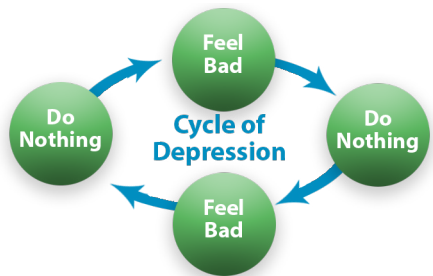




## Patient Tips:

# Do What You Use to Enjoy to Help Depression

When people feel depressed, they stop doing things they once found enjoyable or meaningful. The less active they are, the worse they feel. And, the worse they feel the less active they become. This is the cycle of depression.



To break this cycle, it is helpful to identify the things you once enjoyed and plan to do them again, even though you don't feel like it.

Enjoyable activities don't have to cost money or be special. Calling a friend, talking a short walk, or reading a good book are examples of enjoyable activities.

Repeatedly doing things you used to enjoy, even when you don't feel like it, will help your depression.

Write a goal down, cut out this card and keep it with you to remind and motivate you when feeling depressed.

### Setting a Goal

I used to enjoy: \_\_\_\_\_

Something important to me is: \_\_\_\_\_

Even though I won't feel like it I will: \_\_\_\_\_

When: \_\_\_\_\_

Where: \_\_\_\_\_

How: \_\_\_\_\_

For How Long: \_\_\_\_\_





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