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Manage Depression Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Self-Assessment

2 · Causes of Depression

3 · Motivating Yourself

4 · Putting up a Plan for Coping

5 · Challenge Your Negative Thoughts

6 · Scheduling Activities

7 · Recognize Unhelpful Thoughts Around Doing Activities

8 · Add More Movement

9 · Raise Your Body Temperature

10 · Physical Contact

11 · The Power of Generosity

12 · Get Social Support

13 · Gratitude

14 · Imagine Your Best Possible Self

15 · Increase Your Feelings of Awe and Wonder

16 · Examine Exceptions to Depression

17 · Finding Your Sense of Hopefulness

18 · Identify Toxic People

19 · LIST OF PLEASURABLE ACTIVITIES

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Self-Assessment

Also called major depressive disorder or clinical depression, depression causes a persistent feeling of sadness and loss of interest. This affects how you feel, think and behave and can lead to different emotional and physical issues.

You may find it difficult to do normal, everyday activities and may even feel as if life isn't worth living.

Depression may require long-term treatment that includes medication, psychotherapy, or both.

Symptoms of depression

1. Which of the following symptoms are affecting you the most?

- ☐ A lack of interest in personal hygiene
- ☐ Conflicts with family, friends, and/or coworkers
- ☐ Constant boredom
- ☐ Constant feelings of sadness
- ☐ Constant restlessness
- ☐ Desire to be alone
- ☐ Difficulty making decisions
- ☐ Disappointment in yourself
- ☐ Drug or alcohol abuse
- ☐ Excessive use of drugs, alcohol, caffeine
- ☐ Feeling helpless
- ☐ Feeling hopeless much of the time
- ☐ Feeling like a failure
- ☐ Feeling that nothing in your life is important or worthwhile
- ☐ Feeling worthless

- ☐ Forgetfulness
- ☐ Frequent crying
- ☐ Increased irritability
- ☐ Irritation and anger
- ☐ Negative attitude
- ☐ No interest in activities that used to give you pleasure
- ☐ Physical or verbal aggression toward others
- ☐ Reckless behavior
- ☐ Significant weight change
- ☐ Strong feelings of guilt
- ☐ Suicidal thoughts
- ☐ The desire to hurt yourself
- ☐ Trouble focusing
- ☐ Trouble sleeping
- ☐ Unexplained aches and pains
- ☐ _____

2. When did you first start to have symptoms of depression? What was going on in your life at that time?

Physical Symptoms

Depression can affect your physical health as well as your emotional health.

The following are some common physical symptoms of depression:

- ☐ Back pain
- ☐ Change in appetite or weight

- ☐ Digestive problems (stomachache, diarrhea, constipation)
- ☐ Dizziness or lightheadedness
- ☐ Exhaustion and fatigue
- ☐ Headaches
- ☐ Muscle aches and joint pain
- ☐ Sleeping problems (insomnia or oversleeping)
- ☐ _____

For the next week, keep track of any physical symptoms you might experience, and rate each on a scale of 1–10, with 10 being the worst.

Date	Symptoms	Rating

When to See a Doctor

If you feel depressed, talk to your doctor or mental health provider as soon as you can. If you're hesitant to seek treatment, try talking to someone you trust: a friend, a faith leader, a safe family member, a health care professional, etc.

When to Get Emergency Help

If you have suicidal thoughts or are thinking of hurting yourself, call 911 or your local emergency number immediately.

You may also consider:

Calling your mental health professional

Calling a suicide hotline number (U.S., National Suicide Prevention Lifeline at Call or text 988 (U.S.) (Call or text 988 (U.S.)))

List the names and phone numbers of these support people below:

Safe family member(s): _____

Partner or spouse: _____

Close friend(s): _____

Neighbor(s): _____

Local crisis line: _____

Therapist(s): _____

Local hospital: _____

Causes of Depression

There are many causes of depression, and often more than one factor contributes to one's depression.

1. List any environmental factors that might be a factor in your depression. (e.g. poverty, abuse, conflict, violence, instability, neglect, unfulfilling relationships, etc.)

2. Some personality traits can make you more vulnerable to depression, such as being highly self-critical, overly passive or dependent, or highly anxious, etc. Describe your personality.

3. List any severe or long-term illness you have had in the last year that might be contributing to your depression.

4. Some medications can cause depression or make depression worse. List all the medications you have taken in the last year.

