



Somerset
NHS Foundation Trust

Depression and low mood workbook



Learning Disability Psychology Service

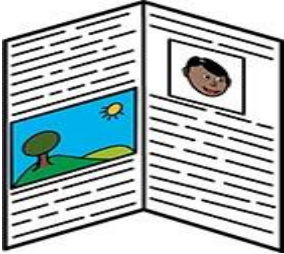
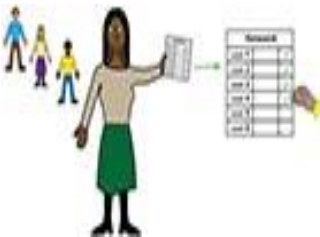


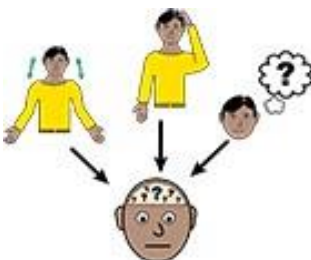
outstanding care
listening and leading
working together

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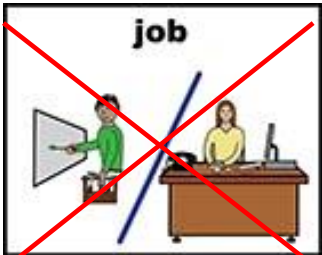
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	This booklet is about depression and low mood
	This booklet is about things that you can do to feel better
	This booklet has 7 sections.
	Have a look at each section and work on parts which seem most useful to you.
	Take some time to think about the things you read in this booklet
	Try to complete the tasks suggested in this booklet

What is depression?	
feeling low 	Feeling low or down sometimes is normal. Many people feel like that sometimes.
help 	When you feel low most of the time, you may need help.
depressed 	Depression is an illness. People with depression may feel very sad, anxious and worried most of the time.
	People with depression may lose interest in things they used to enjoy.
	Depression affects how you think, feel and behave.

What causes depression?	
	Depression is caused by a mixture of different factors. These factors can be biological, psychological or social.
Biological factors	
	It is possible that depression is genetic. It means that if a member of your family had depression, you may be more likely to have it too.
	Depression may be caused by chemical imbalances in the brain. Antidepressant medication can help with the chemical imbalances.

Social factors	
 hair pulling	Physical or sexual abuse in childhood.
 no money	Poverty
 job	Unemployment
 poor housing	Poor housing
	Debt

Psychological factors	
	Difficult experiences in childhood for example being bullied or abused.
	Low self-esteem. Self-esteem is what you think about yourself. Low self-esteem means thinking that you are not good enough.
	People with depression may think bad things about themselves for example that they are stupid or not worthy of love.
	People may become depressed when something bad happens to them for example they lose somebody they love.

What can trigger depression?



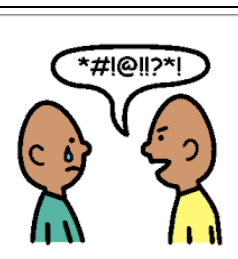
Some stresses in life may make people more likely to have depression.



Look at the list below and tick the things that happened to you recently

Which stressful things happened to you recently? (circle the answers below)

funeral	Death or illness in your family	yes	no
home	Moving home	yes	no
relationship	Realationship break-up	yes	no

	Health problems	yes	no
	New placement	yes	no
	Money worries	yes	no
	Problems with your housemates or neighbours	yes	no
	New carers	yes	no
	Being bullied and criticised a lot	yes	no
	Being abused, neglected or ignored	yes	no

What can I do to feel better?



Use self-help resources, for example, this booklet.



If you feel that you need more help you can be referred to psychology service or talking therapies.



Antidepressant medication can help reduce some symptoms of depression.

STOP and THINK

(Take a few moments to think about your depression)

What do you think may have caused your depression?



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What may have recently triggered your depression?



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What you do when you feel very low?



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What helps you to feel better when you are feeling very low?



