

OVERCOMING DEPRESSION

Making Behaviour Changes

STUDENT WELLNESS CENTRE

- Engaging in Rewarding Activities
- Problem Solving and Decision Making
- Healthy Coping
- Effective Support Systems
- Communicating
- Choosing and Maintaining Healthy Relationships

Using an Activity Schedule

Individuals who experience depressed mood often find themselves engaging in monotonous and/or unrewarding behaviors. These activities offer little pleasure and reinforce feelings of hopelessness and depression.

Increasing the time you spend in rewarding activities is an important way to improve mood.

An activity schedule is a helpful way to examine more closely how you spend your time. For each hour of each day of the week, record what you actually do. Next, on a scale of 0 – 10, record how much you actually enjoyed the activity. Here's an example:

| HOUR | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|------------------------------|---------|-----------|----------------------------|-------------------|----------------|------------|
| 7 pm | Talked to Chris on the phone | Napped | Studied | Watched movie with friends | Cleaned apartment | Went for a run | Watched TV |
| Enjoyment level | 4 | 3 | 2 | 7 | 1 | 6 | 3 |
| 8 pm | | | | | | | |
| Enjoyment level | | | | | | | |

0-----10
NO ENJOYMENT MOST ENJOYMENT

What did you find out by completing an activity schedule?

Do you spend more or less time in activities that you enjoy?

Would you benefit from choosing to spend your time differently?

More About Activity Schedules

There may be times when you doubt whether choosing to engage in a particular activity will actually help to improve your mood. If this is the case, try to calculate the cost-benefit ratio of sitting at home gaming/napping/watching a boring T.V. program/etc. versus going to a movie/calling a friend/exercising/etc. Sometimes, this “choice calculation” helps people to see that negative predictions are determining their choices, or that they may actually gain more from making positive choices.

Remember, there will be times when acting against negative predictions (e.g. going out with friends even if you believe you won't have fun) pays off. Often times, “doing it anyway” helps to reduce depression.

The next step in using an activity schedule involves recording, for each hour of each day of the week, what you plan to do. Next, on a scale of 0 – 10, record how much pleasure you think you will experience. Finally, engage in the planned activity and then record how much you actually enjoyed the activity. Here's an example:

| HOOR | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|-----------------|---------|-----------|-------------|--------|----------|------------------|
| 2 pm | Clean Apartment | Shop | Walk Dog | Go to movie | Nap | Call Jen | Coffee with Dave |
| Predicted Enjoyment level | 2 | 9 | 4 | 5 | 8 | 4 | 5 |
| Actual Enjoyment level | 4 | 7 | 7 | 9 | 3 | 6 | 8 |
| 3 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 0-----10 NO ENJOYMENT MOST ENJOYMENT | | | | | | | |

How do your numbers stack up?

Did planning and engaging in an enjoyable activity make a difference?

Did you actually enjoy the experiences more than you initially thought you would?

Are there activities that you anticipate will be more pleasurable than they actually are?

Are there activities that you gave up when you began feeling depressed? Can you go back to them?

Greenberger, D. & Padesky, C. (2016). *Mind Over Mood: Change how you feel by changing the way you Think*. New York: Guilford Press.

Leahy, R. & Holland, S. (2000). *Treatment Plans and Interventions for Depression and Anxiety Disorders*. New York: Guilford Press.

Activity Schedule

0-----10
 NO ENJOYMENT MOST ENJOYMENT

| HOURLY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------|--------|---------|-----------|----------|--------|----------|--------|
| 7 am | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 8 am | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 9 am | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 10 am | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 11 am | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 12 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 1 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 2 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 3 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |

| | | | | | | | |
|---------------------------|--|--|--|--|--|--|--|
| 4 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 5 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 6 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 7 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 8 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 9 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 10 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 11 pm | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 12 am | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |
| 1 am | | | | | | | |
| Predicted Enjoyment level | | | | | | | |
| Actual Enjoyment level | | | | | | | |

Greenberger, D. & Padesky, C. (2016). *Mind Over Mood: Change how you feel by changing the way you Think*. New York: Guilford Press.

Leahy, R., Holland, S. & McGinn, L. (2012). *Treatment Plans and Interventions for Depression and Anxiety Disorders* (2nd ed.). New York: Guilford Press.

Activities People Enjoy

An important strategy for reducing feelings of depression is to actively seek enjoyable and fulfilling activities.

