussing books
Having quiet evenings	Sightseeing
Taking care of my plants	Gardening
Buying, selling stocks and shares	Going to the beauty salon
Going swimming	Early morning coffee and newspaper
Doodling	Playing tennis
Exercising	Kissing
Collecting old things	Watching my children (play)
Going to a party	Going to plays and concerts
Thinking about buying things	Daydreaming
Playing golf	Planning to go to school
Playing soccer	Thinking about sex
Flying kites	Going for a drive
Having discussions with friends	Listening to a stereo
Having family get-togethers	Refurbishing furniture
Riding a motorbike	Watching TV, videos
Sex	Making lists of tasks
Playing squash	Going bike riding
Going camping	Walks on the riverfront/foreshore
Singing around the house	Buying gifts
Arranging flowers	Completing a task
Going to church, praying (practising religion)	Thinking about my achievements
Losing weight	Going to a footy game (or rugby, soccer, basketball, etc.)
Going to the beach	Exchanging emails, chatting on the internet
Thinking I'm an OK person	Photography
A day with nothing to do	Going fishing
Having class reunions	Thinking about pleasant events
Going ice skating, roller skating/blading	Staying on a diet
Going sailing	Star gazing
Travelling abroad or close to home	Flying a plane
Sketching, painting	Reading fiction
Doing something spontaneously	Acting
Doing embroidery, cross stitching	Being alone
Sleeping	Writing diary/journal entries or letters
Driving	Cleaning
Entertaining	Reading non-fiction
Going to clubs (garden, sewing, etc.)	Taking children places
Thinking about getting married	Dancing
Going birdwatching	Going on a picnic
Singing with groups	Thinking "I did that pretty well" after doing something
Flirting	Meditating
Playing musical instruments	Having lunch with a friend
Doing arts and crafts	Going to the hills
Making a gift for someone	

Thinking about having a family
Thoughts about happy moments in my
childhood
Splurging
Playing cards
Solving riddles mentally
Having a political discussion
Playing cricket
Seeing and/or showing photos or slides
Knitting/crocheting/quilting
Doing crossword puzzles
Shooting pool/Playing billiards
Dressing up and looking nice
Reflecting on how I've improved
Buying things for myself
Talking on the phone
Going to museums, art galleries
Thinking religious thoughts
Surfing the internet
Lighting candles
Listening to the radio
Going crabbing
Having coffee at a cafe
Listening to the radio
Getting/giving a massage
Saying "I love you"

Thinking about my good qualities
Buying books
Taking a sauna or a steam bath
Going skiing
Going canoeing or white-water rafting
Going bowling
Doing woodworking
Fantasising about the future
Doing ballet, jazz/tap dancing
Debating
Playing computer games
Having an aquarium
Going rock climbing
Thinking about becoming active in the
community
Doing something new
Making jigsaw puzzles
Thinking I'm a person who can cope
Playing with my pets
Having a barbecue
Rearranging the furniture in my house
Buying new furniture
Going window shopping
Thinking I have a lot more going for me
than most people



Session 4 – Emotional Self Care

Key Points from last session

- Choice to attend
- Awareness and knowledge of sleep, eating well and exercise
- Notice what is relevant to you personally
- The week ahead – ‘away and towards’

Today we will look at what helps and hinders taking care of ourselves - moves us away or toward recovery.

Emotional Self Care – caring compassionately for ourselves.

We know the importance of self-care including sleeping well, eating well and maintaining a good level of activity. To expand on this we'll explore what self-care means to us individually and how a compassionate attitude to our-selves can benefit our health and well-being that allows us to value ourselves, to care for ourselves, to be compassionate and kind to ourselves.



What feeds/nourishes you?

What makes you laugh?

What do you want from your life/what's important?

What do you enjoy?



Do you have an unwelcome/critical voice?

We all live in a palace of possibilities; we've all got our own room, with our own writing, what's yours?

Allow yourself to feel positive and encouraged, open up your own possibilities...apply a compassionate attitude toward your self.

Kindness and Compassion for self



SELF-COMPASSION ON THE BENEFITS OF KINDNESS

- We use this word a lot these days. What does it mean to be compassionate to self?
- Introduce thankful thoughts into your life, a joy diary, your own ideas.
- Being aware of the negative tape, what is your thinking and how does this affect your mood.
- When away from group, become your own compassionate observer
- Try the practices at www.self-compassion.org/

Reflections from discussions:

The week ahead...