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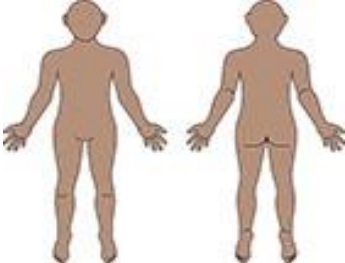
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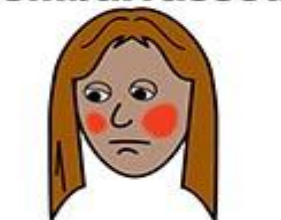
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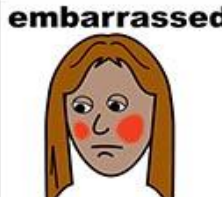
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How can depression affect you?	
	Depression can affect your mood
	Depression can affect your body
	Depression can affect your behaviour
	Depression can affect your thinking

How can depression affect your mood?

depressed 	You may have low mood and feeling fed up.
	You may feel guilty about letting yourself and others down.
	You may feel anxious and worried about things you have done or should do.
	You may feel angry at yourself or others
embarrassed 	You may feel embarrassed about having depression

How I have been feeling in the past few weeks? (circle the answers below)

	Feeling low or sad	yes	no
	Feeling worse in the morning	yes	no
	Not enjoying things as much as before	yes	no
	Feeling guilty	yes	no
	Feeling worried	yes	no
	Feeling angry or irritable	yes	no
	Feeling ashamed	yesyes	nono

How can depression affect your body?



You may have problems with sleeping.



You may have some problems with your appetite.



You may gain weight or lose weight



You may have less energy and you may feel tired



You may have some physical pain more often e.g. headache

What physical symptoms I had in the past few weeks?

(circle the answers below)

	Problems with sleeping	yes	no
	Problems with appetite	yes	no
	Changes to my weight (gain or loss)	yes	no
	Having less energy and feeling tired	yes	no
	Having physical pains more often e.g. headache	yes	no

How can depression affect your behaviour?



Avoiding people and social situations



You may not want to take care of yourself



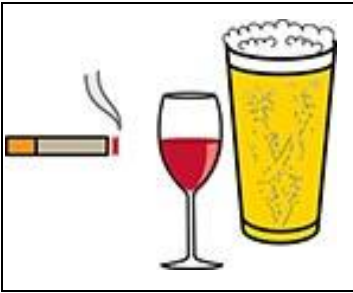
You may not want to eat well



You may not want to do things you used to enjoy



You may not want to do house work anymore

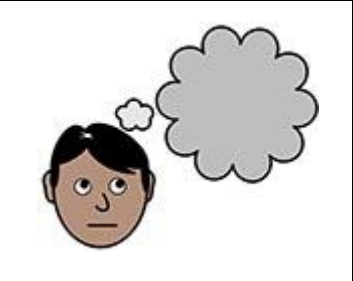
	You may be smoking or drinking alcohol more
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What are my unhelpful behaviours in the past few weeks?
(circle the answers below)

meeting people 	Avoiding people and social situations	yes	no
	Not caring about your personal care	yes	no
healthy eating 	Not eating well	yes	no
	Not doing things I used to enjoy	yes	no
	Not wanting to do house work	yes	no

	Smoking or drinking more	yes	no
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Depression can affect the way you think

	You may have many unhelpful thoughts
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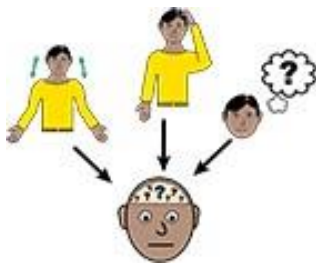
What are my unhelpful thoughts in the past few weeks?

(circle the answers below)

