

Wellbeing Planning Workbook



The Cycle of Depression

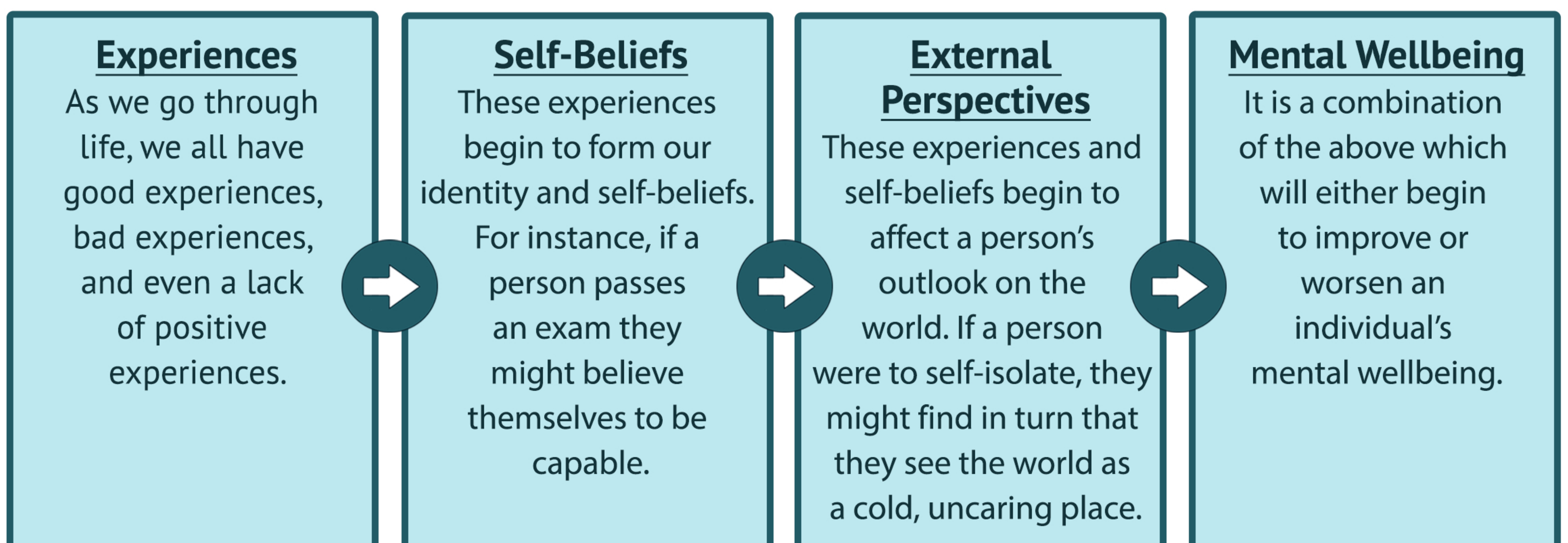
The Cycle of Depression: a vicious circle that many of us will be overly familiar with. The cycle suggests that we can become trapped in a repetitive destructive pattern. The model implies that it can be easy to fall into a cycle where we behave in ways which aren't consistent with our inner values, which in turn trigger negative thinking and emotions. As our thoughts and feelings lapse into negativity, we then turn to the same or even greater negative and destructive behaviours and actions... and so the cycle continues.



Today's workshop in particular will focus around the 'actions' side of the equation, and will help us to look at some of the steps we can take in order to break this depressive cycle and start on us a new, positive and virtuous cycle.

Humans as a Product of Experiences

As humans, we are all products of the experiences that we have. We are born into this world as blank slates, and as we grow up our identities, beliefs and core values form as we learn and experience the world around us. At every moment in our lives, the following flow chart is taking place:



Regardless of whether we consider our mental illnesses environmental or genetic, we can begin to make changes to the experiences we're giving ourselves going forward and can begin to manage our mental health better. Today we will be working from the above model, and putting our efforts into identifying some of the experiences we are giving ourselves on a regular basis and whether they are either impacting our mental health positively or negatively. We will then spend some time looking at some of the steps we might be able to take to begin to change our experiences going forward, knowing that these will in turn benefit our mental wellbeing.