Below is a list of ways people can spend time. Which of these do you already enjoy? Which would you like to try? What else would you add to this list?

| | | | |
|---------------------|---------------------------|---------------------------|-------|
| Exercise | Go window shopping | Go to a museum | |
| Play soccer | Take a day trip | Visit a friend | |
| Play hockey | Play an instrument | Plan a party | |
| Play volleyball | Spend time with children | Go running | |
| Play basketball | Go to a movie | Try a new food | _____ |
| Play badminton | Watch TV | Read the comics | _____ |
| Go swimming | Buying something you want | Buy some flowers | _____ |
| Take a long walk | Volunteer | Get a haircut | _____ |
| Do yoga | Talk with a friend | Daydream | _____ |
| Dance | Go to a play | Stargaze | _____ |
| Read | Go skiing | Rent a movie | _____ |
| Listen to music | Go to a concert | Write poetry | _____ |
| Take a bath | Do photography | Go for coffee | _____ |
| Go for long drives | Take lessons | Support a local cause | _____ |
| Play pool | Sing in a choir | Spend time with a pet | _____ |
| Do crafts | Meditate | Recall good times | _____ |
| Do woodworking | Paint | Spend time outdoors | _____ |
| Draw/color | Have a massage | Pray | _____ |
| Write in a journal | Have a picnic | Garden | _____ |
| Write a letter | Sew | Browse in the library | |
| Go boating | Watch sports | Talk on the phone | |
| Go horseback riding | Start a collection | Go to the farmer's market | |
| Go hunting | Help someone else | Play frisbee | |
| Go fishing | Go out for a meal | | |

Alper, J. (2017, August 5). *List of 50 Enjoyable Activities*. Retrieved from: <https://www.philacounseling.com/blog-philadelphia-counselor/enjoyable-activities>

Copeland, M. (1992). *The Depression Workbook: A Guide for Living with Depression and Manic Depression*. Oakland, New Harbinger Publications.

Effective Problem-Solving

Problem-solving refers to a particular set of skills that can be used to define a problem, generate possible solutions to that problem, and help you to achieve a positive outcome.

Effective problem-solving can help you to avoid additional stress and depression.

For example, if someone who is doing poorly at school takes action to improve academic performance, the stress of being on academic probation is averted. Or, if someone who has received negative feedback about his or her job performance is able to correct the problem and obtain a better job evaluation, the prospect of getting fired may be avoided.

Steps to Problem-Solve

1. Define the problem. The problem needs to be assessed and understood. Ask yourself the following questions:

- In what area is the problem (e.g., school, work, relationships, finances, etc.)?
- Who are the people involved in the problem?
- How did this problem come about?
- What would I like to change?
- What is realistic to expect in this situation?

2. Brainstorm solutions. Come up with as many possible solutions as possible. Be open-minded, creative and allow anything to be considered a possible solution.

3. Evaluate the options. Review each possible solution to determine if it is possible, and potentially useful. Ask yourself the following questions about each option:

- Is this feasible?
- What are the advantages of this option?
- What are the disadvantages of this option?

4. Choose a possible solution. Decide on a possible solution and determine the specific steps in which you need to engage in order to carry it out.

5. Enact the potential solution. Do the things you decided to do to try to solve the problem.

6. Evaluate the outcome. Decide if your actions were sufficient, or if you need to return to considering other possible solutions. Ask yourself the following questions:

- How did I do?
- What worked?
- What didn't work?
- What else could I try?

PROBLEM-SOLVING TIPS

- If you have multiple stressors (e.g., increased responsibilities at work, upcoming exams), prioritize your time. Focus on the most important issues first.
- Time management is a positive way to reduce stress and anxiety. In addition, it will ensure you have the time you need to work on resolving problems (instead of simply meeting your basic needs and important deadlines).
- Break large demands into small, manageable parts. Work through one task at a time.
- Be clear about your goals and what you need to do to work toward them.
- Take action when stress first arises. Don't wait for the situation to worsen.
- When a problem arises, identify your needs and articulate them to people who can help.
- Acknowledge your thoughts and feelings concerning the stressors in your life.
- Develop a support network to rely on in times of need.
- Don't dwell on "shoulds." Instead, remain focused on what you think you need to do to solve your problem.
- Be willing to take an honest look at your coping style and the effectiveness of the strategies you are trying.
- Be flexible. If something isn't working, it's time to try something new.
- Remember to be kind to yourself.

Beiling, P. & Antony, M. (2003). *Ending the Depression Cycle: A step by step guide for preventing relapse*. Oakland: New Harbinger Publications.

Leahy, R., Holland, S. & McGinn, L. (2012). *Treatment Plans and Interventions for Depression and Anxiety Disorders* (2nd ed.). New York: Guilford Press

Making Good Decisions

Making good decisions can help to avert problems, which may leave people feeling better about themselves and sets the path for more satisfying life experiences.

At some time or other, we are all faced with complicated situations that leave us unsure of how to respond. Here are some tips to consider next time you find yourself searching for a good decision.