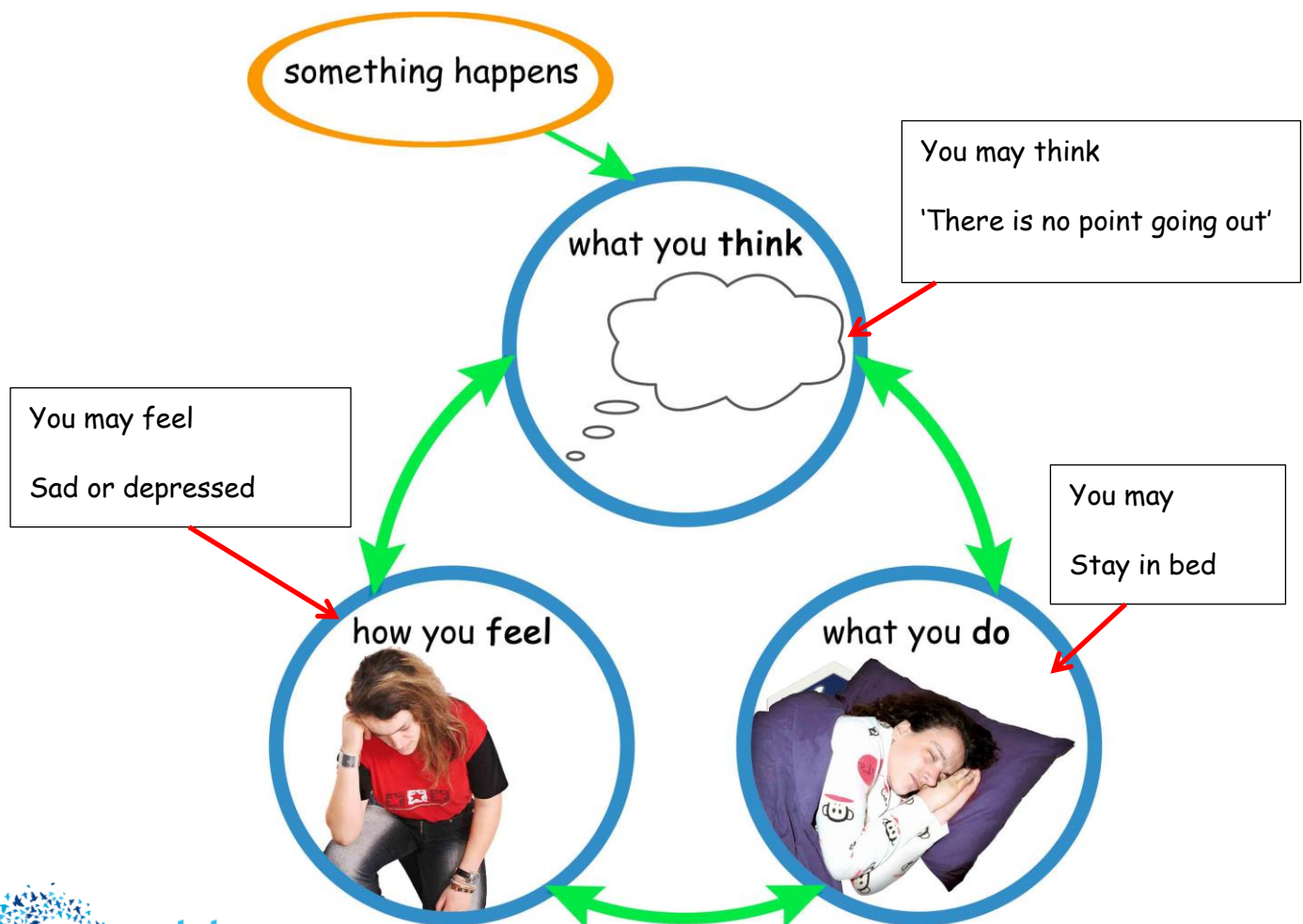
I think that I am useless	yes	no
I see the worse in situations	yes	no
I think that the worse will happen	yes	no
I think that others think bad things about me	yes	no
If things go wrong its all my fault	yes	no

I can't do anything right	yes	no
I don't like myself	yes	no

Understanding depression

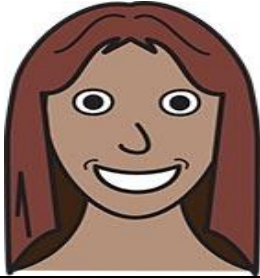


Depression affects how you think, feel and behave. See below.



What can I do to feel better?	
	Make positive changes to what you do. For example be more active
	Work on your unhelpful thoughts
	Try to think about solutions for your problems

Making the positive changes to what you do	
	Doing less things and avoiding activities you used to enjoy, can make you feel more depressed.

	Doing activities you enjoy and being active can make you feel better.
	Fill in the activity record below to see how active you are and what you enjoy doing and what you would like to do more of.
	Write the things you did each day in the morning, afternoon and evening.

