Depression Session 4
Guide slides 1-6, Planning your day chart, List of pleasant activities

TOPICS	MATERIALS	ADVISOR TEXT
Introduc-tion to session	Guide1 How depression works visual	1.You remember this diagram of how depression works. Bad things that have happened to you in the past, or current stresses, affect how you think about things and about yourself. 2.These thoughts affect how you feel and how you feel affects how you act or behave. 3. When you THINK bad or negative things you are going to have depressed feelings. 4.When you are feeling depressed you tend to withdraw from other people and not do things that might make you feel better. And then you feel more depressed. We call this a vicious cycle. 5. Today we are going to talk more about how changing the things you do will help you get better control of your moods.
Review Take Home Project progress	Guide 2 Take home project sheet Completed Moods and Thoughts Cards List of pleasant activities	1.How have your moods been? Let's look at the pleasant activities that you did. What were you able to do? Which ones did you do each week? When were you able to do them? What was your mood like on the days you did the activities? What did you list on your moods and thoughts cards? *Look for relationship between activity and mood and reinforce.* 2. How much did you enjoy the activity ? Did any obstacles get in the way ? How will you plan for that in the future? Did you check off other activities you did? How did you feel afterward? The things you do will help you to reduce depression. *If she didn't do homework negotiate on what activity she could do. When can she do it? Remind about importance of home project.*
Making a plan to overcome depression	Guide 3	1.Your actions can help you overcome depression but you need a plan. A plan needs to include thinking about the positive things about yourself , rewarding yourself, and working towards goals. When we are depressed it is hard to think about the future. But achieving goals is one way to feel better about yourself. 2.What goals or hopes do you have for yourself? What goals do you have for before the baby arrives?
Steps to reaching goals	Guide 4	1.When we are depressed it is often harder to set and meet goals. There are things you can do that make it easier to reach your goal: 2.First, your goal needs to be one that will be clear when it is reached. An example of this is "I will spend a half hour every day doing something pleasant with my child" instead of "I will be a good mother". 3.Second, if you want to reach a big goal, you may have to start with small steps *Use her goal from*

		above and break down into steps 4. Lets try to make a plan for you to achieve one of your goals. What goal is a priority that you would like to achieve? You need to start by thinking about what steps you have to take first to make this goal happen. Large goals need to be broken down into small steps. 5.What are some steps towards your goal that you can do this week? How about next week?A plan for the week may help you find the time to do the steps toward your goal.
Organizing daily routines in a weekly plan	Guide 5 List of routine tasks Weekly schedule plan	1.If you try to have a plan for each day you will get more done and feel better. Your kids are easier to live with if you have regular family routines. Look at this list and let's try to plan a week. *Assist the woman in filling in on a weekly chart when regular activities occur, when she will work on steps toward her goal, and when pleasant activities will occur.* 2.What are some things that need to be done everyday? What goals do you want to accomplish this week. How will you reward yourself? When will you schedule pleasant activities? 3.Try to follow this plan over the next 2 weeks.
Take Home Project Closure	Guide 6 Plan for week(2 pleasant activities) List of pleasant activities Keep track of moods and thoughts	1.Follow the plan that we made today for the coming two weeks. 2.Try to keep track of the pleasant activities that you do on your list of pleasant activities, at least 2 each week 3.Note what your moods are like. You made a good plan today. I am looking forward to seeing how your plan works. How are you feeling about it?