- Avoid the temptation to make an impulsive decision in order to get out of the work of decision-making. While there is a time and place for quick decisions, generally good decisions have been given some thought.
- Take the time you need to think things over, but don't use this as an excuse to avoid. Not making a decision is, in and of itself, a decision.
- Over-focusing on making the "right" decision can leave you stuck. And sometimes, there isn't a "right" decision. Remember, you are looking for a good decision. And you can always continue to decision-make in response to your initial decision.
- Use your head. If you make a particular decision, can you explain it to others? Is it reasonable? Does it make sense?
- Listen to yourself. Your gut reaction/intuition is important. If a particular course of action doesn't feel right, don't pursue it.
- Take some time to consider what you think will happen if you choose one decision over another. Where will the different decisions take you? Where do you want to go?
- Consider how each of your possible decisions might impact the people involved. Will a particular decision harm you or someone else?
- Pay attention to how you will you feel about yourself if you make one decision instead of another. Will you be proud of yourself? Can you live with yourself?
- Ask yourself if your decision is ethical.
- Talk it out. Reviewing your options with a trusted friend can help you sort out what to do.
- Make it your own. Resist the temptation to allow others to make difficult decisions for you. This only serves to reduce your confidence and ability to set your own course.
- Learn from your experience. Pay attention to what you have done to make good decisions and poor decisions. When situations and problems repeat themselves, take the opportunity to improve your decision-making.
- Give yourself a break. We all have times when we make decisions we wish we had not made. Forgive yourself and move on.

Healthy and Unhealthy Coping

Coping refers to the way in which a person tries to handle, defuse, or deal with a threat, stress or crisis. Coping strategies are the ways we decide to respond to problems. In general, healthy coping strategies may not provide an instant sense of relief, but result in long-lasting, positive outcomes. Unhealthy coping strategies may feel good in the moment, but have negative consequences in the long run.

How people choose to cope when experiencing depression is a key part of recovery.

| Examples of Healthy Coping | Benefits of Healthy Coping | Examples of Unhealthy Coping | Costs of Unhealthy Coping |
|------------------------------|--|-------------------------------------|---|
| Exercise | Increased self-awareness | Alcohol or drug use to cope | Depression |
| Balancing work and play | Increased self-esteem | Avoidance of an event | Anxiety |
| Time management | Strong family and work relationships | Procrastination | Eating disorders |
| Owning your feelings | Increased energy | Negative self-talk, catastrophizing | Addictions (e.g., alcohol, drugs, gambling) |
| Journal writing | Increased productivity | Over/under-eating | Poor physical health |
| Talking to friends or family | Increased concentration and focus | Blaming others | Unhealthy or abusive relationships |
| Playing with a pet | Increased physical health | Unsafe sex | Lack of purpose or direction in life |
| Focusing on positives | Increased mental health | Self-harm behavior | Unfulfilled goals |
| Problem solving | Increased sense of purpose/direction in life | Criminal activities | Injury/death |

Therapist Aid (2018). *Healthy vs. Unhealthy Coping Strategies*. Retrieved from: <https://www.therapistaid.com/worksheets/healthy-unhealthy-coping-strategies.pdf>

How I Cope

There are a variety of ways people can help themselves cope during the stress of depression. Consider how frequently you use these coping activities.

POSITIVE COPING ACTIVITIES

- _____ listen to music
- _____ shop with a friend
- _____ watch TV or go to a movie
- _____ attend an athletic event
- _____ volunteer
- _____ go to a play
- _____ exercise
- _____ take a nap
- _____ use a relaxation technique
- _____ write in a journal
- _____ go for a walk
- _____ enjoy nature
- _____ go to church/pray
- _____ talk to a friend

_____ **TOTAL NUMBER OF POSITIVE ACTIVITIES**

NEGATIVE COPING ACTIVITIES

- _____ use negative self-talk, catastrophize
- _____ get drunk or high
- _____ swear
- _____ argue/become aggressive
- _____ avoid others
- _____ chew fingernails
- _____ over/under eat
- _____ drink too much coffee
- _____ cut, burn or hit self
- _____ break something
- _____ blame others
- _____ gossip
- _____ do something dangerous
- _____ be impulsive
- _____ spend too much time on social media/gaming

_____ **TOTAL NUMBER OF NEGATIVE ACTIVITIES**

Coping in a Crisis

DISTRACTION

At some time or another we all experience emotional crises (e.g., the break-up of an important relationship, discovering that you have been required to discontinue from your college). In these moments, you may feel intense distress and an immediate response won't be sufficient to solve the problem at hand. Using distraction and self-soothing skills, however, will help you to weather the immediate storm of distress until you can focus more energy on problem-solving.

Distraction activities should absorb your attention. Activities that do not require concentration may not be as effective in providing some relief from the distressing thoughts and feelings.

Like all skills, distraction takes practice. If you notice your thoughts returning to your problem, keep diverting your attention to your distracting activity.

The following are some examples of distraction activities that can help you to TEMPORARILY take your mind off your problem until you have the resources to more directly address the situation.

The following distraction skills can help you to temporarily take your mind off your problem and the intense feelings associated with it.

- Focus on a hobby
- Read
- Visit a friend
- Bake/cook
- Volunteer
- Play a game
- Go to a movie

Leahy, R., Holland, S. & McGinn, L. (2012). *Treatment Plans and Interventions for Depression and Anxiety Disorders* (2nd ed.). New York: Guilford Press

SELF-SOOTHING

Self-soothing involves taking deliberate steps to calm yourself while facing a stressful situation. The goal is to comfort yourself emotionally by doing things that are pleasant and, most especially, not harmful. Here are some ideas.

