



Behavioral Activation

Client's Manual



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Introduction

EMPOWER is an initiative housed within the Mental Health For All Lab at Harvard Medical School, under the Department of Global Health and Social Medicine led by Professor Vikram Patel. Our **mission** is to empower frontline providers to learn, master, and deliver evidence-based psychosocial interventions by deploying a range of digital tools, products and methods.

This **client manual** is specifically crafted as a resource to offer you valuable insights, tools, and support to enhance your experience as you receive the Behavioral Activation intervention, which is an evidence based psychosocial intervention for individuals with depression. Within these pages, you will discover a **wealth of resources**, including infographics and worksheets designed to guide you on your journey towards **improved mental well-being**. These resources are intended not only to support you but also to facilitate your interaction with your provider, ensuring a **collaborative and effective approach** to your care.

In this manual, you will find **key messages** from the BA model presented in **tables and infographics** to enhance your experience. Additionally, we have included **tools and forms** that will facilitate the interactions with your provider. During the intervention, you will **learn together with your provider how to fill out and interpret these forms**, which will hopefully become valuable tools for improving your mental well-being, both during and after the BA intervention.

As you explore this manual, we encourage you to **engage actively with the materials**, use the provided worksheets to track your progress, and consider the insightful infographics that summarize key takeaways. By doing so, you will be an **active participant in your wellbeing journey**, working in tandem with your provider to achieve the best possible outcomes. We believe that by sharing knowledge and fostering collaboration, we can all contribute to the enhancement of our mental health and overall quality of life.

To maximize the benefits of this manual, we suggest you approach it with an **open mind and compassionate attitude**. Take your time to absorb the covered topics and remain mindful of your personal feelings. The overarching goal is to enhance your knowledge, skills, compassion and mental well-being.

What is Counseling?

Counseling is a process that helps and guides people to tackle their problems through one-on-one communication and learning.

How can counseling help me?

Counseling can:

- 1. Empower you to overcome difficulties and to take control of your life.
- 2. Provide you with emotional support.
- 3. Assist you to learn how to make changes for your life and future.

Difference between counseling and a friendly chat

There are differences between having a friendly chat with a family member or a loved one, and having a counseling session.

Counseling	Friendly Chat
· Always confidential (with specific exceptions)	· Not assumed to be confidential
· Focused, specific, goal targeted	· No focused goal
· Start and end times	· Starts and ends at any time
· Helping clients find their own solutions	· Imposing solutions
· Provider does not judge or take sides	· People may have opinions and biases
· Purpose is to empower clients to work towards their goals by using evidence-based therapies	· Purpose can be to give advice



Boundaries in the Counseling Relationship

Boundaries are limits within which the counseling relationship functions. They may be seen as rules that are part of the counseling intervention and both provider and clients should respect.

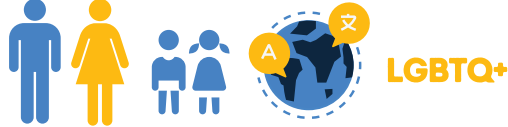
Due to the personal nature of the topics discussed during counseling there is the risk that the **professional relationship** may be breached. In order to protect the professional relationship between you and your provider and **ensure the safety** of both, please see below boundaries that should be observed during the counseling process with a provider.

- **No socialization outside sessions.** Providers are not allowed to accept invitations to socialize with clients outside the counseling sessions (have a beverage together, attend a social events, etc.)
- **No use of unapproved communication channels.** Providers are not allowed to accept clients' friend request on social media and communicate with the client on any social media platform or on their personal electronic devices such as a cellphone.
- **No outside relationship after intervention completion.** Providers and clients should not seek to have a friendship/relationship after counseling has ended.
- **No unapproved location of sessions.** Sessions with providers should be arranged in the clinic, organization or a planned home visit.
- **No physical touch.** No touching or physical contact.
- **No exchange of gifts.**
- **No untimed sessions.** Sessions with providers should start and finish on time.
- **Refrain from asking your provider personal questions.**

Understanding Depression

What is depression?

A common mood disorder, characterized by negative affective state ranging from unhappiness and discontent to an extreme feeling of sadness and pessimism that interferes with daily life.



LGBTQ+

Often, people may not describe their experience as being "depressed". Instead, they may use phrases such as: "feeling down", "being low", "feeling stressed," or just a sense of being "tired".

Depression, if untreated, can also be fatal. People with depression might have suicidal thoughts which must be assessed.

