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**Session 1- Trigger**

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| **My triggers** |
| **What are my triggers?** | **What can I do to manage my triggers?** |
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* Everyone will have triggers which are individual to them.
* Sometimes these will be things that happened a long time ago (e.g. in childhood) which have made you more vulnerable to developing depression.
* Other triggers will be more recent and lead to a particular episode of low mood.

Here is a table for you to write some of your triggers and how you can manage them.

**Session 2- Vicious Cycles**

Vicious cycles

* Sometimes it is useful to think about situations where we have been distressed and understand why they happened.
* Our thoughts, feelings and behaviours are all connected.
* When we are in fight-or-flight, it can be difficult to think rationally (thoughts), we feel anxious or fearful (feelings), and we feel like we want to run away or fight (behaviours).
* Often, something will happen that triggers this cycle and we can get stuck in it, which makes us feel worse.
* Below is a diagram of a vicious cycle:

Below is a blank vicious cycle diagram. Try to think about a recent time you felt low and fill in the circles below.

* What happened just before? (triggers)
* What were you thinking? (thoughts)
* What were you feeling? Emotionally? In your body? (feelings)
* What did you do? How did you respond? (behaviours)

**Triggers
*(What was happening? Where was I? Who was I with?)***

**Thoughts
*(What was I thinking?)***

**Behaviours**

***(What did I do? How do I act? How did I cope?)***

**Feelings
*(How did I feel?)***

**Session 3- Coping Strategies**

* Everyone will have their own way of coping with feeling low.
* We often learn these strategies when we are young and continue them into adulthood.
* Sometimes these strategies are helpful in the short-term (e.g. alcohol can make you feel more relaxed), but are unhelpful in the long-term (e.g. physical health problems from drinking too much).

My coping strategies

Have a go at writing some of the coping strategies you use when you are distressed, or ones you’d like to try:

On the next page you will find some lists of coping strategies you might like to try when you experience different feelings.