- Buy a beautiful flower
- Make a space in your room beautiful or calming
- Light a candle and watch the flame
- Go to a museum
- Look at nature around you
- Go out in the middle of the night and watch the stars
- Walk in a scenic part of town
- Look at beautiful pictures in a book
- Wrap yourself in a cozy blanket
- Go to a ballet or other dance performance
- Watch TV or listen to music
- Pay attention to the sounds of nature (birds, leaves rustling) or listen to tapes of nature sounds
- Sing your favorite songs
- Bake
- Have a good meal (what are your favorite comfort foods?)
- Have a favorite soothing drink such as herbal tea or hot chocolate (avoid alcohol)
- Treat yourself to a dessert
- Sample flavors in an ice cream store
- Suck on a piece of peppermint candy (or other flavors that you like)
- Take a bubble bath
- Put clean sheets on the bed
- Pet your dog or cat
- Have a massage or soak your feet
- Put a cold compress on your forehead. Or wrap your face in a very warm, damp facecloth
- Call a friend
- Hug someone

Self-soothing strategies are one part of managing in a crisis. Ideally, self-soothing occurs along with being honest and realistic about your situation and with problem solving. **Self-soothing without problem-solving leads to avoidance** (e.g., emotionally-driven eating, substance abuse). Conversely, confronting yourself about problems without being able to self-soothe can lead to reduced self-esteem, increased depression and heightened anxiety. Consider whether you self-soothe too much (thereby creating crises by avoiding problem-solving), or if you rarely self-soothe (because you feel guilty and believe you don't deserve it).

Remember, you may not feel better until you've found resolution to the crisis or problem with which you are dealing. One sign of success, however, is managing in a crisis by using distraction and self-soothing skills until you are in a better position to work on a solution.

Evaluating Your Support System

Everyone needs emotional support. People you care about and trust, whether family members or friends, play an important part in strengthening and maintaining your emotional health.

Choosing relationships with people who are supportive will help you to better manage depression.

In general, supportive relationships involve the following:

- Making efforts to understand each other (“I can really see that this is a hard time for you.”)
- Having the freedom to be yourselves
- Having fun together
- Listening without being judgmental
- Helping each other out
- Encouraging each other’s efforts
- Respecting each other’s choices, even when there is disagreement
- Having room for other interests and relationships
- Expressing yourselves in ways that are respectful

What kinds of things are important to you in a support system?

- | | |
|---|---|
| <input type="checkbox"/> mutual support | <input type="checkbox"/> time together having fun |
| <input type="checkbox"/> someone to talk to | <input type="checkbox"/> trustworthiness |
| <input type="checkbox"/> acceptance | <input type="checkbox"/> listening |
| <input type="checkbox"/> companionship | <input type="checkbox"/> encouragement |
| <input type="checkbox"/> sharing | <input type="checkbox"/> respect |
| <input type="checkbox"/> caring | <input type="checkbox"/> honesty |
| <input type="checkbox"/> commitment | <input type="checkbox"/> common and different interests |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Are you choosing people in your life who are supportive?

There are a variety of reasons why people can struggle to build and/or maintain a strong support system. Do any of these apply to you?

- Frequent self-criticism
- Language or cultural differences
- Unreliable, unpredictable or inappropriate behavior
- Difficulties with anxiety
- Not knowing how to initiate friendships
- Over dependence on one/two people

Copeland, M. (1992). *The Depression Workbook: A Guide for Living with Depression and Manic Depression*. Oakland, New Harbinger Publications

Building and Maintaining a Strong Support System

There are many different things people can do to build and maintain a strong support system. Some ideas are listed below.

- Work to better manage your depressed mood.
- Consider joining a support group for people who are experiencing depression.
- Participate in community activities.
- Do volunteer work.
- Involve yourself with a campus club or join a campus activity.
- Be a source of support for others.
- Keep in touch with trusted family members, friends and acquaintances.
- Remain open to meeting new people.
- See a counsellor if you believe you could benefit from assistance with anxiety management or other difficulties that may be interfering with your ability to connect with others.

What would you add to this list?

Copeland, M. (1992). *The Depression Workbook: A Guide for Living with Depression and Manic Depression*. Oakland, New Harbinger Publications

Talking About Depression

When people feel depressed they may begin to spend more and more time talking to others about their feelings of hopelessness or other symptoms of depression. Initially, they receive reassurance and attention. However, self-preoccupation with depressive symptoms eventually leads others to begin to distance. In turn, the individual who is depressed experiences a decrease in social rewards and support, further confirming negative and pessimistic beliefs. Others' negative responses add to depression.

An important way to begin to reduce depression is to ensure that efforts to seek support do not take the form of excessively focusing on depressive symptoms or complaining.

Begin to take notice of when you talk to others about your depression. What are you saying? Count the number of times this occurs in a day. Is there a balance between talking about your concerns and listening to others? Have you unknowingly slipped into complaining? Are there some other things you could be saying or talking about, too?

Effective Listening

An important part of successful relationships and assertive communication is the ability to listen to others. Being able to truly hear what others are communicating will help to strengthen your connections with friends and family members.

Good listening will improve your ability to maintain a strong support system and, thereby, help to reduce stress and depression.