Factors contributing to depression



Biological factors

- Gender
- Disability
- Physical health
- Genetic makeup
- Stress reactivity



Social Factors

- Abuse
- Family background Relationships
- Limited social support
- Stressful events
- Socioeconomic status
- Trauma



Psychological factors

- Low self-esteem
- Hopelessness
- Personality
- Self-blame
- Coping skills
- Social skills
- Attitudes/beliefs

Detecting depression

In addition to listening to the client's experiences and symptoms, we can use a short questionnaire, called the **PHQ Patient Health Questionnaire**

Symptoms of depression

Physical Symptoms

- Loss of interest in things
- Trouble sleeping
- Changes in appetite
- Fatigue
- Aches and pains

Behavioral Symptoms

- Withdrawing from responsibilities
- Withdrawing from loved ones
- Stopping enjoyable activities
- Self-harm
- Being slowed down

Emotional Symptoms

- Sadness
- Irritability
- Feeling guilty
- Feeling empty

Cognitive Symptoms

- Hopelessness
- Negative thoughts
- Feeling bad about yourself
- Suicidal thoughts
- Difficulty concentrating

Treatment options

Although depression can be very serious, it is treatable. The most common treatment options are:

Medication

Medications called antidepressants can improve depression by changing the chemical balance in the brain. Only licensed providers can prescribe medications for depression.

Counseling

Counseling focuses on changing thoughts and behaviors for long term recovery. Providers help clients by talking about their concerns and helping people make changes in their behavior.

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Depression Symptoms



Misconceptions and Facts Associated with Depression

Myth	Fact
Depression means you are weak or lazy.	Depression is a serious and valid health problem, just like any physical health issue such as diabetes or hypertension. Tiredness and loss of interest in activities are symptoms of depression.
Depression is caused by spirits and can be cured by religious rituals.	Depression is an illness that can be treated with counseling and medication.
All depressed people are pessimistic by nature.	Irritability and having negative thoughts are symptoms of depression.
Depression is only caused by life stressors.	Depression is caused by a combination of biological, psychological, and social factors.



Getting to Know “Your” Depression

1. When was the first time you remember feeling depressed? Circle the age.
- *

2. When do you remember having a depression episode in your lifetime ? (feeling depressed for more than two weeks). Draw a star/asterisk.

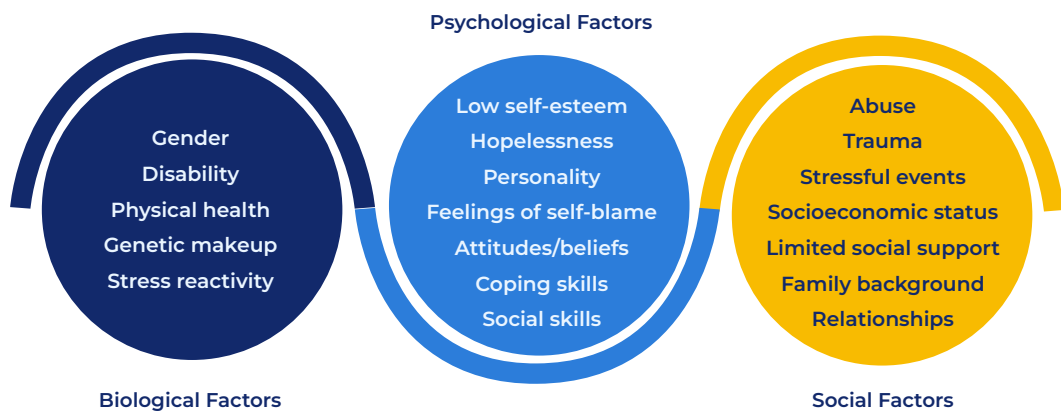
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Have you noticed any interesting observations?

3. Which symptoms of depression do you have on a regular basis?

Physical Symptoms	Emotional Symptoms	Cognitive Symptoms	Behavioral Symptoms
___ Fatigue ___ Aches and pains ___ Trouble sleeping ___ Changes in appetite ___ Restlessness or being slowed down	___ Sadness ___ Feeling guilty ___ Irritability ___ Loss of interest in things ___ Feeling empty	___ Worthlessness ___ Hopelessness ___ Difficulty concentrating ___ Feeling negatively about yourself and life ___ Suicidal thoughts	___ Withdrawing from loved ones ___ Stopping enjoyable activities ___ Lack of interest ___ Inactivity ___ Self harm

4. Which symptoms of depression are the most difficult to manage for you? Circle them.
5. What could be the possible causes of your depression? Circle them.



6. Any other causes, not listed? _____

Health

0-10

Relationships

0-10

Work

0-10

Family

0-10

Grooming

0-10

0-10

8. How do you currently manage your depression?

Antidepressant

Stay busy

Work

Relationships

Exercise

Family

Music

Nature

Pets

Spirituality

Hobbies

Service

Distractions

Shopping

Gaming

Sleep

TV

Drugs

Alcohol

Food

Other : _____

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Feelings Wheel - Instructions

Feeling the thing:

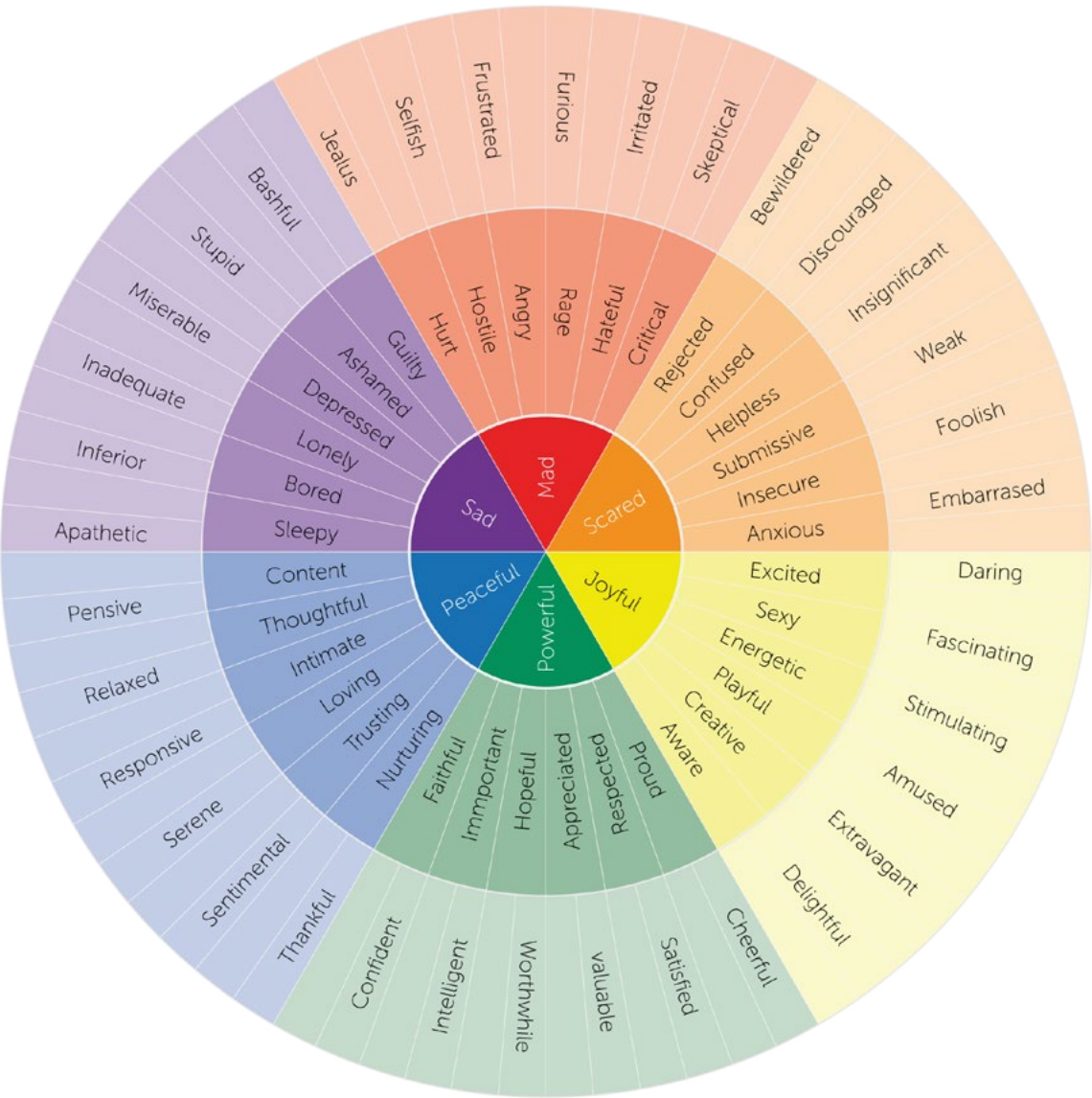
When a feeling starts to arise, look at the wheel.

Get to the core of the feeling first:

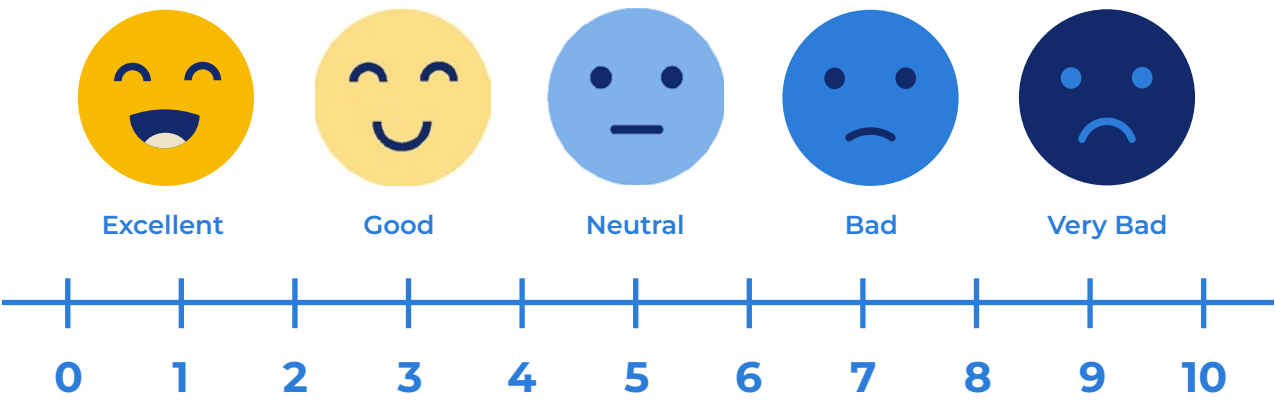
Start with the inner-most wheel and move outward, moving from the core feelings toward any associated feelings that might be coming up for you.