5. Drugs and alcohol can cause chemical changes in the brain and cause depression. Describe your drug and alcohol use.

6. How would you describe depression? (heavy, burdensome, debilitating, melancholic, etc.)

7. Which of the following approaches have you tried? And how helpful were they? Answer on a scale of 1 to 5, with 1 being “not very helpful” and 5 being “extremely helpful.”

Quality Sleep: Relaxing bedtime routine and at least seven hours of sleep.

Rate _____

Physical Movement: At least thirty minutes of continuous exercise per day.

Rate _____

Healthy Diet: Consuming more fruits and vegetables, using appropriate nutritional supplements, reducing processed foods and sugar, etc.

Rate _____

Stress Management: Reflecting on sources of stress in your life and seeking to reduce stress.

Rate _____

Addressing Hidden Addictions: Acknowledging your compulsive behaviors and seeking to overcome them.

Rate _____

Emotional Processing: Addressing difficult emotions, such as anxiety, anger, guilt, fear through counseling, journaling, mindfulness, etc.

Rate _____

Spiritual Practices: Prayer, meditation, involvement in a faith community, etc.

Rate _____

Other approaches _____

8. What has been your most significant challenge related to your depression? (work productivity, attending to household tasks, feeling misunderstood by others, struggling with self-esteem, etc.).

Motivating Yourself

If you struggle with depression, you're probably experiencing lethargy and a sense of hopelessness. These two debilitating symptoms can make it difficult to find the motivation to work on relieving your depression.

The following are some suggestions to help you motivate yourself. Try each technique and rate it on 10-point scale, where 1 means it wasn't helpful and 10 means it was very helpful.

Technique 1: Schedule activities

Choose a specific time each day to work on these worksheets. Write it down on your to-do list or day planner just like you would any important task.

Rate: _____

Technique 2: Reward yourself

We're more likely to commit to doing something when we experience a reward immediately after doing it. Think of some healthy ways you can reward yourself each time you finish an exercise.

Rate: _____

Technique 3: Share your commitment with other people

Letting people you trust know that you're working on a specific goal can motivate you.

Rate: _____

Technique 4: Sign a contract

Signing a contract can be an effective way to motivate yourself to make changes in life.

The following is an example:

I, (name)_____, agree to (specific behavior that you want to change)

I will begin on (date) _____ and plan to achieve
(specific goal)_____

by (target date) _____.

In order to achieve my final goal, I have created the following plan of action:

(sub-goal)_____(date to complete)_____

(sub-goal)_____(date to complete)_____

(sub-goal)_____(date to complete)_____

(sub-goal)_____(date to complete)_____

I sign this contract as an indication of my personal commitment to achieve
my goal.

(your signature)_____ (date)_____

Rate:_____

Putting up a Plan for Coping

Consider the following elements for your coping plan to make yourself feel better:

Actions:

1. What can you do?

2. Think back to the last time you felt pleasure in doing something. What were you doing?

3. What kinds of activities are you drawn to, even if you didn't try them yet?

4. What two or three things would have to change to lessen your stress or make this situation better?

- Would you have to change your circle of friends? (for example, if they all drink a lot and you're trying to stop drinking)
- Would you have to move?
- Would you have to change jobs?

Self-Talk:

1. What can you say to yourself to express self-compassion?

Personal Qualities:

1. What qualities or skills can you draw upon?

Social Support:

1. Whom can you reach out to?

2. What do your loved ones say you can do the next time you feel depressed?

Spirituality:

1. What spiritual resources can you draw upon?

2. What spiritual beliefs help you cope with struggles?

3. Do you attend religious services or engage in regular religious practices regularly? How does this help you?

4. What spiritual practices (prayer, meditation, chanting, acts of service, yoga, etc.) do you follow? How do these help?

Challenge Your Negative Thoughts

1. Identify one simple thought that you have noticed either about yourself or someone else.

The thought I want to examine is _____

2. Can you absolutely know it's true?

3. How would you react if you didn't have that thought?

4. Now turn the thought around to its opposite. Write it down.

My opposite thought is _____

5. How would you react when you believe this thought?

6. Which thought— your original or its opposite— feels more truthful? Which one serves you best? Remember, the questions aren't about changing your thoughts but about examining them.

