

**SESSION**

**7**

# **DEPRESSIVE SYMPTOMS INTERVENTION**

# **SESSION HANDOUTS**

The following materials are included for you to utilize during Session 7 of this module:

Handout 7.1: Coping Strategies

Handout 7.2: The 5 Ps

Handout 7.3: The 3 Ps

Handout 7.4: Catch the Positive

Handout 7.5: Active Coping

Handout 7.6: Thought-Feeling, New Thought, New Feeling

# 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.



## 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: \_\_\_\_\_



# Catch the Positive!

Mood Rating for the Day



*Pleasant Events*

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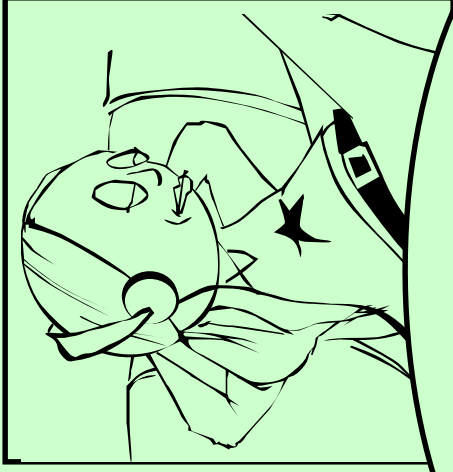
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# Active Coping



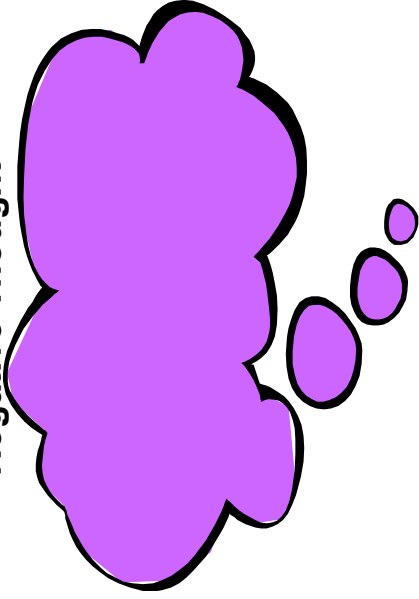
Notice when you are feeling an negative emotion and try a coping strategy to help yourself feel better. Describe what you felt and what you did using the form below.



I was feeling \_\_\_\_\_

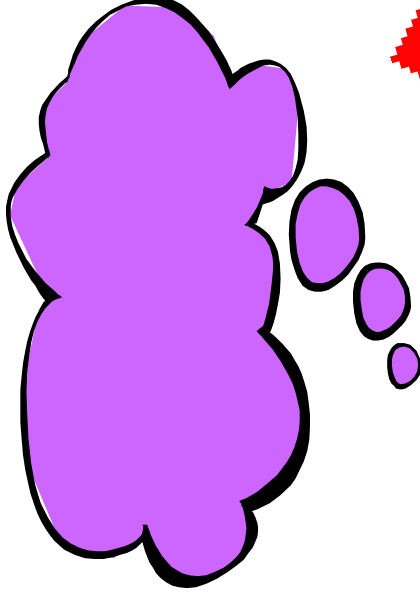
So I tried to take ACTION by \_\_\_\_\_ and then I felt \_\_\_\_\_.

Negative Thought

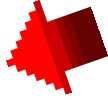


Thought-Feeling, New  
Thought-New Feeling

Coping Thought



Feeling



New Feeling