How do you feel?

If the core emotion is not clear, you can move from the outside in, identifying the associated feeling first and then making your way toward the core emotion. Notice which words resonate with you.



How Do You Feel Today?



Goals for Counseling

Step 1: Identify presenting challenges/problems. What brings you to counseling at this time?

Step 1: Identify goals for counseling. What would you like to accomplish in counseling?

Goal 1: Example: Manage depression symptoms by using behavioral activation principles. Activate dormant behavior and reduce unhelpful behaviors.

Goal 2:

On a scale of 0-10, how committed and confident are you that you can achieve your goal?



Client's Signature

Date

What is B.A.?

Behavioral activation (BA) is an useful type of counseling treatment to treat depression.

B.A. involves getting active in your life so you can do more to feel a sense of pleasure, accomplishment, and connection.

B.A. can work just as well as medication for some people.

B.A. Model of Depression

There are 4 categories of depression symptoms:

Actions/ Behavioral, Body/ Physical, Thoughts/ Cognitive, Feelings/ Emotional

BA focuses on changing the "actions" category in order to change the other three categories: body, feelings, and thoughts.

Rational of B.A. Model

Cycle of depression

State of sadness, negative mood and thinking, self-blame.

Depression

Behavior

Behavior affects depression and depression affects behaviors

Lack of energy or motivation, Isolation, neglect of responsibilities

Break the cycle of depression

Do pleasurable and meaningful activities

Behavior

Feelings

Feel better, more productive, more in control.

Goals of B.A.

1 Identify links between feelings and actions.

2 Activate behaviors that people have stopped doing due to depression but were meaningful before the depression began.

Activate actions are meaningful

1 Identify activities that align with important life values and activate those behaviors.

2 Schedule, plan when you are going to do your activities, using a planner, notebook, or to-do list.

3 Rate your sense of accomplishment and pleasure in doing various activities.

Activity	-Accomplishment	-Pleasure
Walk	7	8

Do more

01. Speak to a friend

02. Care for or play with a child

03. Move your body, exercise

04. Engage in interesting and fulfilling hobbies

05. Read religious or motivational books

Do less

01. Sleep more than necessary

02. Watch TV for hours at a time

03. Not attend work

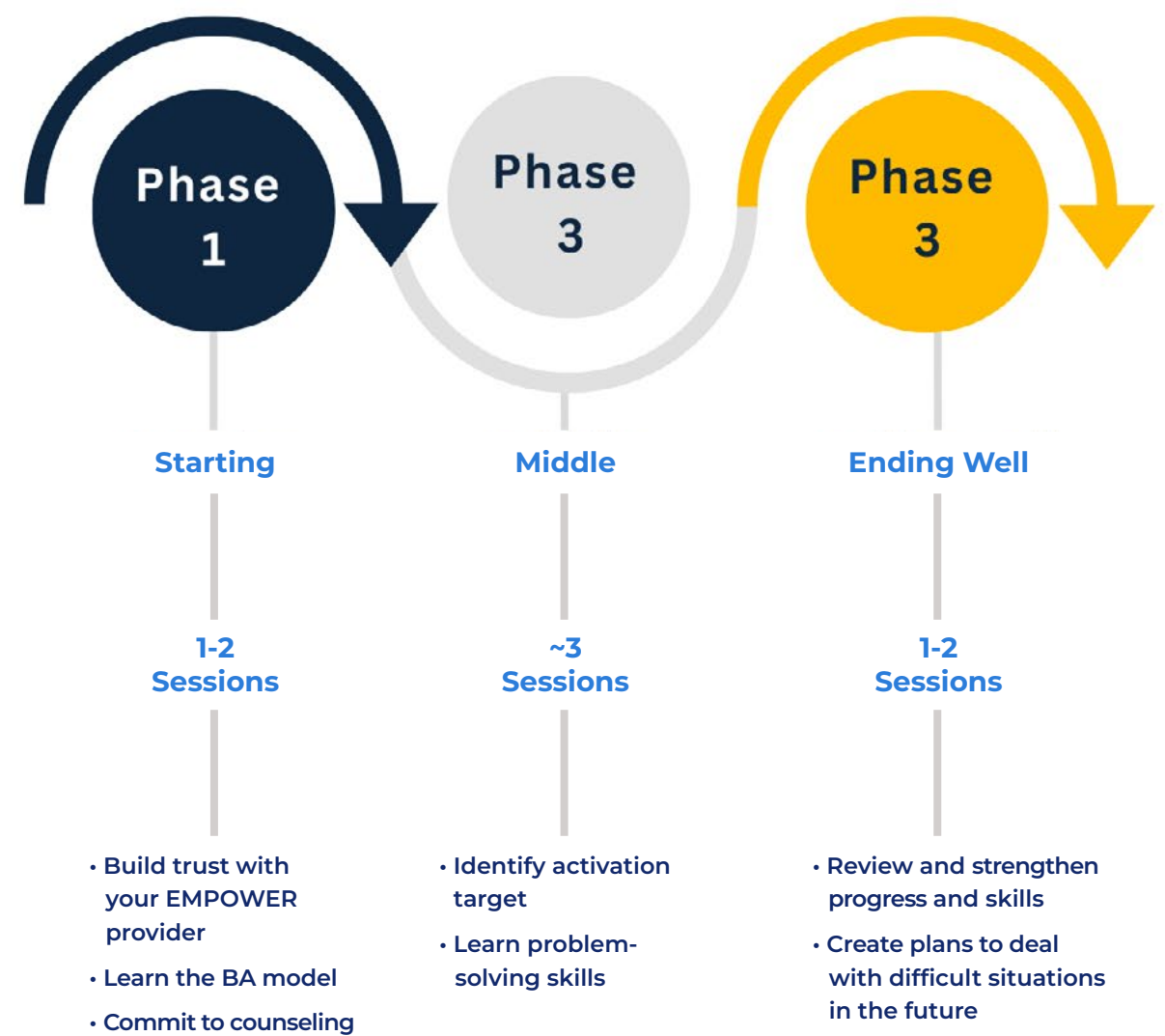
04. Withdraw from social activities or contacts