7. Write down reasons you avoid addressing depression. Can you think of arguments to challenge those negative beliefs?

Negative belief: Addressing my depression is too much effort

Arguments to challenge it: Doing nothing will feed into depression

Negative belief: I should be able to “snap out of it” on my own.

Arguments to challenge it: Willpower is not enough to relieve depression

Negative belief: I will never get better or live a meaningful life.

Arguments to challenge it: Depression is a treatable clinical condition. A number of historical figures have suffered from it and still lived meaningful life. (Abraham Lincoln, Franz Kafka, Winston Churchill, J. K. Rowling)

Negative belief: What if I try and fail?

Arguments to challenge it: Not trying is the very definition of failure. You can take small steps toward change.

Negative belief: _____

Arguments to challenge it: _____

Negative belief: _____

Arguments to challenge it: _____

Scheduling Activities

1. What are some activities you used to do before and found so much enjoyment in doing? The following are some examples and you can add ones of your own:

Enjoyable Activities

- Taking a bath
- Playing sports
- Cooking
- Playing music
- Drawing
- _____
- _____
- _____
- _____
- _____
- _____

2. What are some activities that you're good at, or that help you feel competent? The following are some examples and you can add ones of your own:

Achievement Activities

- Washing dishes
- Doing a crossword puzzle
- Doing laundry
- Paying bills

- Reading a book
- Going to the gym
- Fixing things around the house
- Practicing a musical instrument
- Going for a walk
- Learning a new language or skill

- _____
- _____
- _____
- _____
- _____

3. What are some activities that are meaningful to you and leave you feeling fulfilled? The following are some examples and you can add ones of your own:

Meaningful Activities

- Spending time with family
- Going to church or participating in religious activities
- Spending time with a good friend
- Checking an item off your bucket list
- Making a gift for someone
- Volunteering at a local charity

- _____
- _____
- _____
- _____

Recognize Unhelpful Thoughts Around Doing Activities

What are some unhelpful thoughts that get in the way of doing activities?

Some common negative beliefs around doing activities include:

Unhelpful thought: *It will be too painful.*

Challenge unhelpful thought:

- List some manageable activities and start with those.
- See a doctor or a physical therapist to get help for any existing injuries or illnesses.

Unhelpful thought: *I don't have time for this.*

Challenge unhelpful thought:

- Use a calendar to manage your time more effectively.
- Do helpful activities for a few minutes (such as five minutes a day).
- Integrate activities into activities you already have to do (for example, start taking the stairs on your way to your office or ask a friend to go for a walk if you're going to meet them).

Unhelpful thought: *I don't have the energy for this.*

Challenge unhelpful thought:

- Work on improving the quality of your sleep to increase your energy.
- Make it a habit that becomes ingrained in the dorsal striatum and doesn't require as much willpower and energy as it does now.
- Do it with someone else to benefit from their energy and enthusiasm.

Unhelpful thought: *I don't feel like it.*

Challenge unhelpful thought:

- You don't need to feel like doing something in order to do it. Changing your actions alone can change the way you feel. Take it one step at a time: go to the gym and then make the decision from there.

Unhelpful thought: _____

Challenge unhelpful thought:

Unhelpful thought: _____

Challenge unhelpful thought:

Scheduling Activities

	MON	TUE	WED	THU	FRI	SAT	SUN
7.00 a.m.							
8.00 a.m.							
9.00 a.m.							
10.00 a.m.							
11.00 a.m.							
12.00 p.m.							
1.00 p.m.							
2.00 p.m.							
3.00 p.m.							
4.00 p.m.							
5.00 p.m.							
6.00 p.m.							
7.00 p.m.							
8.00 p.m.							
9.00 p.m.							

Add More Movement

Thinking of exercise as something you should or have to do is usually unhelpful. When you start thinking of exercise as physical activity or movement, it becomes easier to begin and maintain a movement routine.

In 2007, two researchers, Alia Crum and Ellen Langer published a study of room attendants and their exercise habits. 84 female room attendants working in seven different hotels, were told that their work (cleaning hotel rooms) is a good exercise that can help them lose weight. They were given estimates of the number of calories they burned doing various activities.

Four weeks later, the informed room attendants showed a decrease in weight, blood pressure, body fat, waist-to-hip ratio, and body mass index, compared to other room attendants.

