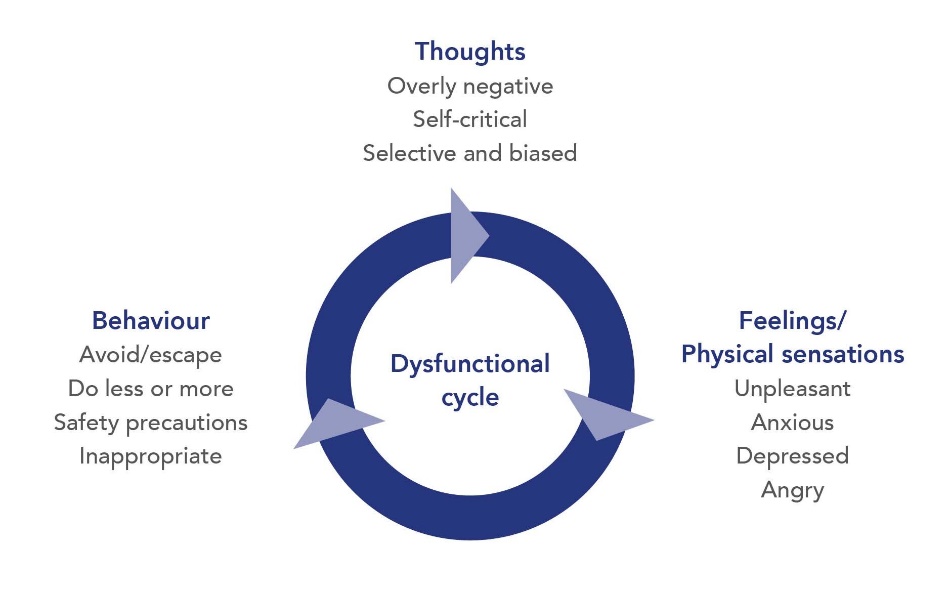
Psychological approaches to wellbeing and self-care

# NHS depression workbook

The NHS produced a workbook to help people work through and understand their depression themselves.

It follows the Cognitive Behavioural Therapy approach, and encourages readers to complete the following activities:

* Think of an instance where they were struggling with negative thoughts and fill in the Thought, feeling, emotion cycle of the Cognitive triangle. 
* Taking time to think of activities they enjoy, and then fill out a three day planner with some of these activities to set themselves up to feel better. They suggest:  
  *• one or two things that you used to enjoy  
  • something with other people – maybe an activity with friends  
  • exercise – something you’ve enjoyed in the past, like an exercise class  
  • things you have to do – like looking after yourself, making meals, and  
  medical appointments  
  • a regular time to get up and go to bed – a regular sleeping pattern will  
  make you feel better*
* Challenging unhelpful thoughts – identifying, rephrasing

CBT is a widely established approach to treating mental illness, and studies have shown that CBT alone is 50-75% effective for overcoming depression and anxiety after 5 – 15 modules.