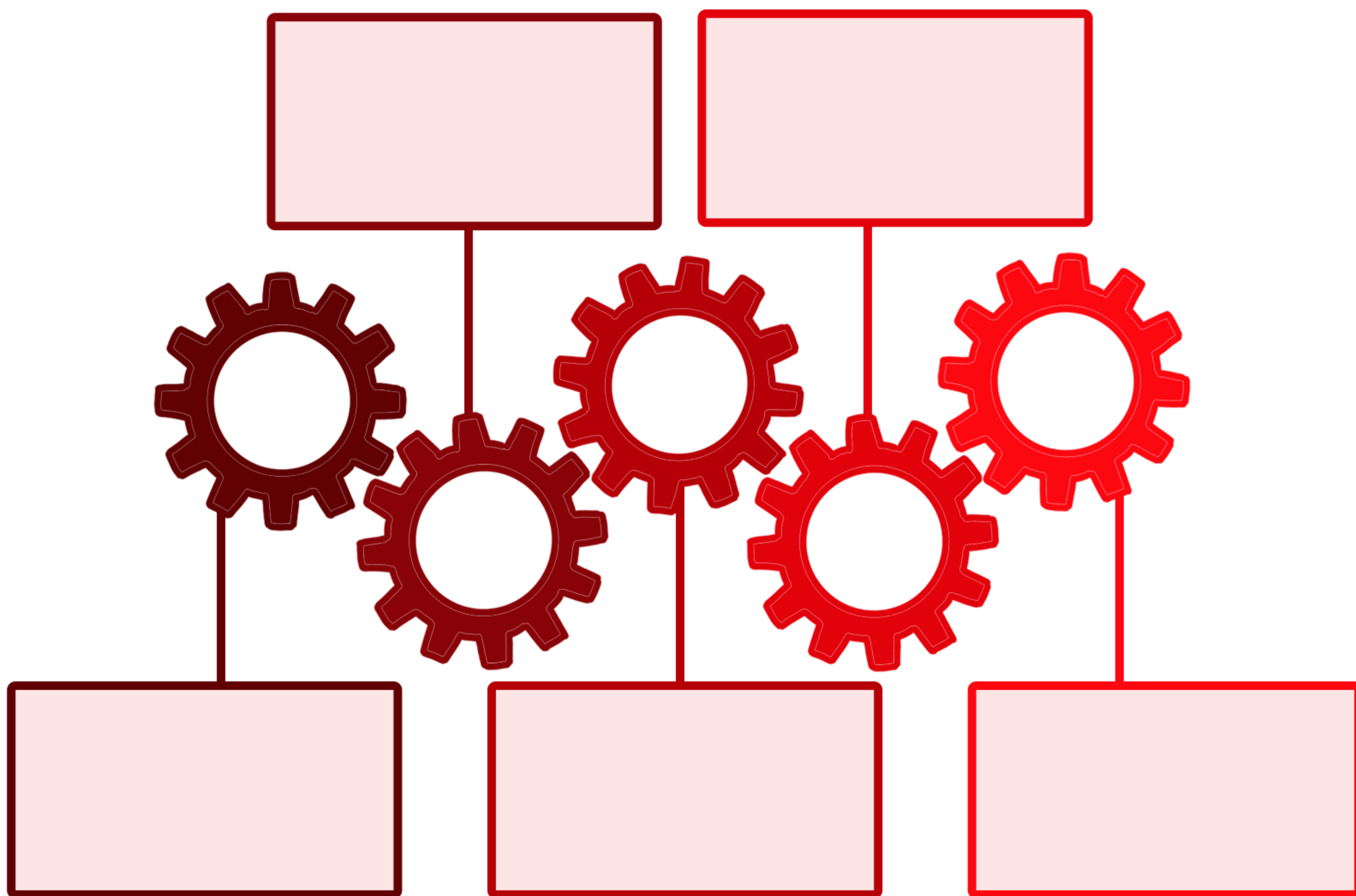
The Cogs in our Mind

Whilst we go about our business, in our daily lives we will inevitably do things which both help and damage our mental health and self-image. It isn't always easy to tell what these might be, and this exercise will help you to identify which behaviours are good and which are destructive.