How do you value yourself?

What will you take away?

Are you moving away or towards..



New Horizons

Session 5 – Values and Committed action towards change

Key Points from last session

- Choice to attend
- Emotional self-care
- Notice what is relevant to you personally
- The week ahead – ‘away and towards’

Today we will look at personal values that inform your life in a positive way moving life forward in a direction of travel that’s important to you.

Film - Values vs Goals, by Dr Russ Harris

<https://www.youtube.com/watch?v=T-IRbuy4XtA>

Way to be happy to achieve our goals with society expectations. We want a big house, a big car. A moment of joy if we achieve. We live our life constantly trying to achieve and can be tiring and exhausting. Consider a radical way we can live our lives based on values. Video shows having 2 kids in the back of the car on a 3hr journey to Disney. 1st kid; on a journey of frustration – are we there yet. 2nd kid; fuelled by curiosity, adventure and having fun, sees things of interest, noticing and appreciating the journey as heads toward goal. Both get there at same time.

Reflect; what did you notice;

Values – creativity, curiosity, courage, persistence, freedom, gratitude

Reflect on your values;



Difference between goals and values

Values will underpin direction of travel – away from/towards. What is important to me?

Compromise on values is normal

Just because something has always been done a certain way doesn't mean we have to keep doing it.

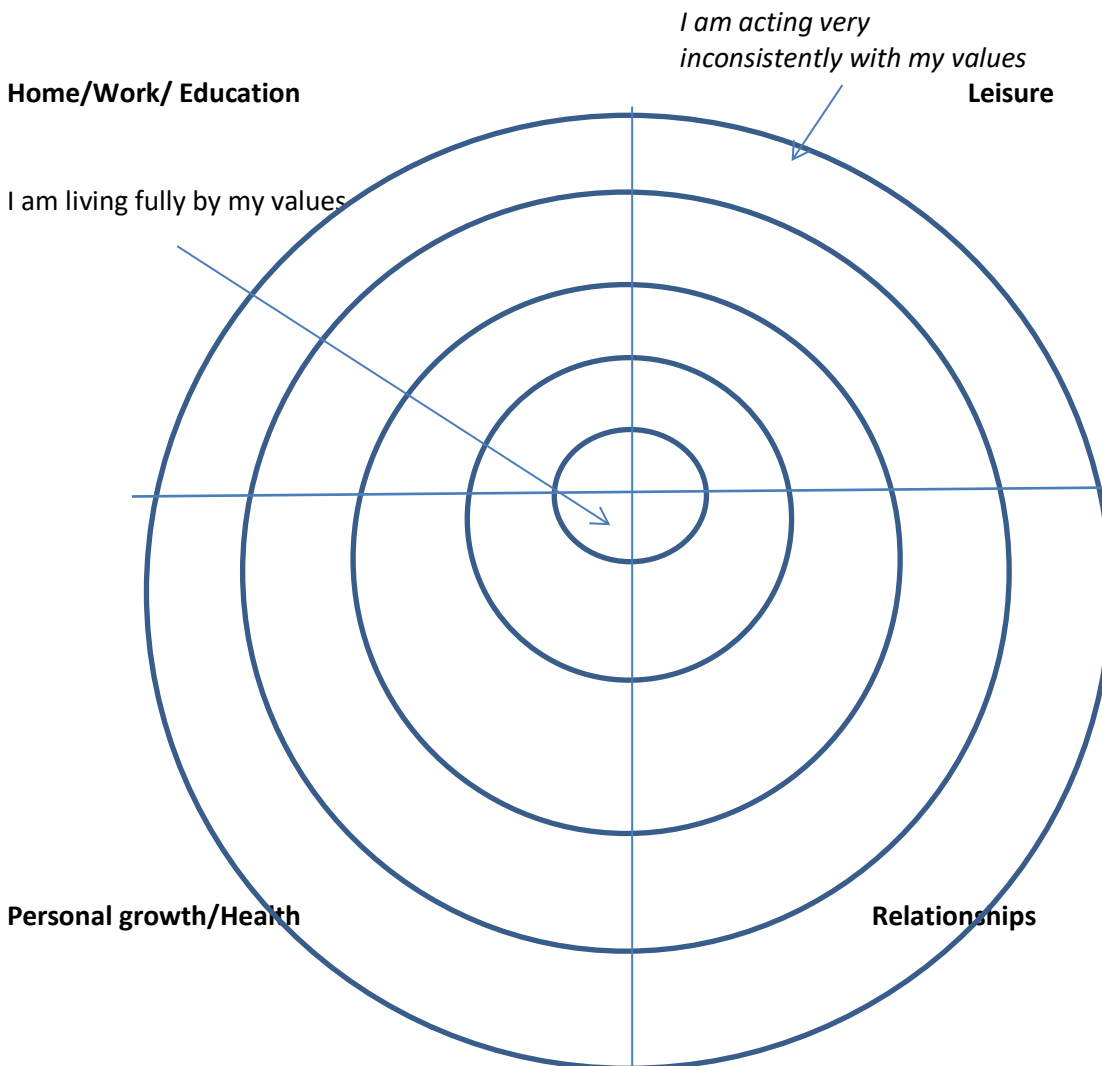
No matter what happens in life we always have a choice of how we respond.

