

SESSION
3

DEPRESSIVE SYMPTOMS INTERVENTION

SESSION HANDOUTS

The following materials are included for you to utilize during Session 3 of this module:

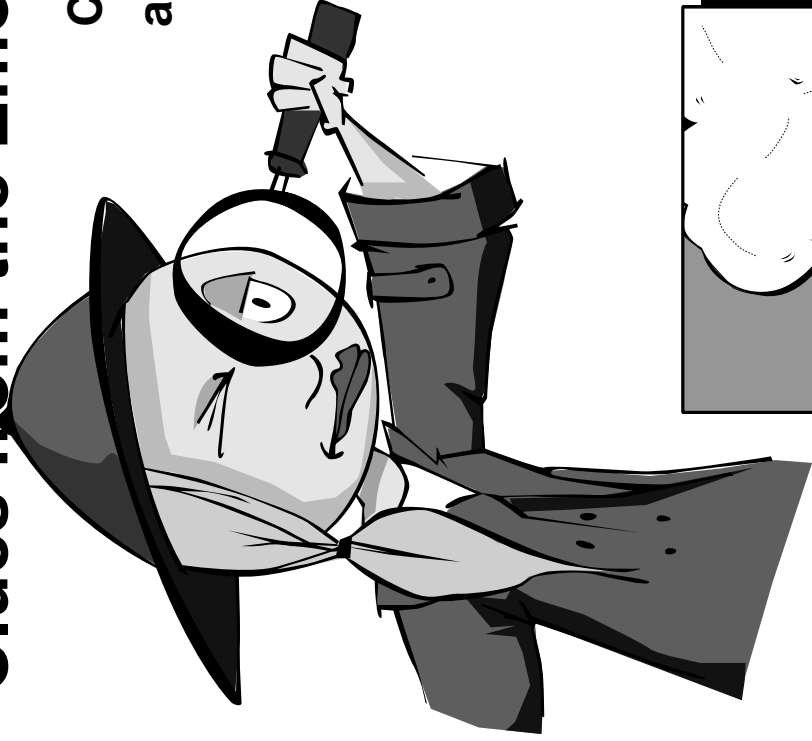
Handout 3.1: Clues from the Emotion Detective: The Three B's

Handout 3.2: Catch the Positive

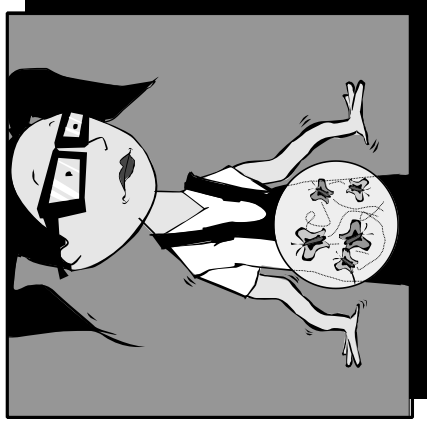
Handout 3.3: Coping Strategies

Handout 3.4: Changing My Feelings

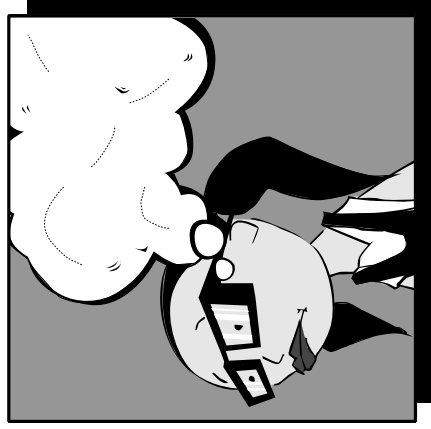
Clues from the Emotion Detective: The Three B's



Clues that you're experiencing an emotion are found in three places:



• **BODY**



• **BRAIN**



• **BEHAVIOR**

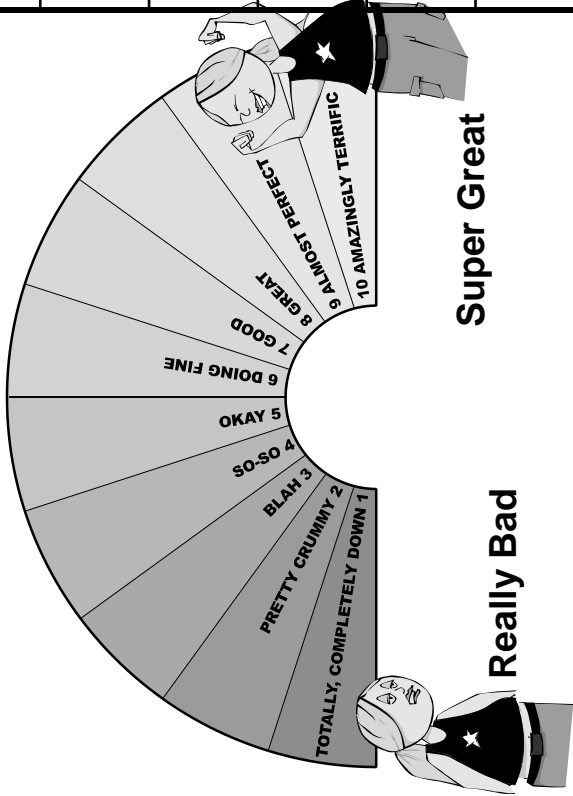
Catch the

Positive!

Check off each activity you did this week and then rate your mood for the day from 1-10 at the top of the chart.

Name: _____

Date: _____



Super Great

Really Bad

M T W Th F Sat Sun

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Catch the Positive!

Mood Rating for the Day



Pleasant Events

Coping Strategies

Do something enjoyable and distracting.



Do something soothing and relaxing.



Do something that expends energy.



Find someone to talk to.



Handout 3.3

Change the way you are thinking.

Changing My Feelings

Tell about a time your feelings changed:

What was your first feeling? _____

What happened to change that feeling? _____

What was the new feeling? _____

What were the clues?

Body: _____

Brain: _____

Behavior: _____

What did you do to feel better? _____