To become a more effective listener:

- Stay focused on what the other person is saying. Try not to let your mind wander.
- Let the other person talk. Don't interrupt or try to finish someone else's thought.
- Maintain good eye contact.
- Nod occasionally to show you are engaged.
- Show facial expressions (e.g., smile when appropriate).
- Express empathy (e.g., "That must have been really difficult for you.").
- Encourage the other person to continue talking by prompting with statements such as, "tell me more" or "that sounds really interesting."
- Communicate that you understand what the other person has said (e.g., "That really makes sense to me" or by summarizing what you heard).
- Tell people when you enjoy talking with them or find a conversation particularly interesting.

Leahy, R., Holland, S. & McGinn, L. (2012). *Treatment Plans and Intervention for Depression and Anxiety Disorders* (2nd ed.). New York: Guilford Press.

Assertive Communication

What Is Assertive Communication?

Assertive communication is characterized by an ability to listen to the perspective of others and express oneself honestly and respectfully. It involves stating requests or ideas clearly and with confidence, without feeling guilty or apologizing. Assertive communicators are self-aware (i.e. know their own feelings, goals, etc.), responsible (for their own thoughts, behavior, etc.) and honest (i.e. provide consistent verbal and non-verbal messages).

What Does Learning To Be More Assertive Involve?

The following may suggest a need for more assertiveness: feeling disrespected, difficulty in taking action to achieve your goals, attempting to get what you want by trying to make others feel guilty, and feelings of resentment and helplessness.

Learning to communicate more effectively often involves better identifying and accepting your own feelings and needs, recognizing your rights, developing verbal and nonverbal assertiveness skills and practicing (on paper, with a friend, "for real") assertive communication.

How Do I Communicate?

| | PASSIVE | ASSERTIVE | AGGRESSIVE |
|------------------------------|---|--|--|
| Characteristics | <ul style="list-style-type: none"> Allow other to choose Emotionally dishonest Indirect Self-denying | <ul style="list-style-type: none"> Choose for self Tactfully honest Direct Self-respecting | <ul style="list-style-type: none"> Choose for others Tactlessly honest "Too direct" Self-enhancing |
| Goal of Communication | <ul style="list-style-type: none"> To avoid conflict | <ul style="list-style-type: none"> To express needs and feelings without guilt | <ul style="list-style-type: none"> To dominate |
| Body Language | <ul style="list-style-type: none"> Avoid eye contact Hunched shoulders | <ul style="list-style-type: none"> Maintain eye contact Relaxed posture | <ul style="list-style-type: none"> Staring Finger pointing |
| Voice | <ul style="list-style-type: none"> Overly soft | <ul style="list-style-type: none"> Firm | <ul style="list-style-type: none"> Loud |
| Feelings During | <ul style="list-style-type: none"> Anxious | <ul style="list-style-type: none"> Confident | <ul style="list-style-type: none"> Righteous |
| Communication | <ul style="list-style-type: none"> Ignored Angry at self | <ul style="list-style-type: none"> Goal-oriented Self-respecting | <ul style="list-style-type: none"> Controlling Guilty |
| Others' Feelings | <ul style="list-style-type: none"> Guilty | <ul style="list-style-type: none"> Respected | <ul style="list-style-type: none"> Humiliated |
| During Communication | <ul style="list-style-type: none"> Superior Frustrated with you | <ul style="list-style-type: none"> Heard | <ul style="list-style-type: none"> Angry Distrustful |
| Others' View of You | <ul style="list-style-type: none"> Lack of respect Distrustful | <ul style="list-style-type: none"> Respectful Trusting | <ul style="list-style-type: none"> Angry Distrustful |
| Potential Outcome | <ul style="list-style-type: none"> Your rights are violated Others achieve their goals You do not achieve your goals | <ul style="list-style-type: none"> Your rights are respected Others rights are respected Outcome negotiated | <ul style="list-style-type: none"> Others rights are violated Others don't achieve their goals You achieve your goals |
| Underlying Beliefs | <ul style="list-style-type: none"> People should not be displeased with me | <ul style="list-style-type: none"> I'm responsible for my needs I respect others | <ul style="list-style-type: none"> I have to dominate to protect myself |

Copeland, M. (1992). *The Depression Workbook: A Guide for Living with Depression and Manic Depression*. Oakland, New Harbinger Publications

Assertive Communication

How Should I Prepare For Assertive Communication?

- Determine the problem (e.g. "I need help cleaning the apartment")
- Determine how you feel about the problem (e.g. tired, annoyed more help hasn't been given)
- Determine your rights (e.g. right to have roommate help clean the apartment)
- Determine what you want (e.g. roommate to do her own dishes, clean bathroom every second week, dust weekly)
- Designate a time to assert yourself (e.g. "I'll talk to my roommate tonight at supper")
- Practice asserting yourself (e.g. "I'm feeling tired of housework and would like more help. Can you,")
- Assert yourself by stating the problem, your feelings, what you want and the consequences (e.g. "I'm feeling tired of housework and would appreciate more help. I'd really like to see us work something out. It would work for me if you could do your own dishes, clean the bathroom every second week and dust the apartment weekly. I'll do my dishes, clean the bathroom every other week and vacuum... What do you think? ...It's too hard to live here and focus on studying if I have to do all the housework. I'll have to find another apartment if we can't work something out.")