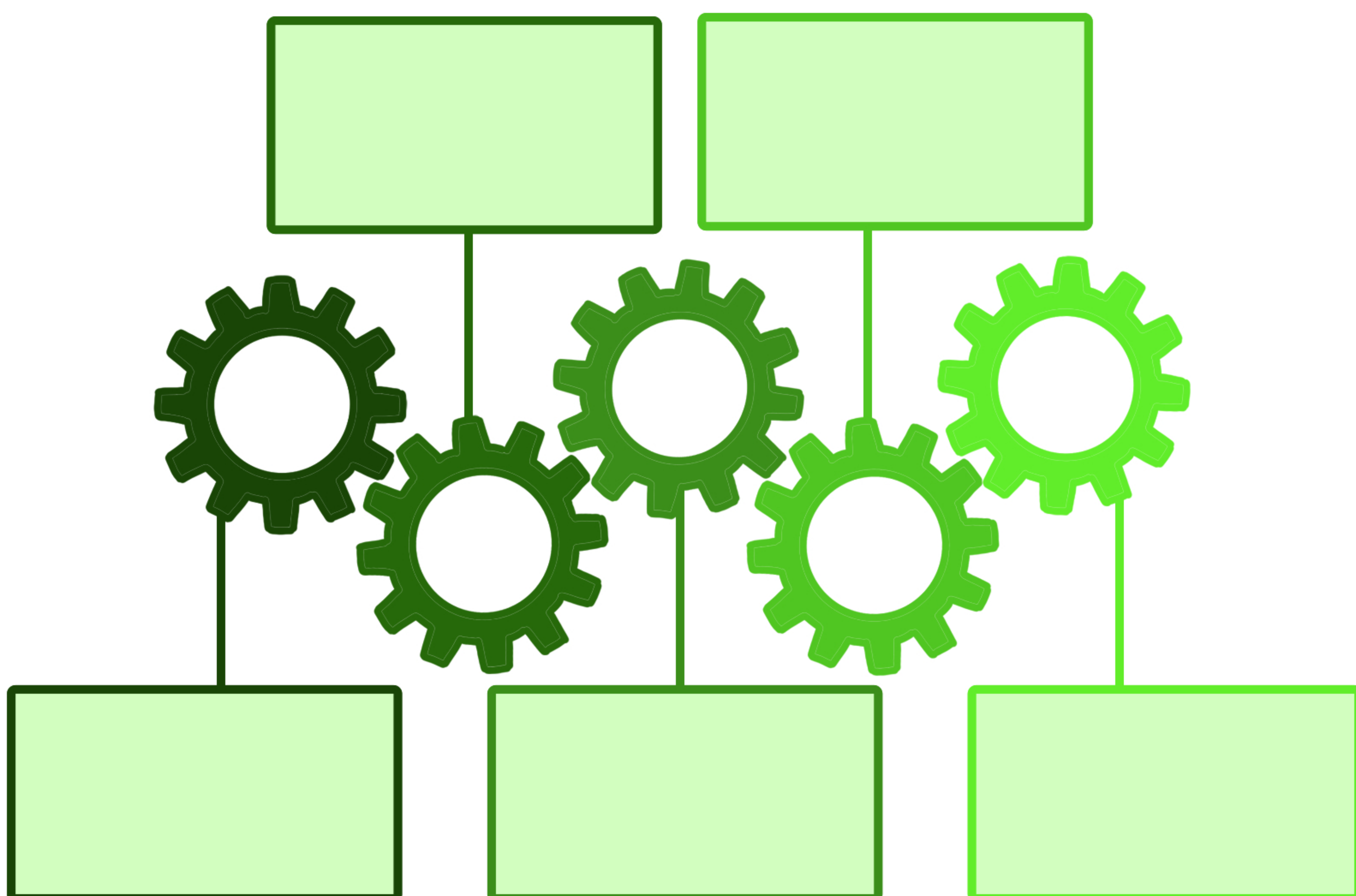
Below are two pictures of sets of cogs. These cogs represent the inner workings of your mind, with the central being a component of your self-image, and the outer cogs being behaviours which you do to help maintain these beliefs.

Try now to think of 5 things which contribute towards your self-image, and write them down in the surrounding cogs.

What fuels my low mood?



What fuels my high mood?



In this exercise, we ask you to go through the five following sections, and identify where you are now with each aspect of your life. Please score yourself from 0 to 10, with 0 being extremely dissatisfied, and 10 being extremely satisfied. There are no wrong answers, so try to answer honestly and spontaneously, spending no more than 10 seconds on each answer.