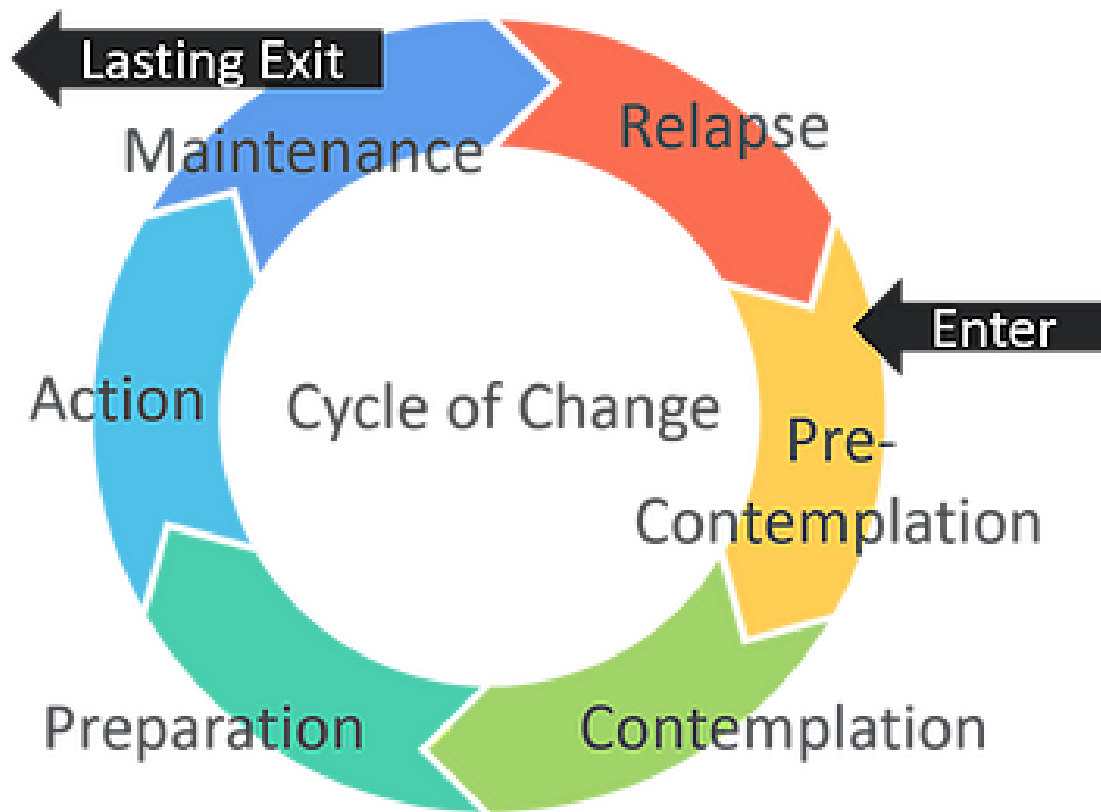
Bullseye activity

YOUR VALUES: What really matters to you, deep in your heart? What do you want to do with your time on this planet? What sort of person are you/do you want to be? What personal strengths or qualities do you want to develop?