Becoming aware of the calories-burning activities that they engage in every day gave them a head start. Realizing that they were already exercisers, they may have started cleaning more energetically than previously, adding more walking and using the stairs rather than the elevator.

1. What do you think about when you hear the word “exercise”?

2. Are there any things you usually do that also involve physical activity? Or can you think of any new ones? If so, write them down here:

Physical Activity Suggestions

- Walking around the house
- Walking up and down stairs
- Walking around the block
- Walking in the park
- Running errands (the mall, the supermarket, etc.)
- Yard work
- Dancing
- Swimming
- Biking (outside, stationary, or spin class)
- _____
- _____
- _____

Other Suggestions

A distraction like watching TV or a Youtube video while working out can make the exercise more enjoyable.

Try putting on music with a positive message and strong beat while working out.

List some songs you could work out to:

If you are already getting hours of exercise a day, you may be stressing out your body. If you're on that end of the spectrum, consider getting more rest.

Raise Your Body Temperature

Increasing the body temperature slightly has proved to improve depressive symptoms for several days (Janssen et al., 2016).

The treatment is thought to work by stimulating the region of the brain stem that produces serotonin. This brain region is usually less active in people with depression.

Here are some ways to raise your body temperature:

- Drink something warm like coffee, tea, or hot chocolate.
- Take a hot bath or shower.
- Exercise.
- Go in a sauna.
- Sit by the fire.
- Put on warmer clothes.
- Wrap yourself in a blanket.

- _____
- _____
- _____
- _____

Physical Contact

Physical contact, such as a hug, a gentle caress, or even brushing someone's hair, releases oxytocin. This helps us feel closer to others and decreases stress (Grewen, Girdler, Amico, & Light, 2005).

1. Below is a list of ways you can increase physical contact. Choose the ones you're comfortable with and add your own idea:

- Shaking hands
- A pat on the back
- Hugging hello
- Hugging good-bye
- An extended hug
- Holding hands
- Getting a haircut
- Getting a pedicure/manicure
- Getting a massage
- Giving a massage
- Dancing with a partner
- _____
- _____

2. Who can you make more physical contact with?

3. How can you be more physical?

The Power of Generosity

A growing number of studies are supporting the idea that generosity can activate the brain's reward system (Kim et al., 2009; Park et al., 2017) and improve your wellbeing. As you stop focusing on your own situation and start focusing on helping others, you end up helping yourself, too.

Think of different ways you can be generous. The following are some examples. Check off items that you might like to try and add your own ideas:

- Give someone a compliment
- Give someone a word of encouragement
- Be a good listener
- Ask someone how you can help
- Buy or make a gift for a friend
- Volunteer at a nonprofit organization
- Donate to a worthy cause
- Participate in a fundraiser for a worthy cause
- Genuinely greet waiters and leave a good tip every now and then.
- Bring your co-worker a coffee.
- Pay the toll for the person behind you.
- Teach someone something. We all can teach something however small it might be, it can make a difference.
- Write a positive online review of a business you like.
- _____
- _____

You can write down some of these actions in your activity-scheduling calendar or in your own calendar.

Get Social Support

Think about ways you can get more social support. The following are some examples. Check off any that you might like to try, and add any others that you can think of:

- Join a book club
- Join a volunteer organization
- Attend a church
- Sign up for a class (cooking, dancing, woodworking, creative writing...)
- Join others training for a triathlon, marathon, or walkathon
- Join an online group of people with similar interests
- Join a support group for depression (in person or online)
- _____
- _____
- _____
- _____
- _____

Gratitude

Our perception of reality influences our mood and wellbeing. This is great news because while reality is most often hard to change, our perception of our circumstances is much easier to influence.

Gratitude helps you pay more attention to positive aspects of your life, which in turn influences your perception of your life and your wellbeing.

Three Blessings

Dr. Martin Seligman, working at the University of Pennsylvania, asked a group of extremely depressed people to simply write down three good things that happened to them each day.

Seligman found that 94% of severely depressed individuals less depressed and 92% became happier, with an average symptom relief of 50% over a fifteen day trial (Seligman, 2011, p.15).

1. Write down three good things that happened today. These good things could be very small events, like enjoying a sunny day, calling a friend, or just watching a favorite TV show.

1. _____

2. _____

3. _____

Gratitude for the Past

Thinking of happy memories activates the production of serotonin and dopamine, which enhances your mood.