BASIC HUMAN NEEDS	
FOOD	
WATER	
SLEEP	
HEALTH	
ENVIRONMENT (Physically meeting your needs)	

SECURITY (free from danger or threat)	
HOME	
MIND & BODY	
BELIEFS (religion, sexuality, spirituality)	
FINANCIAL (job, benefits)	
LOVED ONES	

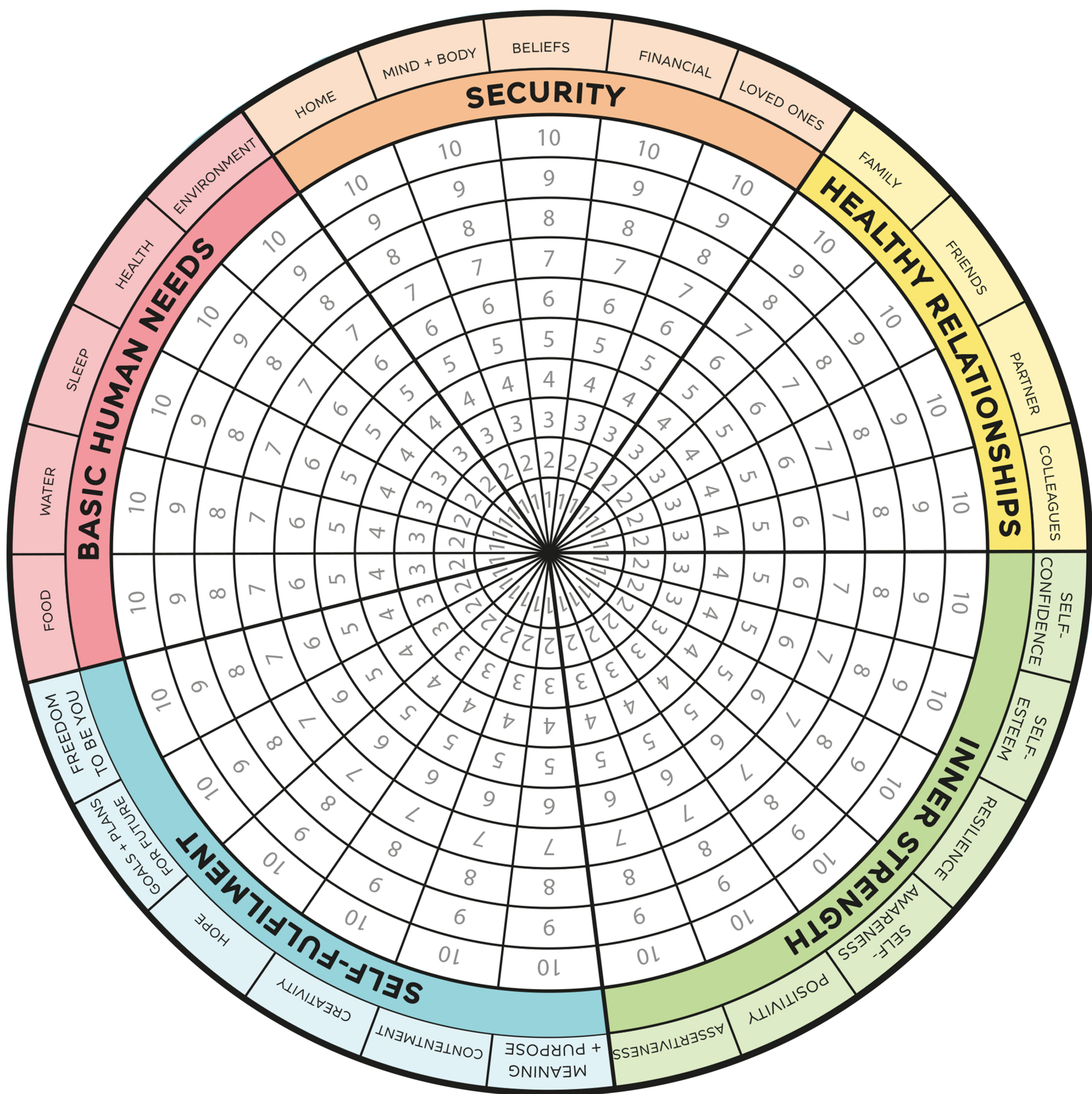
HEALTHY RELATIONSHIPS	
FAMILY	
FRIENDS	
PARTNER	
COLLEAGUES	

INNER STRENGTH	
SELF-CONFIDENCE	
SELF-ESTEEM	
RESILIENCE	
SELF-AWARENESS	
POSITIVITY	
ASSERTIVENESS	

SELF-FULFILMENT	
MEANING & PURPOSE	
CONTENTMENT	
CREATIVITY	
HOPE	
GOALS / PLANS FOR THE FUTURE	
FREEDOM TO BE YOU	

Wheel of Stability

Now that you’ve completed that task, we need to transfer your results into the Wellbeing Wheel of Stability.



