

MOOD MATTERS

SESSION 2 COURSE WORKBOOK

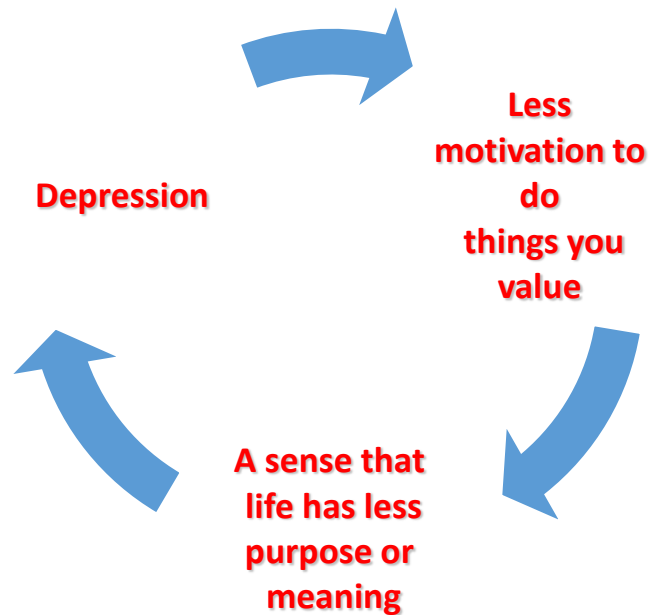


SESSION 2: VALUES

“To hold something in high regard based on it’s worth, desirability, usefulness, esteem or prize...”

Our values are the things in our life that we care about deeply. They might give us a sense of pleasure, achievement or closeness to others.

Why Are Values Important In Depression?



To break this vicious cycle, we can start by doing more things that we value. If we are doing things that are meaningful and enjoyable to us, it will give us a sense that life has more purpose or meaning. This can help lift our mood.

Making A Commitment To Your Values

- Part of improving depression is to work out the barriers or excuses that hold us back from living up to our values.
- Writing down how you plan to *commit to your values* can help you think about ways to make your life *more meaningful*.
- This is a key step to improving the way you feel about your life!

This first step would be for you to commit to your goal that you set in task 3 this week.

Unhelpful Behaviours

Although we need values to guide us to helpful behaviour it is also useful to recognise our *unhelpful* behaviour.

These might be things like

- Watching TV
- Eating less/more/unhealthily
- Withdrawing
- Avoiding social interaction
- Avoiding events or tasks
- Using alcohol or drugs to try and cope
- Spending more time in bed than normal

We can start to identify unhelpful automatic pilots and unhelpful habits by tracking our activity each day, for this we use an activity tracker. This will be part of your homework this week.

TASK 1. VALUED LIVING QUESTIONNAIRE

Directions: Rate the importance of each component on a scale of 0 to 10, with 0 being not important at all and 10 being extremely important. Do your best to rate them honestly, according to your own true feelings, not to what you think you should rate them.

Life Component	Not Important At all				Moderately Important			Extremely Important		
Family (other than romantic relationships or parenting)	0	2	3	4	5	6	7	8	9	10
Romantic Relationships (marriage, life partners, dating, and so on)	0	2	3	4	5	6	7	8	9	10
Parenting	0	2	3	4	5	6	7	8	9	10
Friends and social life	0	2	3	4	5	6	7	8	9	10
Work	0	2	3	4	5	6	7	8	9	10
Education and training	0	2	3	4	5	6	7	8	9	10
Recreation and fun	0	2	3	4	5	6	7	8	9	10
Spirituality and religion	0	2	3	4	5	6	7	8	9	10
Citizenship and community life	0	2	3	4	5	6	7	8	9	10
Self-care (exercise, diet, relaxation and so on)	0	2	3	4	5	6	7	8	9	10

TASK 2. VALUED LIVING QUESTIONNAIRE (2)

Directions: Rate the effort that you put into each component on a scale of 0 to 10, with 0 being no effort at all and 10 being extreme effort. Do your best to rate them honestly, according to your own true feelings, not to what you think you should rate them.

Life Component	No Effort		Moderate						Extreme	
	At all		Effort						Effort	
Family (other than romantic relationships or parenting)	0	2	3	4	5	6	7	8	9	10
Romantic Relationships (marriage, life partners, dating, and so on)	0	2	3	4	5	6	7	8	9	10
Parenting	0	2	3	4	5	6	7	8	9	10
Friends and social life	0	2	3	4	5	6	7	8	9	10
Work	0	2	3	4	5	6	7	8	9	10
Education and training	0	2	3	4	5	6	7	8	9	10
Recreation and fun	0	2	3	4	5	6	7	8	9	10
Spirituality and religion	0	2	3	4	5	6	7	8	9	10
Citizenship and community life	0	2	3	4	5	6	7	8	9	10
Self-care (exercise, diet, relaxation and so on)	0	2	3	4	5	6	7	8	9	10

TASK 3: MAKING A COMMITMENT TO MY VALUES

Step 1: Pick one value you feel you need to work on *e.g. friendship*

Step 2: Think about one goal that would be helpful to work on for this value and write this down.

Step 3: Think of and write down a few actions you could take to move you closer to this goal.

1. *One of my values is* _____

2. *My goal for this value is* _____

3. *Some actions I could take to move towards this goal would be:*

Are there any barriers or challenges that are stopping you living up to your values? If there are barriers what parts of the barrier or challenge could you take some control of?

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TASK 4: TRACK YOUR ACTIVITIES – YESTERDAY

Time	Yesterday	Today
0500 – 0700		
0700 – 0900		
0900 – 1100		
1100 – 1300		
1300 – 1500		
1500 – 1700		
1700 – 1900		
1900 – 2100		
2100 – 2300		
2300 – 0100		

Task 5: Track Your Mood

Go back to the table from Task 4 and add your mood.

e.g. 0700 – 0900: woke up, feeling calm 80%, Stressed 20%

Homework

- **Carry out 1 or 2 of your committed actions over the next week.**
- **Fill out your activity & mood tracker sheet.**
- **Take some exercise or stay active.**

ACTIVITY SCHEDULE



Week Beginning: _____

Note in the box: What you did (a brief description), one word describing your Mood, rate the intensity of your mood on a scale of 0 – 100%, your sense of Achievement for the activity on a scale of 0-10 (A0 – 10) your sense of Closeness to others (C0 – 10), and sense of Enjoyment (E 0-10).
 Example: Watching TV with son, Sad 60%, A0, C7, E4

An activity may be sitting down, or lying in bed, not only washing dishes, walking etc.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 to 9 am							
9 to 10							
10 to 11							
11 to 12 pm							
12 to 1							
1 to 2							
2 to 3							
3 to 4							
4 to 5							
5 to 6							
6 to 7							
7 to 8							
8 to 10							
10 to 12 am							

After completing the diary, you might notice patterns in your mood variations, and how particular activities affect your mood. You will then be able to plan a more healthy range of activities which give you a sense of Achievement, Enjoyment and Closeness (using another blank form).