

SESSION
6

DEPRESSIVE SYMPTOMS INTERVENTION

SESSION HANDOUTS

The following materials are included for you to utilize during Session 6 of this module:

Handout 6.1: Coping Strategies

Handout 6.2: Catch the Positive

Handout 6.3: The 5 Ps

Handout 6.4: The 3 Ps

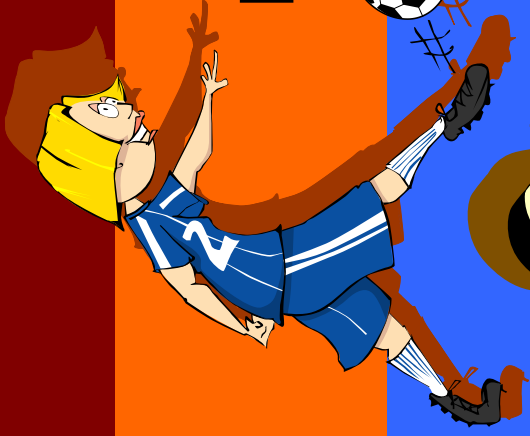
Coping Strategies



Do something enjoyable and distracting.



Do something soothing and relaxing.



Do something that expends energy.



Find someone to talk to.



Change the way you are thinking.



Catch the

Positive!

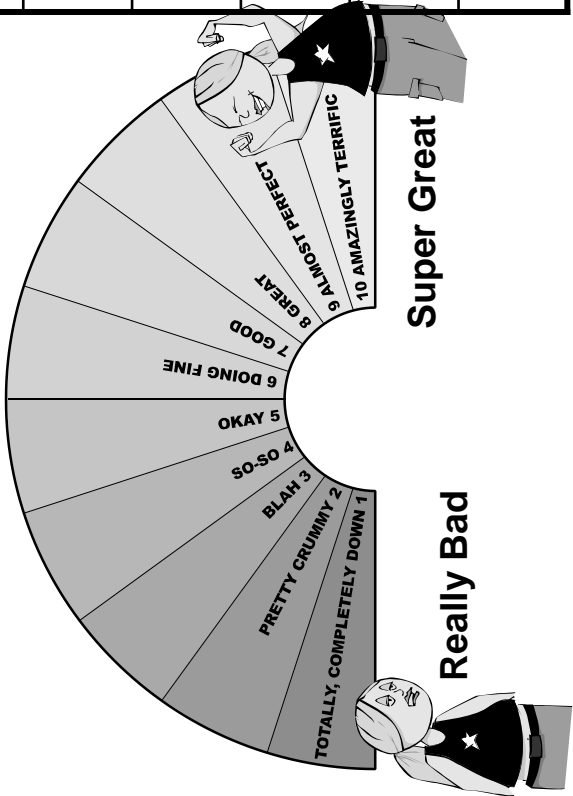
Check off each activity you did this week and then rate your mood for the day from 1-10 at the top of the chart.

Name: _____

Date: _____

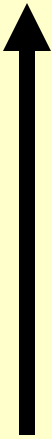
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Catch the Positive!

Mood Rating for the Day



Pleasant Events

Problem Solving Using the 5Ps (For use with older children)

Notice a time when you have a problem. Write about your problem and how you solved it by going through the 5 P's.

What's the **problem**? The problem is _____

What's the **purpose**? What I want to have happen is _____

What are some **plans**? I could 1. _____

2. _____

3. _____

4. _____

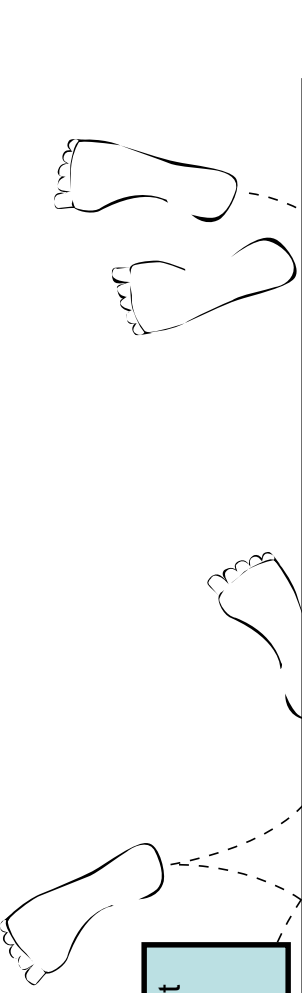
5. _____

Predict and pick the best plan. It is _____

How did it work? It worked _____

Pat yourself on the back!

DAY: _____



Problem Solving Using the 3Ps (For use with younger children)

Notice a time when you have a problem. Write about your problem and how you solved it by going through the 3 P's.

What's the **problem**? The problem is _____

What are some **plans**? I could 1. _____

2. _____

3. _____

4. _____

5. _____

Pat yourself on the back!

DAY: _____