1. Make a list of happy memories here. You don't have to go into details, just a few words can bring back the memory.

2. Thinking about a memory can boost your mood more than writing, since you'll get to visualize it and relive it in your mind (Lyubomirsky, Sousa, & Dickerhoof, 2006). Pick a moment from the past to visualize in your mind. Take your time to allow yourself to engage all of your senses. Notice what you see, hear, feel, smell, and even taste.

At the end of your visualization, pay attention to how you feel.

Gratitude for Others

Go over past experiences and think about the people who helped you achieve important goals, who supported you through a difficult time, or who just made you smile.

1. Write down the names of these people:

2. Think of ways you can express your appreciation to these people.

Write a thank-you letter

Studies show that writing a letter expressing your gratitude to someone can improve your mood, even if you don't send it (Kini et al., 2016).

Think about someone in your life you feel grateful for. Even if you thanked the person in the past, you can do it again. Write a thank-you letter to that person. (Note: you do not have to send the letter.)

Gratitude for Yourself

Even if you aren't exactly the person you want to be, you can still show appreciation to yourself and harness the benefits of gratitude.

1. What qualities do you appreciate about yourself?

2. Can you remember a time when you did something nice for someone else even though you didn't have to do it?

3. Have you forgiven someone who hurt you?

Imagine Your Best Possible Self

Many studies show how visualizing and writing about a positive future can improve your mood.

Use the following prompts to write about whatever comes to mind. Be positive, but also be realistic.

1. Write about the best social life you could have five years from now. Think about your family, children, relatives, friends. Think about the relationships you share with them. Be realistic, but imagine all the different ways you could enjoy your relationships.

2. Think about your best romantic life as it could be five years from now. Write about the quality of the relationship you're enjoying.

3. Think about your best physical and mental health five years from now. Write about how you look and feel and the things you are doing that are contributing to your ongoing state of good health.

Increase Your Feelings of Awe and Wonder

Feelings of awe and wonder increase your sense of well-being and make you more present.

The latest research suggests that taking time to awe-spot, increases our sense of happiness and fulfillment and makes us feel connected to others around us.

Go out in nature or visualize yourself somewhere beautiful. Notice the details around you using all of your senses. Notice what you see, hear, feel, smell, and even taste. Here are some activities that will increase your feelings of awe and wonder:

- Admire the architecture of buildings
- Go to a church, temple, mosque, or other religious institution and admire
- Have a picnic outdoors
- Hike
- Look at the night sky
- Put up pictures of natural scenes in your home or work area
- Sit by a lake
- Sit out in the sunlight
- Stand by the ocean
- Visit a national park
- Visit an art gallery
- Watch a sunset
- _____

1. Name three things in nature that bring you a feeling of awe.

2. Name three things in the arts (visual arts, music, writing,) that bring you a sense of awe.

3. Name three things you experience with people close to you that bring you a sense of awe.

4. Name three places you went that bring you a feeling of awe.

Examine Exceptions to Depression

1. When do you typically feel better? (time of the day, week, month, or year)

2. How long do these exceptions to depression last?

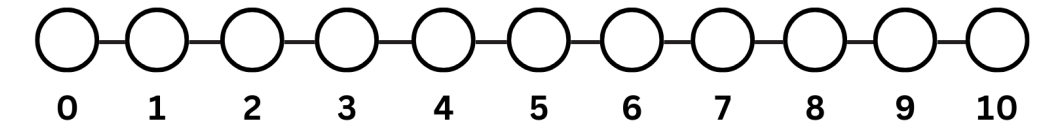
3. Where do you feel best? What is it about that setting that helps you feel better?

4. What things do you do to make the exception to depression happen?

5. What are some other resources that have helped you feel better in the past?

Finding Your Sense of Hopefulness

1. Rate your sense of hopefulness on a scale from 1 to 10



A horizontal scale from 0 to 10. Above each number is a circle. The circles are connected by a horizontal line. The numbers 0 through 10 are written below the circles.

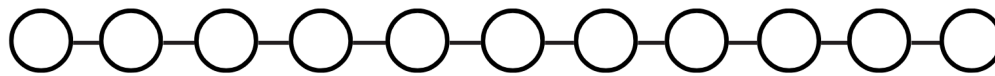
2. What gives you hope that you'll feel better? (Hint: The fact that you're doing these worksheets says that you're working on getting better)

3. Can you think of a recent time when you felt more hopeful than usual. What happened? What did you do or tell yourself?

