

## 2010 Depression Mgmt Action Planning

19Jul2010; 1Sep10

- 1) Action planning process
  - a. Identify specific problems to work on: attitude, self-awareness, distorted thinking, sources of stress, etc.
  - b. Identify actions/interventions to correct the problems: mental rehearsal, assertiveness training, job change, etc.
  - c. Create a SMART plan
  - d. Work the plan
  - e. Review results periodically and modify plan as necessary
  
- 2) Planning and Goalsetting – There are different types of plans you can put together to address your particular situation. If you are under stress then a Stress Reduction Plan might make sense. If you are about particular situations like marital conflict, then a Coping Plan for Specific Situations might make sense. The WRAP Plan is also very helpful for reducing symptoms of depression.
  - a. Coping Plan for specific situations:
    - i. Situation – particular triggers
    - ii. Cues to cope - reminders
    - iii. When to cope – knowing when you are going down
    - iv. How to cope – knowing what you are going to do in response
  - b. Stress Reduction Plan to lower lava level (Mind Over Mood handout).
    - i. Volcano Pie
      1. Identify sources of stress from Behavior, Environment, Thinking, Physical, and Mood.
    - ii. Plan for addressing each piece
  - c. WRAP plan for improving mood (Copeland handout)
    - i. Toolbox, Activity scheduling, ...
  - d. SMART method of goalsetting. If you design goals that satisfy these criteria, you are more likely to see positive results:
    - i. Specific – be specific about what you intend to do
    - ii. Measurable – be able to measure your performance
    - iii. Action Oriented – action vs outcome goals
    - iv. Realistic – goal is possible to achieve
    - v. Timed – specify a completion time
  - e. Time required for change  
2,000 - 20,000 jabs
  - f. Structure of interventions:
    - i. Repeated, systematic
    - ii. Drill perishable skills
  - g. Exercise: Man wants to lose 100 lbs. Give some examples of SMART goals