05. Neglect personal appearance and hygiene

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Phases of Behavioral Activation

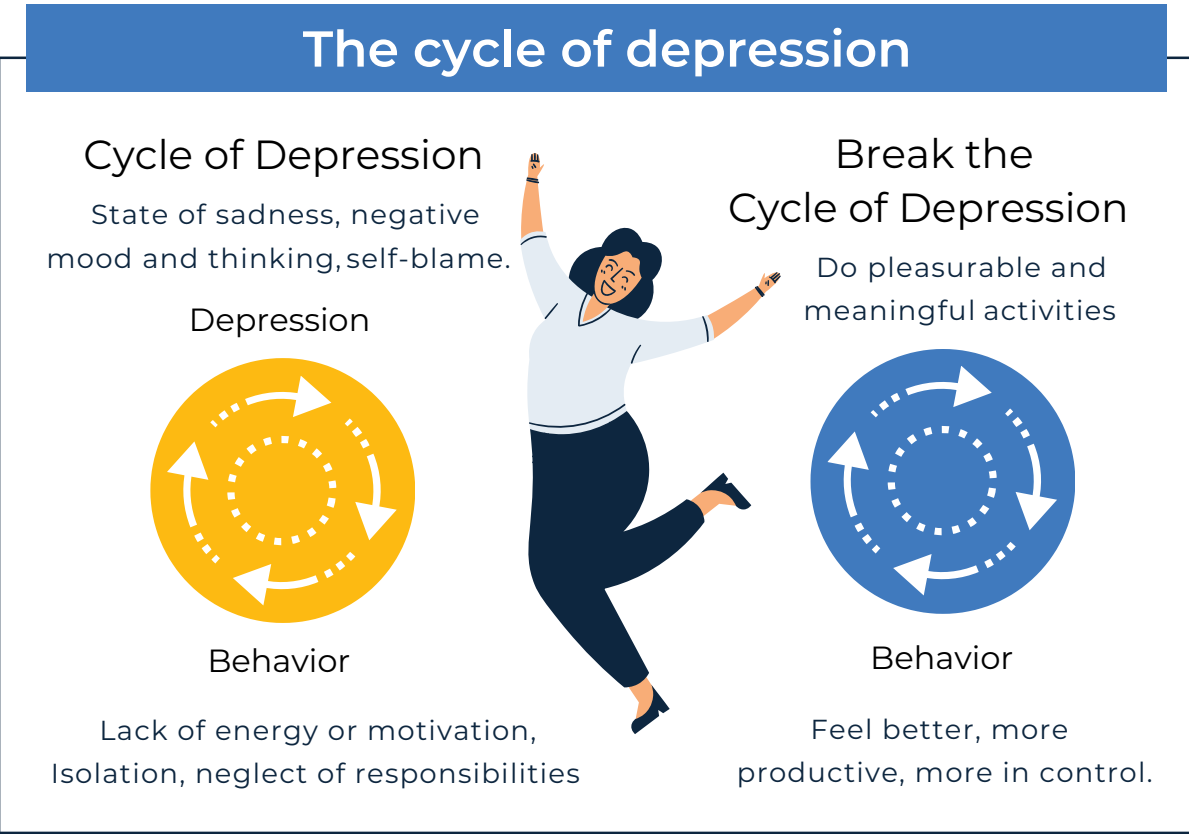


Structure of BA Session

- The goals for each phase of BA are different. However, we follow a similar structure for each session.
- Sessions will begin and end similarly, and the middle portion of the session will focus on a different goal, according to each phase.



Breaking the Cycle of Depression



Thinking Too Much



- Do you think over and over about your problems or the causes of your problems?
- Do you get caught in thinking negative thoughts, which worsens your mood and leads to more negative thoughts?

This often happens in people suffering from stress-related disorders such as depression and anxiety.



Why is thinking too much not good for you?

Thinking too much ...



Thinking too much, often prevents us from staying fully present in our activities ...