Copeland, M. (1992). *The Depression Workbook: A Guide for Living with Depression and Manic Depression*. Oakland, New Harbinger Publications

What is a Healthy Relationship?

For most people, fostering satisfying personal relationships is an important part of life. A close relationship with a friend, family member or an intimate partner can bring a sense of security, enjoyment and fulfillment. At the same time, no relationship is perfect. Everyone experiences conflict and feelings of frustration and dissatisfaction at some time or another.

There are some common features of healthy relationships. These include the following:

- having the freedom to be your own person
- having room for your own interests and other relationships
- being able to make your own choices without pressure or coercion
- being able to express yourself in a way that is respectful of you and the other person
- trying to understand and accept the other person's feelings and opinions, even when they are upsetting to you or you disagree with them

How Can I Communicate More Effectively?

- Use "I" statements (e.g. I think/feel/need/would like/want/would appreciate...). Be specific about exactly what you want. Requests, not demands, work better.
- Use "you" statements to express empathy (e.g. "You seem tired."), not to blame or judge ("You're lazy:").
- Stay on topic. Letting the conversation get sidetracked delays resolution.
- State problems in terms of their impact on you (e.g. "I felt sad when you forgot my birthday."). "You" statements (e.g. "You forgot my birthday.") can often result in a defensive response.
- "We" responses suggest a willingness to negotiate and be involved in creating a solution (e.g. "We could brainstorm about this issue.").
- When someone responds to an assertive request with very intense emotion, it is sometimes helpful to delay further discussion (e.g. "I can see that you're very upset. Let's talk about this after supper.").
- Facilitate further discussion by acknowledging the other person's point of view, even if you don't agree with it (e.g. "I can see how you might think that I'm being stubborn.").
- Be aware of your body language. Look people in the eye and assume an "open posture."
- Avoid apologizing for your request; it waters down your message.

We all have particular ideas about what a healthy relationship involves.

Many people see the following as important:

- respect
- emotional closeness
- trust
- spending time apart
- appreciating the other's qualities
- common, as well as different, interests
- talking and listening
- nonviolence
- affection
- willingness to work on problems together
- honesty
- enjoying time together
- taking responsibility for how you might contribute to relationship problems
- commitment
- similar basic values
- belief that the other person is responsible for his/her own life

Choosing healthy relationships helps people manage, overcome and prevent depression.

Fighting Fair

We all have disagreements. There are times when we argue with friends, roommates, professors and partners. The challenge is to manage conflict in a way that is respectful and productive. Here are some tips to help you maintain healthy relationships by improving the quality and outcome of your arguments.

Be calm

Take time to settle down. Clarify what you are angry about and what you hope to get out of the discussion (e.g., negotiate a different way to share groceries; have a professor explain why you received a lower mark than you expected). If possible, have the discussion when you and the other person have privacy and time to talk.

Avoid “losing it”

Although the saying goes, “sticks and stones will break my bones...”, some words can actually be very damaging. Try and avoid saying things that are hurtful or that you might feel in the moment, but not in the long run (e.g., “I hate you!”, “I can’t stand living with you”). Avoid yelling. Do not use physical force or verbal threats. Take a break to cool off if you need it.

Accept responsibility

Take responsibility for your part in the conflict (e.g., yelling back). Resist blaming.

Don’t wait too long

Talking about what is bothering you. In intimate relationships, grievances can build and fester, making the situation worse.

Stick to the point and stay in the present

Avoid using the argument as an opportunity to raise issues from the past.

Don’t talk about leaving

Threatening to leave in the heat of an argument is hurtful, results in the other person questioning your commitment to the relationship and undermines efforts to resolve the issue at hand.

Respect feelings

Avoid the temptation to tell the other person that what they feel or think doesn’t make sense or isn’t justified. We all have the right to feel the way we do. Focus on describing yourself and your feelings (e.g., I felt frustrated when I was left waiting for 20 minutes).

Listen

Take turns speaking. As difficult as it is, often the most helpful thing you can do in a disagreement is work to really listen to what the other person has to say. Communicating that you understand (without necessarily agreeing) often diffuses anger and helps people work toward a shared resolution.

Agree to disagree

In many circumstances, it is reasonable to express an opinion without needing the other person to agree or change their position.

Recognize that there might not have to be a winner or a loser

The outcome could be a compromise, or it could involve both parties admitting some fault. If you get your way, don’t gloat or rub it in. Respect the strength it took for the other person to concede.

Allow the discussion to end

When the discussion is finished, resist the temptation to add comments or have the last word. Know when to put it to rest.

