HANDLING DIFFICULT FEELINGS: SADNESS AND DEPRESSION

Unit DF1

The primary focus of these resources is awareness and self-management of symptoms relating to sadness and depression. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by DBT mindfulness activities, coping and distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.

- This unit teaches specific self-management skills.
- This unit provides many opportunities for problem solving.
- This unit includes multiple Motivational Interviewing (MI) tools.

1	Mindfulness moment 5	FFT Masks 10	Pre8SL - Making a career out of it 20	Worksheet - Where do you stand? 15	Skill (about 10 minutes)
2	Mindfulness moment 10	Worksheet - Aging and sadness 35-40			Skill (about 10 minutes)
3	Mindfulness moment 10	F6.1 SL Sadness and depression 40			Skill (about 10 minutes)
4	Mindfulness moment 10	F6.2 SL Sadness and depression 40	Worksheet - Past successes 10		
5	Mindfulness moment 10	Worksheet - Sadness and depression #3 - here and now 30-35	FFT - Chris' pain 10		Skill (about 10 minutes)
6	Mindfulness moment 5-10	Worksheet - Situational Confidence for Depression, 30	CF3.3 Dealing with tough feelings, #3 15		Skill (about 10 minutes)
7	CF20.6c Activity - Handling difficult situations #6c SL 20	Worksheet - Planning for change - summary and action plan (difficult feelings) 20-25	Skills - Rob to provide (about 5 minutes)		
8	Mindfulness moment 5	Worksheet -Brief self-check (sadness and depression scale) 10	F12SL Feelings Summary 45		
10	Brief review activity - depression and the veteran. 5	TP6SL - At this point 45	Skills/FID 5	Confidence self-efficacy assessment 5	

Key summary elements:

- Lesson #9: TP3 - The new reinvented you
- Lesson #10: TP6SL - At this point (major summary) - also included in Unit DF-2
- Lesson #10: F12SL - Let's talk about feelings (feeling summary)

OUTCOMES

- "Build a life worth living." (Linehan)
- Participant functions successfully in daily living - and has the skills and motivation to maintain positive functioning.
- Envision and pursue positive life goals. Deal successfully with ordinary problems.

Improved general functioning through implementation of self-management skills and practices.

- increased awareness of issues relating to feelings and symptoms. Primary emphasis is sadness and/or depression.
- increased acceptance that these feelings may have influenced some of their past issues and choices
- increased acceptance that these feelings and symptoms may be influencing some of their current issues and choices
- development of selected options for dealing more effectively with the above
- In practice against internal and external high risk situations presented in scenarios provided, demonstrate repeated successful coping
- demonstrate competence at problem solving skills (versus specific situations).
- assessment of personal situational confidence in dealing with these specific areas.
- key outcome is that they have the motivation - and an actual action plan - to handle some of these issues more successfully going forward.

ADDITIONAL GOALS

- documentation of increased importance, confidence, and readiness for key changes (as assessed by MI-instruments and behaviors).
- positive social integration and functioning now, and going forward.
- note specific steps they will take, and areas for further development
- preparation for effective community and social reintegration going forward.
- effective self-management continue to maintain positive and pro-active physical and mental health behaviors going forward.
- Through completion of behaviorally-stated objectives, demonstrate effective implementation and action plans for successful integration of key strengths and protective factors targeted by program.

In more than 10,000 scientific studies, the advantages of taking time to pause in one's life, as is done with mindfulness and meditation, have proved to help people live happier, healthier lives.