... so, no matter how much the activity might bring enjoyment or accomplishment, we don't get much benefit until our attention is focused on the present moment.

What can you do to stop thinking too much?

1 Work on solving the problem that is a cause of thinking too much.

Identify the problem about which you are thinking too much ...



...then follow the steps you have learned to solve the problem.

2 Pay attention to the sensations you feel in the present moment, rather than your thoughts.

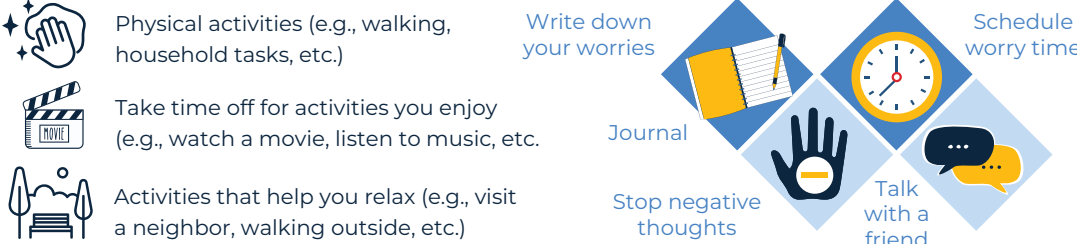
For example notice:



Things you can see - objects, colors What you can feel or touch Sounds you hear around you Smells - your hair, clothes

3 Identify how to slow down for more relaxation and calm, shifting your focus to notice something new or different around you.

Some helpful activities to relax yourself may include:



Physical activities (e.g., walking, household tasks, etc.) Write down your worries Journal Stop negative thoughts Schedule worry time Talk with a friend

Anxiety Symptoms



Behavioral Activation Worksheets

1. [Behavioral Activation Model of Depression](#)
2. [Identify Your Values](#)
3. [Problem Solving Steps with Example](#)
4. [Problem Solving - BA Worksheet](#)
5. [Accomplishment Pleasure Rating Worksheet](#)
6. [Weekly Schedule for BA](#)
7. [Activity-Mood Monitoring Sheet \(Weekly\)](#)
8. [Activity-Mood Monitoring Sheet \(Daily\)](#)
9. [ABC Plan](#)
10. [Activities Blank Worksheet](#)
11. [SMART Goal Worksheet](#)
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17. [Cost Analysis of Drinking Alcohol](#)
18. [End of Counseling Form](#)
19. [Things to Do to Stay Well](#)

Behavioral Activation Model of Depression

This exercise helps to understand how thoughts, feelings and actions are connected and related. It demonstrates how depression works and how powerful our actions are.



What Happened	How did you feel? <i>Mentally?</i> <i>Physically?</i> <i>Emotionally?</i>	What did or didn't you do?	How do your feelings relate to what you did or didn't do?
I got laid off; My roommate asked me to leave.	Mentally - negative thoughts Physically - lethargic emotionally low self-esteem	I was staying in bed all day and smoking weed.	I felt very bad about myself and my life, I felt more depressed.

Behavioral Activation Model of Depression

This exercise helps to understand how thoughts, feelings and actions are connected and related. It demonstrates how depression works and how powerful our actions are.



What Happened	How did you feel? <i>Mentally?</i> <i>Physically?</i> <i>Emotionally?</i>	What did or didn't you do?	How do your feelings relate to what you did or didn't do?

Identify Your Values

Identify your most important values and then reflect on why the values you choose matter to you. Then, you can plan activities that align with those values.