Cobb, N. (n.d.). *Fair Fighting Rules for Couples*. Retrieved from: <https://www.nathancobb.com/fair-fighting-rules.html>

Kelly, D. (2015, February 20). *The 8 commandments of Fighting Fair*. Retrieved from: <https://www.google.ca/amp/s/www.realsimple.com/work-life/family/relationships/how-to-fight-fairly%3famp=true>.

Saying You Are Sorry

At some time or another, we all do things that hurt others. Showing up late, making an insensitive comment or accidentally damaging something can put a rift in a relationship. It's the act of apologizing that often re-establishes goodwill. An insincere, poorly delivered apology, however, does more harm than good. Learning to apologize well goes a long way toward maintaining satisfying relationships.

When to apologize

The very best time to apologize is as soon as you realize you've done wrong. It can be tempting to try to relieve guilt by letting time pass, making an excuse, blaming others or even lying. However, your impulse to wait or avoid is a strong signal to you that it's time to act honorably. While it's often uncomfortable, or even difficult, it's worth doing.

When not to apologize

Some people find themselves constantly apologizing, even when they've done nothing wrong. If you find yourself apologizing for things beyond your control (e.g., someone's bad mood, the limits of your own time, your parents' decisions), then it's time to stop. This "false apologizing" distracts attention from real issues, waters down real apologies and sends you and others the (incorrect) message that you are responsible when you're not.

How to apologize

1. Acknowledge that you've done something wrong. Tell the person you have wronged the extent of the offense. Start by saying what you did, using accurate language. Accept responsibility.
2. Explain what you've done. Don't make excuses. When you explain why you did what you did, both you and the person you've wronged can have increased confidence that it won't happen again.
3. Express your regret. Apologies have little meaning when they are offered without an expression of sincere remorse. Telling someone you've wronged, "I'm sorry you feel hurt" removes blame from you and leaves the other person feeling even more offended. Say, "I'm really sorry for my hurtful actions. I shouldn't have done that and I won't do it again."
4. Make amends. Once you've apologized it's time to make reparations (e.g., start showing up on time, stop making hurtful comments, replace the item you damaged). Ask, "What else can I do?" When an injured party feels listened to and valued, you've gone a long way toward repairing relationship damage.

Once you've apologized

Offering a sincere apology should help you feel better about yourself because you have been brave, honest and committed to making a relationship work. You've also shown a willingness to accept your own imperfections and a desire to do better next time. Forgive yourself and move on. Remember, though, that no matter how real the apology, the person who has been wronged always retains the right to forgive or not.

Beck, M. (2004, September). *Always Apologize, Always Explain*. O: The Oprah Magazine, pp. 105-108.

MindTools (2020). *How to Apologize: Asking for Forgiveness Gracefully*. Retrieved from: <https://www.mindtools.com/pages/article/how-to-apologize.htm>.

What To Do When There Is Relationship Trouble

In all relationships there will be times when you feel closer to each other than at other times.

Help yourself manage depression by watching for and responding to the signs that a relationship is in trouble.

Signs of relationship trouble

- you stop talking and listening to each other
- substance abuse/problem gambling
- excessive jealousy
- cheating
- controlling behavior
- lying
- frequent criticisms
- emotional abuse
- non-mutual use of pornography
- physical abuse
- you stop seeing your family and friends
- sexual abuse
- not feeling understood
- not feeling supported
- not feeling appreciated

What to do when there is relationship trouble

- Trust your instincts.
- Live by your own values. It is important to be true to yourself.
- Talk to people you trust.
- Seek professional help if you have questions about whether couple counselling could be helpful.
- Let it be ok if your partner will be upset, angry, sad or lonely if you break-up. Relationship break-ups are difficult and stressful experiences. It makes sense for people to react when someone leaves. Trust that, as an adult, your partner can find a way to cope without you.
- Seek professional help right away if your partner threatens to hurt you or him/herself if you end the relationship.
- If you have questions about whether there may be abuse in your relationship, check it out with a counsellor.
- If you know you are in an abusive relationship, seek help to leave.
- Maintain your supportive relationships with others and accept their help.
- Seek reading material about healthy relationships.

When a Relationship Ends

When an important relationship ends it is one of life's most stressful occurrences. Grief is the most common response to this type of loss. In fact, grieving the end of a close relationship is adaptive; it is neither a weakness nor a thing to be avoided.

The grief you feel after a break up may be complicated by prior experiences of loss, traumatic events surrounding the relationship (e.g. physical violence), a history of difficult relationships, or other social or personal factors (e.g. lack of social support). It can be especially helpful to seek assistance when a grieving process is complicated by other factors or events.

Some normal reactions to the end of a relationship include:

| THOUGHTS | FEELINGS | BEHAVIOURS | PHYSICAL SENSATIONS |
|-----------------|-------------|-----------------------------|----------------------------|
| disbelief | anger | crying | dry mouth |
| confusion | guilt | social withdrawal | chest pain |
| preoccupation | relief | sleep disturbance | lack of energy |
| misgivings | anxiety | absent-mindedness | tightness in your throat |
| second thoughts | sadness | appetite disturbance | weakness in your muscles |
| "what ifs" | hopefulness | restless over-activity | hollowness in your stomach |
| | loneliness | dreams of the other | headaches |
| | resentment | avoiding going to classes | |
| | abandonment | treasuring reminders of the | |
| | emptiness | other | |

Immediately following a breakup, many individuals report experiencing a period of numbness or shock. This may occur whether the loss was anticipated (as in the case of a mutual decision to separate after repeated discussions), or was unexpected (as in the case of one partner suddenly announcing the dissolution of the relationship).

