

## Exercise sheet

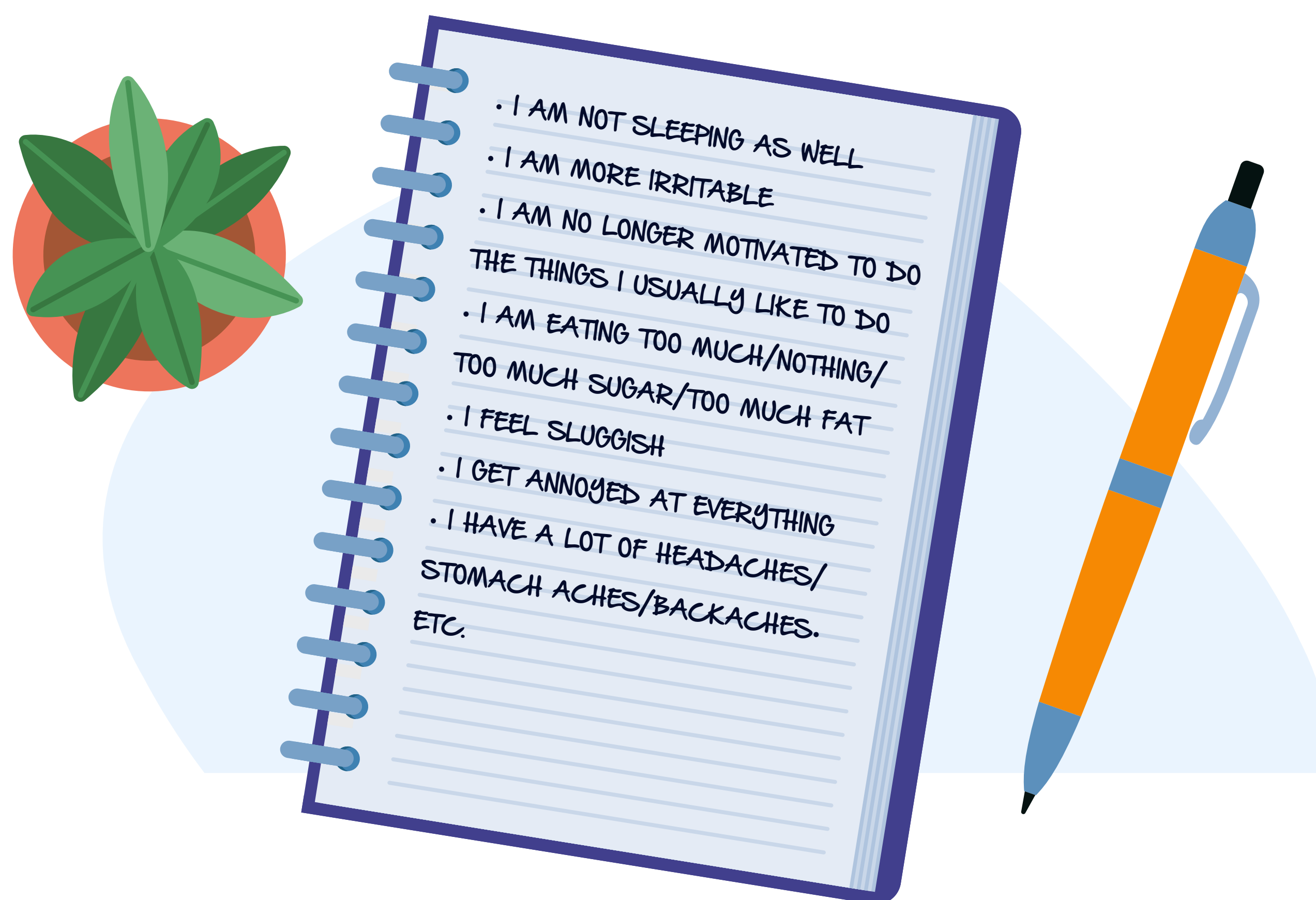
# THE ANTI-DEPRESSION PLAN OF ATTACK

Like any plan of attack, it has several phases.

## Phase 1

Take a moment to list your warning symptoms. These are physical, emotional or behavioural symptoms that indicate that you are on the slippery slope...

Example:



## Phase 2

Now take another sheet of paper and make a list of all the activities you enjoy. These can be activities you do with other people or things you like to do by yourself. Try to include as many "small activities" as possible.

Example:



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## Phase 3

Now list the activities that give you a sense of order and accomplishment. These are activities that you may want to do or activities that you keep putting off. The main thing is that they give you a sense of well-being — the kind of activities about which you would say “Phew, I feel better now that’s done!”.

Example:



## Phase 4

Each time you identify one of the warning signs on your list, implement the plan of attack:

For one week (or two if you feel up to it), begin each day with a meditation/relaxation/breathing exercise of your choice. Then choose one activity from your pleasure list and one activity from your accomplishment list.

It is therefore important to have at least 10 activities on each list if possible.