- Family

Cleanliness

Maturity
- Friends

Order

Humility
- Community

Beauty

Wisdom
- Hard Work

Creativity

Spirituality
- Dedication

Fitness

Peace
- Honesty

Compassion

Harmony
- Integrity

Empathy

Purpose
- Health

Kindness

Respect
- Safety

Love

Forgiveness
- Responsibility

Growth

Justice
- Accountability

Learning

Freedom
- Service

Moderation

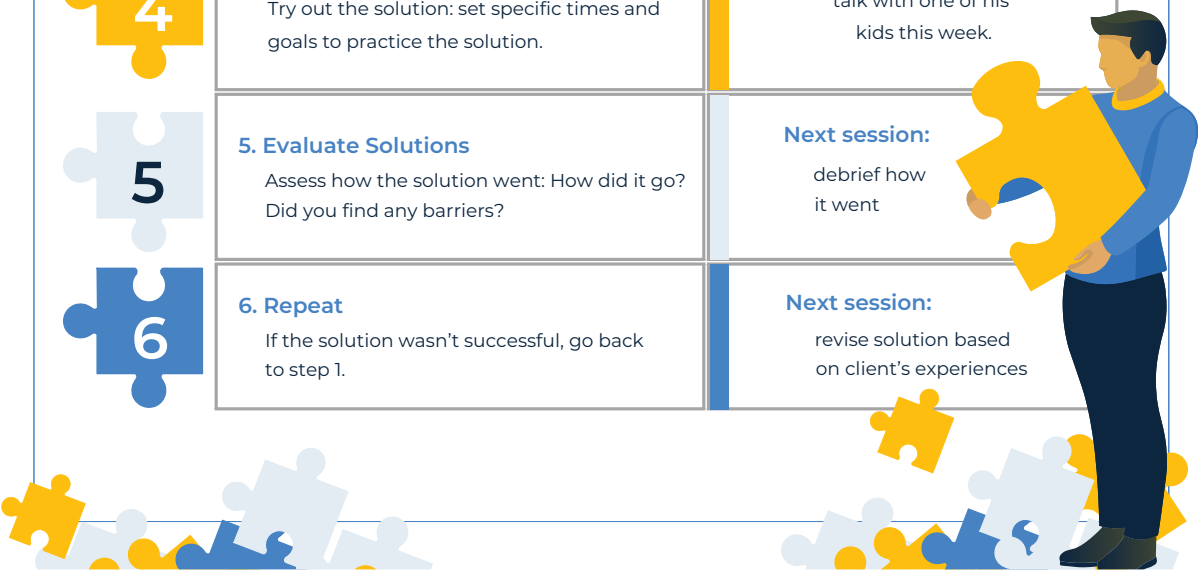
Fearlessness
- Independence

Organization

Caring

6-Step Problem Solving Process

	How can it be applied to this problem?	Outcome
1	1. Define the Problem Clearly define the problem.	The client has not seen or talked with his kids in a long time.
2	2. Generate Solutions Brainstorm possible solutions in behavioral terms: what needs to be done to address the problem.	Brainstormed solutions: -Kids visit him -Learn texting -Schedule talk times -Video chat -Email
3	3. Select Solutions Discuss the possible solutions: advantages and disadvantages of each option, and choose the best solution. Focus on one solution at a time.	Video chat with children Pros: see his children's faces Cons: not see children in person
4	4. Apply Solutions Try out the solution: set specific times and goals to practice the solution.	Learn how to video chat and talk with one of his kids this week.
5	5. Evaluate Solutions Assess how the solution went: How did it go? Did you find any barriers?	Next session: debrief how it went
6	6. Repeat If the solution wasn't successful, go back to step 1.	Next session: revise solution based on client's experiences



Problem-Solving BA Worksheet

For each problem, apply the six steps of the problem-solving strategy.

Step	How can it be applied to this problem?
1. Define the problem	I feel sad most days because I miss seeing my kids since they moved away, I hardly talk to them
2. Generate solutions	• My kids could visit me here • I may be able to see them through video calls. • I could learn to send texts, schedule talk times, send them emails
3. Select solutions	See them through video calls • advantage: see their faces • disadvantage: not in person My kids could visit me here • advantage: see them in person perhaps during vacation • disadvantage: not sure when they would have time to make the trip; would cost a lot of money; not sure my ex-wife would help with the planning Texting and email • advantage: I can stay up-to-date with what they are doing even if there's not a good time to talk • disadvantage: I find it more enjoyable to be able to see their faces when we talk
4. Apply solutions	Solution selected: Learn how to make video calls and talk to one of my children this week before the next session.
5. Evaluate solutions	As I feared, they're very busy. I have tried video calling them many times, but they don't pick up.
6. Repeat	This week I will try texting to see when my kids are free to schedule a video call.

Problem-Solving BA Worksheet

For each problem, apply the six steps of the problem-solving strategy.

Step	How can it be applied to this problem?
1. Define the problem	
2. Generate solutions	
3. Select solutions	
4. Apply solutions	
5. Evaluate solutions	
6. Repeat	

Accomplishment–Pleasure Rating Worksheet

Create a list of activities and rate each on how accomplished you would feel after doing it and how pleasurable it would be to perform it.

Scale: 0 to 5, where “0” indicates no level of accomplishment or pleasure and “5” indicates high levels of accomplishment.

Number	Activity/Behavior	Accomplishment	Pleasure
Example:	<i>Cooking a new recipe</i>	4	4
1.			
2.			
3.			
4.			
5.			
6.			
7.			

Accomplishment–Pleasure Rating Worksheet

Create a list of activities and rate each on how accomplished you would feel after doing it and how pleasurable it would be to perform it.

Scale: 0 to 5, where “0” indicates no level of accomplishment or pleasure and “5” indicates high levels of accomplishment.

Number	Activity/Behavior	Accomplishment	Pleasure
1.			
2.			
3.			
4.			
5.			
6.			
7.			

Weekly Schedule for Behavioral Activation

This worksheet allows you to schedule weekly activities, broken down by specific times. It is a good resource for coping with stress and depression.

Plan the week’s activities in advance, trying to include at least one activity each day.

Day	Morning	Afternoon	Evening
Example:	- Get up at 9 AM - Eat a healthy breakfast	Take a 15-minute walk	Read a chapter of a book I like
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Schedule for Behavioral Activation

This worksheet allows you to schedule weekly activities, broken down by specific times. It is a good resource for coping with stress and depression.

Plan the week’s activities in advance, trying to include at least one activity each day.

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Activity-Mood Monitoring Worksheet

Record your activity for each hour of the day (activity, with whom, where) and rate your mood while doing the activity.

Scale: From 1 to 10. "1" indicates the lowest mood and "10" indicates the best mood.