Following this period of shock, people may experience a time of intense emotional upheaval, during which the full impact of the loss may be experienced. Here, your emotions may be overwhelming and temporarily interfere with your academic, social, or family life. The severity and duration of a grief reaction will vary from person to person.

For most people, the intense emotional pain of grief subsides. Eventually, energy is refocused on the future and new relationships.

If your grief response does not gradually lessen in intensity or, over time, continues to interfere with your academic, social or occupational functioning, then you may benefit from receiving assistance. Avoid letting difficulties resolving grief turn to depressed mood.

What To Do When A Relationship Ends

- If your relationship is over, it's normal for it to hurt. Give yourself some time to recover.
- Work to identify and accept all of your feelings. This is a difficult, yet vital, part of the grieving process.
- Give some form of expression to your feelings. Release jealousy, anger and sadness in ways that won't hurt you or others. Talking and crying about your experience can often help vent pain.
- Make a conscious decision to maintain a positive view of yourself. Another person's actions (e.g., decision to leave the relationship) are not a reflection of your worth. Loving and respecting yourself will help you to weather the storm of a breakup and make healthy choices in the future.
- Take action and make choices that are good for you. For example, you may feel better if you put away reminders of the relationship (e.g., photos, mementos) or decide not to listen to sad songs.
- For many people, it is difficult to leave a romantic relationship and become "just friends." Ask yourself whether it is realistic or in your best interests to pursue a friendship once the romantic commitment is gone.
- Reassure yourself that it is normal for feelings to take an "up and down" course. Some people describe experiencing their emotions in "waves" or "bursts" over time. Some days will be better than others.
- Stay focused on yourself. Over-focusing on your ex (e.g., ruminating about why she left, wondering if he is dating again) will drain you of the energy you need to help yourself feel better.
- Be careful of "rebounding". In the early stages of grief many people feel lonely and anxious about being alone; most, however, are not yet emotionally ready to make a meaningful and satisfying connection with someone new.
- Take care of your physical health. Try to eat nutritious meals, get enough rest, and exercise moderately.
- Seek and accept support. Some people believe they need to be "strong" and independent. This, however, is an unrealistic expectation. Allow those around you to provide comfort during this difficult time.
- Make a conscious decision to get through your grief.
- Give yourself permission to enjoy life, laugh and have fun. Continue to do the things you like to do. An important part of recovery involves experiencing all of your feelings, including hope and happiness.
- As you begin to feel better, take an honest look (without burdening yourself with excessive anger, guilt or blame) at yourself and the relationship. What did you learn? How did you really feel about yourself in your relationship? How do you want to be in your next relationship? What will you look for in a partner?
- Get professional help if you are finding it difficult to cope on a day-to-day basis, are using drugs or alcohol to deal with your pain, are being stalked by/are stalking your ex, if you fear hurting yourself or another, if there was violence in your relationship, or if you tend to sacrifice your identity for your partner.

Ready to Start Again?

After the break-up of an important relationship it is natural for it to take some time before you move forward with developing a new relationship. Once you feel ready to seek a new relationship, you may wish to consider the following questions:

1. Are you feeling good about yourself? Liking who you are is a crucial part of finding and maintaining a healthy relationship.
2. Do you like spending time with you?
3. Are you engaging in activities that offer opportunities to establish new friendships and acquaintances?
4. Do you assume that because someone is interested in you that s/he will be a good partner? Remember that you should be choosing, too.
5. Are you giving yourself a chance to really get to know a potential partner? True intimacy develops over time.
6. Do you use your instincts and listen to your own reactions about a person's suitability for you?
7. Do you believe a new relationship will heal past hurts?
8. Do you tend to over-focus on your partner's needs and ignore your own?
9. Can you move on quickly and gracefully when you determine a relationship is not right for you?

What I Will Look For in my Next Relationship

What qualities do you want in a partner or friend? Use your responses to this section to guide your choices.

| | | | |
|---|--|--------------------------|--------------------------|
| <input type="checkbox"/> trust | <input type="checkbox"/> similar values | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> fun | <input type="checkbox"/> freedom to be myself | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> time together and apart | <input type="checkbox"/> listening | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> respect | <input type="checkbox"/> emotional closeness | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> commitment | <input type="checkbox"/> understanding/support | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> willingness to work on problems together | <input type="checkbox"/> talking | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> honesty | <input type="checkbox"/> no violence | <input type="checkbox"/> | <input type="checkbox"/> |

When you begin a new relationship, refer back to this list.

- Are you being true to yourself?
- If you find yourself with someone who doesn't have the qualities you've outlined here, carefully examine what is happening for you.
- It's your right to leave a relationship that's not good for you.