

LIST OF BOOKLETS

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6. Problem solving
7. Thinking habits
8. Next steps

We hope you have found this booklet helpful. We welcome your feedback.

You can give comments to your therapist or by emailing us at sptsadmin@slam.nhs.uk or writing to us at SPTS, PO Box 53651, London SE5 5FD.

www.slam-iapt.nhs.uk

BOOKLET TWO

Monitoring Activity and Mood

week



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Introduction: why monitoring?

The aim of activity and mood monitoring is to help us understand how aspects of your life may be contributing to your depression, and get some clues as to the kinds of changes that are likely to be helpful.

Keeping a record is important because:

- many of our emotional and behavioural reactions to events are so automatic that we are likely to forget them unless we write them down
- recording detail and then stepping back to look at the whole is a good way to see patterns that we wouldn't otherwise notice (like a mosaic)
- recognising patterns of mood and behaviour helps us know when and what to change.

To start it is helpful to track what you are doing, hour by hour, also noting associated moods, emotions or feelings.

Doing what matters

In depression, it can be easy to lose sight of or neglect the things that are most important.

Of the things you did over the week, which were most important to you?

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.....
.....

Which activities gave you the greatest sense of achievement?

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Are there any important things that you did NOT do?

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Are there any unimportant activities that you would like to spend less time on?

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Routines

Depression is sometimes associated with changes in body-clock rhythms, and regular routines can help correct this.

Look back at your week again: What were your routines like?

Eating: Did you eat at reasonably regular times?

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.....

Getting up: Did you get up at reasonably regular times?

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Going to bed: Did you go to bed at reasonably regular times?

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.....

Sleeping: Did you sleep at the same times most days? Did you sleep much during the day?

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.....

Outdoor activities, exercise and rest:

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.....

Overall: Are there any changes you think it would be helpful to make to your routine?

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.....

Instructions

For each hour:

1. write down the main thing or things you were doing during that hour (e.g. having lunch, watching TV, going to the shops, etc.)
2. write a word or two to describe how you felt (e.g. miserable, anxious, happy, etc.)
3. rate the strength of each feeling on a scale of 1-10, with 1 being the least intense and 10 being the most intense.

Here is a list of common feelings that you might experience over the week:

sad, down, gloomy, miserable, despairing,
nervous, scared, afraid, alarmed, terrified,
irritable, tense, edgy, restless, agitated,
embarrassed, ashamed, guilty,
resentful, sulky, vulnerable, weak,
pleased, happy, joyful, elated, satisfied,
excited, passionate, strong, proud,
numb, blank,
angry, furious, cross,
frustrated, jealous,
surprised, amused, lively
content, peaceful, calm, settled, at ease.

There is an example on pages 6-7.

Possible obstacles

I know I am miserable most of the time - won't writing it down just make me feel worse?

Yes, it might; sometimes looking at what is happening in our lives can make us feel worse in the short-term. However, it is an important first step to making changes. Try to approach this task with as much kindness towards yourself as possible - give yourself credit for having a go.

I don't do much - I won't have anything to write down

We are always doing something - even 'doing nothing' is actually doing something if you look more closely. So if you spend an hour just sitting lost in thoughts miles away, write that; if you lie in bed dozing, write that; and so on.

There are some things I do that I don't want to write down because I don't want anyone else to see them

How much you include is entirely up to you. It is fine to use a code or to leave things out completely. Remember also, though, that your therapist is here to help you, not to judge you.

This is a lot of effort and I don't see how it is going to help me

This approach has already helped lots of people recover from depression. And yes, you are right, it will take some effort and determination on your part.

on physical activity?

.....
on activities that are mentally stimulating?

.....
on creative activities?

.....
on familiar activities in the comfort zone?

.....
on things that are new or challenging?

.....
other?

.....
How does this balance of activities work for you? Does it suit you as an individual?

.....
.....
.....
.....
.....

