

Cycle of Depression

RISK ACTORS

- Genetics
- Brain Chemistry
- Hormones
- Medications / Illnesses
- Substance Abuse
- Childhood Abuse

TRIGGERS
Major Loss or Divorce, Acute Illness, Family or Work Stress.

PHYSICAL SYMPTOMS
Sleep Problems, Less Energy, Reduced Concentration.

BEHAVIORS
Social Withdrawal, Less Active, Less Productive

FEELINGS
Hopelessness, Sadness

THOUGHTS
Low Self-Esteem, Negativity

headaches, sleep problem, eating, no appetite, weight loss, dizzy

isolation, eating, sleeping, alcohol, drugs, isolate, withdraw

negative thoughts, suicidal thoughts

anxiety, sad, worry

COPING STRATEGIES

- Physical Self-Care
- Relaxation Techniques
- Activity Scheduling
- Awareness of Thoughts and Feelings
- Challenging Negative Thoughts
- Planned Pleasant Activities
- Social Support
- Assertive Communication

- Medications
- Psychotherapy
- Education
- Self-Care

Cognitive model

Events
"the Facts")

Wedding
Behavior self
Other
Comments

getting arrested

thoughts

Believes
Interpret
wishes
Assumption
Expectation
Should/Not
Never / always

I did not do anything wrong
I want to die
I wish I was never born.
I should not have created a fire
I want to cause trouble,
Guilt

He don't want to be with me
I'm done w/you
He It is H. Says that I'm the only me w/a problem

moods
Feelings

Anger, irritable, rage
Anxiety, fear, panic
Sad, Depressed

Happy
Love

Keep your
self busy
call friend
Tina
569-0250

I am afraid he'll
hurt me.

My (X H) ~~heart~~
broke my heart
Why should I
trust him.

He makes me
really mad
Why is he always
right about every-
thing.

He is ~~blaming~~ me
unfairly.

I wish/hope he
will stop me from
packing/leaving
I don't want ~~to~~
to leave, but he
is pushing me to
leave, I'll punish
him.

I don't want to
leave any more
because there is
pain. He is always
right and I'm always
wrong.

Feelings / emotions	Condition thoughts.	Events / Situation "just the facts"
anger.	Assumption	Death
or	believe = religious ^{believes}	divorce.
or	superstitions	loss of child
y	Expectations	birth of child
ed	negative / positive	loss of job
xiety	negative / positive	moving
fused	negative / positive	changing jobs
ited	negative / positive	
nely - lost	fortune telling	
phes - feeling	realistic / unrealistic	
ppy - shock		
pres - guilt		
rt		

Physical symptoms

thoughts

behaviors

feelings