1. **Home/Work/Education:** includes home life, workplace, career, education, skills development, etc.
2. **Relationships:** includes your partner, children, parents, relatives, friends, co-workers, and other social contacts.
3. **Personal Growth/Health:** may include religion, spirituality, creativity, life skills, meditation, yoga, nature; exercise, nutrition, and/or addressing health risk factors like smoking, alcohol, drugs or overeating etc
4. **Leisure:** how you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun and creativity.

THE BULL'S EYE: make an X in each area of the dart board, to represent where you stand today.





'If you always do what you always did, you'll always get what you always got.'

What is important to me?

I can choose to change.

Am I being authentic to myself – is this controlling or triggering my depression.

Is there a stone in my shoe that I am walking on – feeling uncomfortable?

What do I need to do to get the stone out of my shoe and change things for me?

Noticing 'away or towards'.

The week ahead...

Live the week ahead by something you have learnt about values.

Notice when you are living by your values.

Session 6 – Moving forward and maintain growth. Recovery

Key Points from last session

- Choice to attend
- Values and committed action to change
- Notice what is relevant to you personally
- The week ahead – ‘away and towards’ recovery, staying well and what next?

Review sessions to date;

Session 1

Focus: Understanding depression

Aims: Becoming your own expert through, noticing, normalising and psycho-education.

Session 2

Focus: Building awareness

Aims: What contributes or supports your self-management; what blocks or hinders change?

Session 3

Focus: Building resilience – activity, eating well and sleep.

Aims: Understand the effects of activity, eating well and sleep on our wellbeing

Session 4

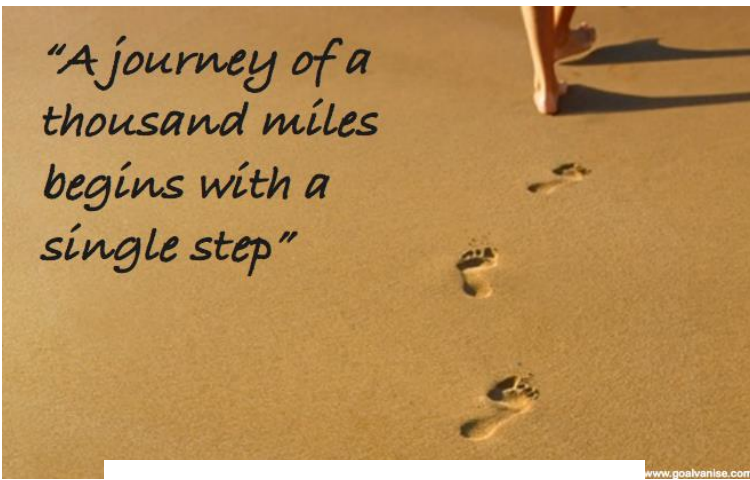
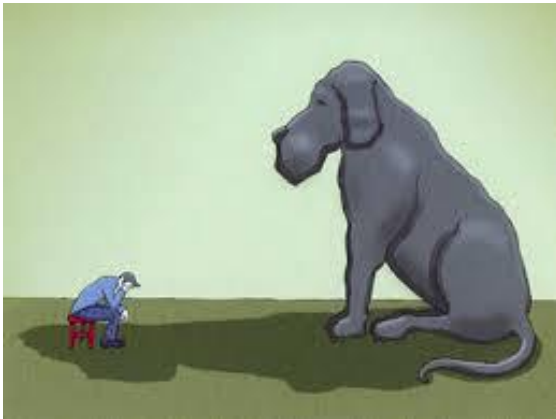
Focus: Emotional Self-Care: To activate knowledge and awareness of the importance of Self-Care.

Aims: What helps and hinders taking care of ourselves- moves us away or toward recovery

Session 5

Focus: Goals and Values: how they influence depression and behaviour

Aims: To notice how our depression affects our behaviour, values and goals





SELF-COMPASSION ON THE BENEFITS OF KINDNESS



Maintaining the change/managing your depression

Where you started?

Where are you now?

What's been helpful to you as a unique individual?

What one thing will you take from the group?

How will you maintain this one thing?

How will you notice when you've been derailed....'stone in your shoe'!

Who is in your relationship circle/people map that can support you?

What's your personal recipe?

Our 5 key points

1. You as the expert
2. Choice
3. Committed change
4. Rewards
5. Maintaining growth

NEW HORIZONS



Thank you very much for contributing to this course.

We hope that you can continue to use what you have learned here to become your own expert. This will help you to keep moving forward and to combat depression in the future.

Stay true and kind to yourselves 😊