



BRAIN HEALTH for all, for life.



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

FIGHTING DEPRESSION



Want to talk through the video or worksheets?

*Live support available on the
Well-Being Support Line*

303-724-2500

Call or Text

- Counselors on the Well-Being Support Line are here to talk through content, process your thoughts, or give you other ideas to try!
 - Available M-F 8:00 a.m. – 7:00 p.m
 - Saturdays 9-11 a.m. and Sundays 4-7 p.m.



How depression attacks

- Isolate a target
- Weaken ability to fight back
- Have a good propaganda campaign
- Take away hope and meaning

How to fight back

- Decrease isolation
- Improve coping
- Strengthen Defenses/Behavioral Activation
- Challenge the negative voice (propaganda fighting)
 - Challenge Depressive Communication
 - Challenge the Depressive Filter
- Find hope and meaning

Decrease isolation

- Spending times with friends
Who is supportive? Who can I be real with?
- Join an activity group
- Stay out of room and house
- Support groups
- Therapy

Improve coping

- Pinpoint major stressor(s)
- Is there anything I can do right now (or soon) to feel better about these major stressors?

If yes: Do it! Problem solve. Break the problem(s) down into smaller parts and make a plan.

If no (or very limited means to impact directly): Recognize this is largely not in my control. How can I take care of myself through this?

- And look out for rumination!

Strengthen defenses/Behavioral Activation

- Do activities you (used to) love
- Exercise
- Get out of house
- Do mastery activities
- **OPTIONAL COMPANION EXERCISE**
Pleasant Events Scheduling

Recognizing depressive propaganda

- Tend to be extreme thoughts
Worthless, hopeless, helpless, forever
- Depression Propaganda Tricks
Rumination
Focus on failure
Focus on negativity
Filter the environment

Fighting depressive propaganda

- Step 1: Notice depressive thoughts
When and where are they most likely to occur?

Depression, you are not the boss!
Depression I see your trick!

Fighting depressive thoughts

- Step 2: Challenge them using logic and facts
 - *What was a time this was not true?*
 - *What was a time I did a good job?*
 - *How will I think about this in a month? A year?*
 - *What is the best, worst and most likely outcome?*
 - *What is something I can tell myself that is kinder and/or more helpful?*
- **OPTIONAL COMPANION EXERCISE:**
Talk Back to Depression using ABCs

Fighting the depressive filter

- Consciously focus on the positive events / outcomes each day / moment
- Consciously focus on the positive aspects of yourself / Practice giving self credit for 3 things every day
- Make your plate manageable / each day have victories

Reconnect with hope and meaning

- See growth
- See progress
- Help find meaning
- Reflect on your important values and set goals accordingly
- **OPTIONAL COMPANION EXERCISES:**
 - Values Card Sort
 - Values Guided Action Plan

THANK YOU



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