Variety & balance

Most of us feel best when our lives include a variety of different sorts of activities. There is also evidence that having a range of different activities can improve our mental well-being and make us more resilient. We generally thrive with a mix of the familiar and the new. However, we are all different and what works best for one person at one point in their life may be very different from works best for someone else or at a different stage in life. These questions are designed to help you think about the current variety and balance in your life and what works best for you.

How much time over the week was spent:

with others?

.....

on your own?

.....

outdoors?

.....

indoors?

.....

relaxing?

.....

Tips

- Carry this booklet and a pen or pencil around with you so you can write things down as close in time to when they happened as possible
- Try setting an alarm (e.g. on a mobile) to remind you to complete the record at the end of each morning and afternoon
- If you forget or don't manage to complete it one day, just start again the next day
- If you forget two days, just start again the day after that
- (and so on, for 3 days forgotten, etc)
- If it is taking more than half an hour to complete each day's activities, you are probably trying to include too much detail
- If it is taking less than a minute a day, you might consider including a little more detail

Daily Activities Record

Day/Date: <i>Monday 05/03/11</i>		<i>Example</i>
Time	Activity	Mood
6 a.m	<i>Awake lying in bed</i>	<i>Depressed 7 Anxious 5</i>
7 a.m	<i>Get up and shower. Toast for breakfast</i>	<i>Depressed 6</i>
8 a.m	<i>Get dressed, bus to work</i>	<i>Depressed 6</i>
9 a.m	<i>Get on with paperwork</i>	<i>Depressed 3</i>
10 a.m	↓	
11 a.m	<i>Have a coffee with a friend</i>	<i>Relaxed 4</i>
12 p.m	<i>More paperwork</i>	<i>Involved 4</i>
1 p.m	<i>Finish piece of work early and have lunch in staff room</i>	<i>Pleased 5</i>
2 p.m	<i>Several phone calls</i>	<i>Stressed 3; pleased 4</i>
3 p.m	<i>Meeting (get headache)</i>	<i>Stressed 5; Annoyed 4</i>
4 p.m	<i>Have a good chat with friend in team in next office</i>	<i>Happy 3</i>
5 p.m	<i>Head home on bus, delays in traffic</i>	

Response to distress or getting upset

How we respond to upsetting events and emotional distress can play an important part in how quickly or slowly we recover from depression. It is also important in building resilience for the future. Look back at the week and make a note of any times when you got upset or started feeling worse. For each time, make a note of what you **did next**.

<u>Event</u>	<u>What I did next</u>
Ex. <i>Weds eve</i> <i>Friend didn't reply to my text</i>	<i>Sat alone drinking and wondering what I had done wrong</i>
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.....
.....
.....
.....
.....
.....
.....

Reflections

Here are some suggestions for using the information you have collected over the week.

Activities associated with positive and negative moods

Look back over the week.

What things were you doing when your mood was most **positive**?

.....

.....

.....

What things were you doing when your mood was most **negative**?

.....

.....

.....

How does your recorded mood compare with your expectations?

Overall level: was it better or worse or as you expected?

.....

.....

Up & down or flat: Was it more or less varied than you had expected?

.....

.....

Range of emotions: What range of emotions did you record?

.....

.....

Daily Activities Record

Time	Activity	Mood
6 p.m	<i>Go to the supermarket</i>	<i>Depressed 3</i>
7 p.m	<i>Heat up & eat ready meal</i>	<i>Depressed 5</i>
8 p.m	<i>Watch TV</i>	<i>OK</i>
9 p.m	↓	<i>Bored, tired</i>
10 p.m	<i>Go on internet—Facebook</i>	<i>Upset 5</i>
11 p.m	<i>Go to bed</i>	
12 a.m	<i>Asleep</i>	
1 a.m	↓	
2 a.m	<i>Wake up, noises outside</i>	<i>Anger 7</i>
3 a.m	<i>Asleep</i>	
4 a.m	<i>Awake, tired</i>	<i>Depressed 4 Anxious 6</i>
5 a.m	<i>Still awake</i>	<i>Very fed up 9</i>

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