4. Envision life without depression. What will you be doing? Get as specific as you can.

5. Write a list of goals for yourself (e.g. getting a new job, exercising regularly, pursuing an interest, meeting new people, etc.). Make sure your goals are meaningful to you.

6. After completing answering the question, how would you rate your sense of hopefulness on a scale from 1 to 10?



0 1 2 3 4 5 6 7 8 9 10

Identify Toxic People

Answer the following questions to identify toxic people in your life and changes you need to make:

1. Which people in your life do you find it draining/frustrating to interact with?

2. Could you reduce contact with this person (or these people)? How?

Unfortunately, it's not always possible to walk away from toxic relationships, but just identifying toxic people in your life can make you more prepared.

It's important to note that feeling bad around some people does not necessarily mean that those people are toxic. Your feelings may be caused not by something they are doing but rather by an unhelpful thought pattern you're having.

LIST OF PLEASURABLE ACTIVITIES

Check the ones you're willing to do, and then add any activities that you can think of

- ☐ Talk to a friend on the telephone.
- ☐ Text-message or email your friends.
- ☐ Call a family member you haven't spoken to in a long time.
- ☐ Go out and visit a friend.
- ☐ Invite a friend to come visit you.
- ☐ Go to a party.
- ☐ Exercise.
- ☐ Lift weights.
- ☐ Do yoga, tai chi, or Pilates, or take classes to learn.
- ☐ Dance
- ☐ Do stretching exercises.
- ☐ Go for a long walk in a park or someplace that's peaceful.
- ☐ Go outside and watch the clouds drift by.
- ☐ Lie in the sun.
- ☐ Feed the birds
- ☐ Go jog.
- ☐ Ride your bike.
- ☐ Go for a swim.
- ☐ Go hiking.
- ☐ Go to your local playground and join a game being played or watch a game.
- ☐ Go ice skating, roller skating/blading
- ☐ Go to a sporting event, like a baseball or football game.
- ☐ Get out of your house, even if you just sit outside.
- ☐ Go for a drive in your car or go for a ride on public transportation.
- ☐ Go fishing.
- ☐ Get a massage.
- ☐ Plan a trip to a place you've never been before.
- ☐ Sleep or take a nap.

- ☐ Eat chocolate or eat something else you really like.
- ☐ Eat your favorite ice cream.
- ☐ Cook your favorite dish or meal.
- ☐ Cook a recipe that you've never tried before.
- ☐ Bake something to share with others (neighbors, friends, family, work colleagues).
- ☐ Make jams or preserves.
- ☐ Take a cooking class.
- ☐ Go out for something to eat.
- ☐ Go outside and play with your pet.
- ☐ Offer to walk friend's or neighbor's dog.
- ☐ Give your pet a bath.
- ☐ Watch a funny video on YouTube.
- ☐ Watch a funny movie.
- ☐ Watch television.
- ☐ Listen to the radio.
- ☐ Listen to a podcast.
- ☐ Play video games.
- ☐ Go online to chat.
- ☐ Visit your favorite websites.
- ☐ Research a topic of interest.
- ☐ Create your own website.
- ☐ Clear your email inbox.
- ☐ Join an Internet dating service.
- ☐ Sell something you don't want on the Internet.
- ☐ Buy something on the Internet (within your budget).
- ☐ Buy gifts for your loved ones (within your budget).
- ☐ Write down a positive feedback about a product or a service you liked.
- ☐ Do a puzzle with a lot of pieces.
- ☐ Call a crisis or suicide hotline if you're feeling suicidal and talk to someone.
- ☐ Go shopping.
- ☐ Go get a haircut.
- ☐ Go to a spa or sauna.
- ☐ Go to a library.
- ☐ Go to a bookstore and get a new book.
- ☐ Go to your favorite café for coffee or tea.