Weekly 5 Point Plan

Having done the “wheel of stability” we should be able to identify some areas of our lives that are lacking and that you’d like to improve. For this exercise, we’re going to ask you to identify 5 long term goals. These could be something you want to happen next month, in a years time or in 5 years time.

Long Term Goals:

1.

2.

3.

4.

5.

We’re now going to look at breaking these long term goals into more manageable steps. Try and visualise the journey to these end goals. It can be helpful to ask yourself ‘what do I need in order to achieve these goals?’ Now take some time to think of 5 targets which in line with your long term goals. These are 5 smaller steps which will carry you towards that ultimate goal.

1.

2.

3.

4.

5.

Goal Getter

Specific Actions

When

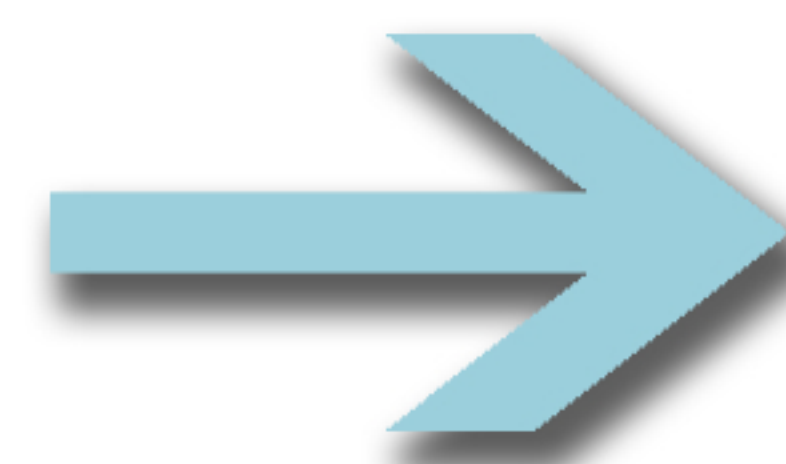
Helpful People & Useful Thoughts

My Goal

Strengths you have or need

Possible Challenges

Challenges



Weekly Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							
Goals I want to Achieve Today							

Crossroads

Life is full of moments when we're faced with tough decisions, and sometimes it can be hard to take the path that will benefit us most. There are usually many variables that we're faced with – and it can be too much for the brain to take into account at the same time. When faced with a tricky decision, it isn't always clear what the best decision to make is, but this worksheet will help to break down these paths so we can see more clearly how to make the best decision. A usual question to ask ourselves is:

What would make me happier?

Happiness – the quality in our lives that all humans a like strive for. It is the right of all humans to have this in their lives, yet it isn't always clear how to achieve it. When faced with any tricky decision it helps to ask ourselves the seemingly simple question – what would make me happier? To answer this question we first need to make a clear distinction between happiness and pleasure. Pleasure concerns itself with immediate feelings and gratification. These feelings are fleeting and won't benefit us long term. Happiness on the other hand is concerned with long term benefits. Happiness is inner contentment, that feeling of knowing that we've done our best in every situation and is ultimately guilt free and leaves no room for self-criticism. It is these long term feelings which will build themselves into our self-beliefs, and ultimately impact on our mental wellbeing.

What could I do?

Option 1

Option 2

Short Term
Feelings
(Pleasure)

Long Term
Feelings
(Happiness)



What would make
me happier?



My Successes

It's too easy to focus on what we perceive has gone wrong in the week, whereas we should be celebrating our successes and what we've managed to achieve towards reaching our goals. As long as every week we're having more successes than not, we're carrying ourselves towards a happier and more balanced life, and ultimately an improved mental wellbeing. Take some time now to think back on the last week and enjoy the victories you've had, big or small.

My Success	How did you feel afterwards?	What did you do to make it happen?	What did you learn about yourself?

“The harder you work for it, the greater you'll feel when you achieve it.”