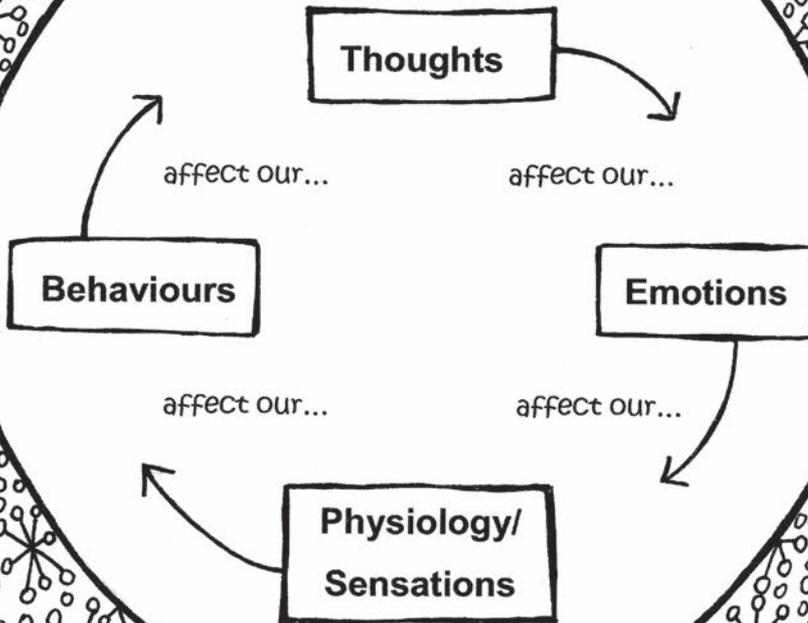


WHAT IS CBT?

Cognitive behavioural therapy was developed by psychiatrist Aaron Beck in the 1960s. It's a form of psychotherapy used to help treat many mental health and emotional wellbeing problems, such as depression (Neenan and Dryden 2004).

The evidence shows that it works!

CBT considers the way our...



Behaviour

Draw a symbol on the scale if you're affected by these symptoms:

Decreased activity

Not affected Severely affected

Reduced coping skills

Not affected Severely affected

Withdrawing into yourself

Not affected Severely affected

Wanting to stay in bed

Not affected Severely affected

If we're pro-active about re-establishing a routine by increasing our activities, this can encourage:

- a sense of achievement
- satisfaction
- pleasure

'Research shows that if we change the daily activities that are contributing to the persistence of an emotional problem such as depression, this will often have a positive impact on how we feel. It is no good just finding any old activities to fill up our time. We need to choose activities that are truly important to us and are worthwhile and enjoyable.

It is actually very difficult to feel depressed if you are doing lots of things that are enjoyable or bring a sense of accomplishment.'

(Myles and Shafran 2015, p.148)

ACTIVITY PLANNING

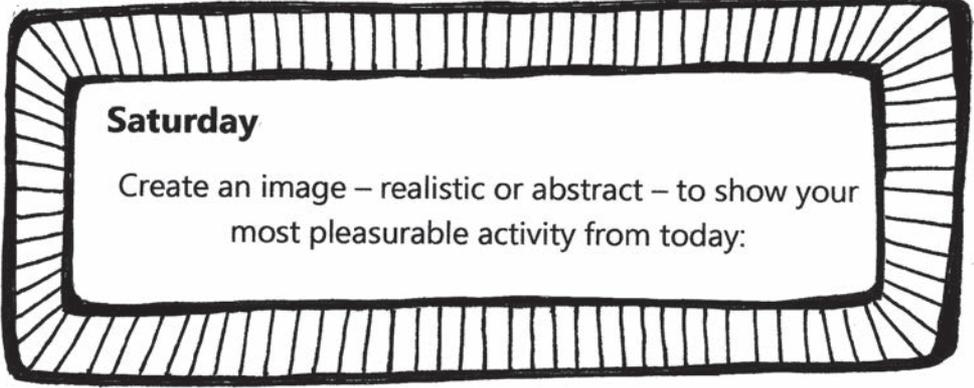
Decreased levels of activity are a common feature of depression. This usually results in us withdrawing from seeing family and friends, and not engaging with activities we previously found enjoyable. Activity planning (Beck *et al.* 1979) focuses on behavioural activation.

‘People who experience ongoing feelings of sadness often suffer from a loss of routine. This disruption is likely to worsen an already low mood. Behavioural activation aims to get people active again by helping them to re-establish their normal routines, which in turn improves their mood.’

(Myles and Shafran 2015, p.25)

BEHAVIOUR

	Enjoyment (0-10)	Achievement (0-10)	Closeness (0-10)	Mood word/ symbol
↑				
↑				
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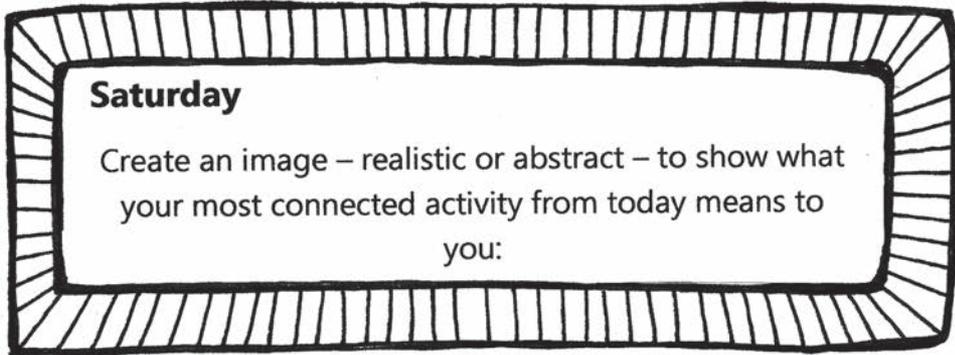


Saturday

Create an image – realistic or abstract – to show your most pleasurable activity from today:

Saturday

Create an image – realistic or abstract – to show your most satisfying, worthwhile activity from today:



PHYSIOLOGY