- ☐ Visit a museum or local art gallery.
- ☐ Go to the opera or ballet.
- ☐ Go to the park and watch other people; try to imagine what they're thinking.
- ☐ Pray or meditate.
- ☐ Go to your church, synagogue, temple, or other place of worship.
- ☐ Join a group at your place of worship.
- ☐ Volunteer for a cause you support.
- ☐ Sign up for a class that excites you at a local college, adult school, or online.
- ☐ Learn a new language.
- ☐ Sing or learn how to sing.
- ☐ Play a musical instrument or learn how to play one.
- ☐ Write a song.
- ☐ Write a poem.
- ☐ Write a short story.
- ☐ Read your favorite book, magazine, paper, or poem.
- ☐ Draw a picture.
- ☐ Paint a picture with a brush or your fingers.
- ☐ Flip through old photo albums.
- ☐ Listen to some upbeat, happy music (start collecting happy songs for times when you're feeling down).
- ☐ Turn on some loud music and dance.
- ☐ Make a movie or video with your smartphone.
- ☐ Take photographs.
- ☐ Join a public-speaking group and write a speech.
- ☐ Join a club.
- ☐ Plant a garden.
- ☐ Work on your car, truck, motorcycle, or bicycle.
- ☐ Repair things around the house.
- ☐ Knit, crochet, or sew—or learn how to.
- ☐ Upcycle or creatively reuse old items.
- ☐ Make a scrapbook with pictures.
- ☐ Organize your wardrobe.
- ☐ Do arts and crafts.

- ☐ Paint your nails.
- ☐ Change your hair color.
- ☐ Take a bubble bath or shower.
- ☐ Have a warm drink.
- ☐ Write a letter to a friend or family member.
- ☐ Write a letter to someone who has made your life better and tell them why. (You don't have to send the letter if you don't want to.)
- ☐ Write things you like about yourself on a picture of your body or draw them on a photograph of yourself.
- ☐ Write in your journal or diary about what happened to you today.
- ☐ Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset.
- ☐ Make a list of ten things you're good at or that you like about yourself when you're feeling good, and keep it with you to read when you're feeling upset.
- ☐ Make a list of the people you admire and want to be like and describe what you admire about these people.

- ☐ Create your own list of pleasurable activities.

Other ideas:

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DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: Major depressive disorder and other depressive disorders · Workbook title is not a diagnosis.
- ICD-11 CDDR: 6A70 / 6A71 Single episode depressive disorder / recurrent depressive disorder · Formal diagnoses require full assessment.
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 20, 23, 24, 36, 37, 38, 39, 40, 41, 42. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Establish episode duration, symptom constellation and impairment; assess suicide risk, bipolar spectrum, grief, adjustment disorder, substances/medications, and medical causes.

Document-specific corrections

- Pages [1, 2, 3, 4, 5, 8] · Frame · Manage Depression · using the DSM/ICD status below; add duration, impairment, exclusions, and differentials without reproducing criteria. The title alone must never be treated as a diagnosis.
- Pages [1, 2, 3, 4, 6, 9, 11, 36, 37, 38] · Treat the Manage Depression ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly.
- Pages [5, 7, 40] · Add direct risk escalation for suicidal thinking or self-harm and assess bipolarity, psychosis, substance effects, trauma, medical contributors, and severe functional decline before relying on activation, reframing, or self-guided coping. Apply this specifically to the workbook's Self-Assessment, Causes of Depression, Motivating Yourself, Putting up a Plan for Coping sections.
- Pages [1, 4, 5, 6, 8, 9, 11, 20, 23, 24, 39, 41, 42] · Review all medical assertions in Manage Depression with a qualified medical professional; distinguish psychoeducation from individualized advice and add referral thresholds, contraindications, and medication/procedure cautions appropriate to this population.
- Pages [7, 40] · Delete the obsolete National Suicide Prevention Lifeline presentation and the obsolete third-party crisis-directory routing. For U.S. crisis support use ·call or text 988· and 988lifeline.org; direct immediate danger to local emergency services. International editions require a separately verified country-specific resource and last-checked date.

Measures, scoring, and permissions

- Treat the Manage Depression ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly. custom/unvalidated unless evidence is supplied confirm no third-party item wording was adapted

Intervention scope and contraindications

- Add direct risk escalation for suicidal thinking or self-harm and assess bipolarity, psychosis, substance effects, trauma, medical contributors, and severe functional decline before relying on activation, reframing, or self-guided coping.

Crisis and current resources

- U.S.: call or text 988; chat at <https://988lifeline.org/>. Immediate danger: local emergency services. International resources must be separately verified for the intended country and dated.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://988lifeline.org/>

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- <https://www.who.int/publications/i/item/9789240077263>