DAY	MORNING	AFTERNOON	EVENING
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

	The next step is to plan what you are going to do.
	To start you can plan to do more of an activity you enjoy or you can try an activity you did in the past.
	Try to include physical exercises. For example walking, swimming, dancing, gym.
	Spend some time with nature. For example go for a walk to forest or by the sea.
	Fill in the planning form below to see what things you would like to do.

Things I could do	When? (for example, on Mondays)	How often? (for example, once a month)
	Watching my favourite programme	
	Going to cinema	
	Going out with friends	
	Creative activities	
	Keeping a diary (writing how you feel and what you did during the day)	

Things I could do		When? (for example, on Monday)	How often? (for example, once a month)
	Exercise		
	Spending time with nature		
	Relaxing bath or shower		
	Dance		
	Other things (write your ideas)		

Work on your unhelpful thoughts	
	Take time to think what are your unhelpful thoughts.
	Write on the workseets below about your thoughts.



my thoughts about me that
are not nice

- you can write these thoughts
- you can draw these thoughts



my worrying thoughts
about me

- you can write your worrying thoughts
- you can draw your worrying thoughts

Worksheet taken from Hassiotis et al. (2012). *A manual of Cognitive Behavioural Therapy for People with Learning Disabilities and Common Mental health Disorders*. London: Pavilion Publishing and media Ltd.



my worrying thoughts about
things that will happen

- write your worrying thoughts
- draw your worrying thoughts

Worksheet taken from Hassiotis et al. (2012). A manual of Cognitive Behavioural Therapy for People with Learning Disabilities and Common Mental health Disorders. London: Pavilion Publishing and media Ltd.



a different way of thinking



when I find myself thinking

my **unhelpful thought**



I will say **STOP** (to myself)

I will then think of a more **helpful thought**



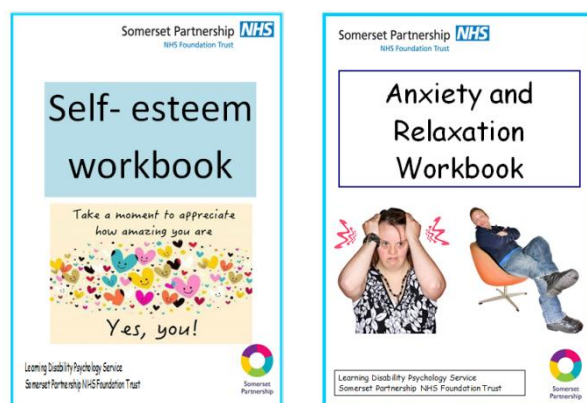
I will repeat the helpful thought _____ times

Try to think about solutions for your problems	
	Identify the problem
	Think how can you solve the problem
	Work out a plan
	Do the things you planned
	Fill in the worksheet below

Problem	What can I do to deal with the problem?	Good things about this	Bad things about this
For example, I want to go to cinema but I feel very anxious about that.	1. I can ask a friend to go with me	1. I will catch up with my friend and watch a good film. This will make me feel better.	1. My friend may not want to watch the film I want to watch.

What other support is there?	
	You can contact your GP and ask for more help
	You can use other self-help books.
	You can contact 'talking therapies' or psychology service to ask for more help
	There are many websites that you may find useful. See below: • Samaritans www.samaritant.org.uk • Action for depression www.actionford Depression.org • Breathing Space www.breathingspacescotland.co.uk • Stress www.stepsforstress.org • Mind www.mind.org.uk

You may also want to try other books created by our psychology team.



Your local learning disability teams:

Mendip	Sedgemoor and West Somerset	South Somerset	Taunton
Tel: 01749 341157	Tel: 01278 720255	Tel: 01935 846404	Tel: 01823368513

This workbook was created by Somerset Partnership NHS Foundation Trust Learning Disability Psychology Service.

Thanks to  for the use of their image bank © LYPFT
www.easyonthei.nhs.uk

Some of the worksheets used in this workbook are from Hassiotis et al. (2012). *A manual of Cognitive Behavioural Therapy for People with Learning Disabilities and Common Mental health Disorders*. London: Pavilion Publishing and media Ltd.

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