Time	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-10 am	Breakfast with my partner							
10-12 pm	I went back to bed when my partner left home, Mood 2							
12-2 pm	Lunch in bed, Mood 1							
2-4 pm	A friend came to visit me, Mood 5							
4-6 pm	I prepared dinner, Mood 6							
6-8 pm	Dinner at home with my partner, Mood 7							
8-10 pm	Watch a movie in the living room, Mood 5							

Activity-Mood Monitoring Worksheet

Record your activity for each hour of the day (activity, with whom, where) and rate your mood while doing the activity.

Scale: From 1 to 10. "1" indicates the lowest mood and "10" indicates the best mood.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-10 am							
10-12 pm							
12-2 pm							
2-4 pm							
4-6 pm							
6-8 pm							
8-10 pm							

Activity-Mood Monitoring Worksheet

Record your activity for each hour of the day (activity, with whom, where) and rate your mood while doing the activity.

Scale: From 1 to 10, “1” indicates the lowest mood and “10” indicates the best mood.

Time	Activity	Mood
7-9 am	Lying alone in bed	3

Activity-Mood Monitoring Worksheet

Record your activity for each hour of the day (activity, with whom, where) and rate your mood while doing the activity.

Scale: From 1 to 10, “1” indicates the lowest mood and “10” indicates the best mood.

Time	Activity	Mood

Behavioral Activation ABC Plan



A

What would you like to do more of that is important, that you find pleasurable, and that adds value to your life?

B

2. What would you like to do less of that doesn't add value - or at times interferes with - your life?

Activities that make you feel good

Activities that don't make you feel good

C

3. Create a step-by-step plan to do more of what is important, and less of what interferes with your life and your goals.

GOALS

Example: 1. Exercise 3 times a week for 30 minutes at home, at 7 pm.

2.

3.

4.

4. Identify any barriers, and potential solutions:

On a scale of 0-10, how committed and confident are you that you can achieve your goal?

0 1 2 3 4 5 6 7 8 9 10

Signature

Date

Pleasant, Meaningful, and Productive Activities

SELF CARE

Take a shower

Get regular hair cuts

Brush your teeth

Go to the doctor

Wear clean clothes

Go to therapy

Take meds/vitamins

Pray/meditate

Be in nature

PLEASANT ACTIVITIES

Watch a movie

Call a loved one

Go out to eat

Drink a hot beverage

Connect with your community

Play a game

Listen to music

Play with a pet

Spend time with loved ones

CHORES AND TASKS

Fold your laundry

Reply to text messages/emails

Pay bills

Buy groceries

Do the dishes

Wash car

Do the laundry

Clean

Eat healthy

Work

Volunteer

Plan healthy meals

HOBBIES

Exercise

Travel/ plan a trip

Read

Play an instrument

Walk

Bake

Arts and crafts

Stretch

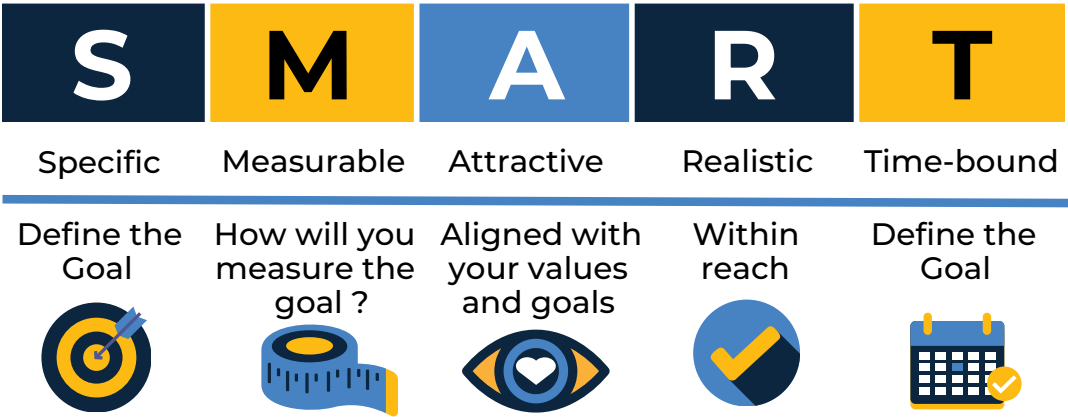
Journal

Learn a new language

Gardening

Dance

SMART Goal Worksheet



SMART Goal: Go for a walk on Mondays and Wednesdays for 15 minutes at 12 noon in the park near my home.

Step	When?
1. Set an alarm to remind me to go for a walk.	Mondays and Wednesdays at 10am, after breakfast
2. Schedule a second alarm	Mondays and Wednesdays at 11:30 am, to remind me again
3. Leave clothes laid out the night before	On Sundays and Tuesdays at 8 pm I will prepare the clothes to go for a walk (shoes, socks, pants, sweater)

SMART Goal Worksheet

Identify a SMART goal. Refine your goal by using the SMART process to determine the characteristics of your goal(s). SMART stands for Specific, Measurable, Attractive, Realistic and Time-bound.

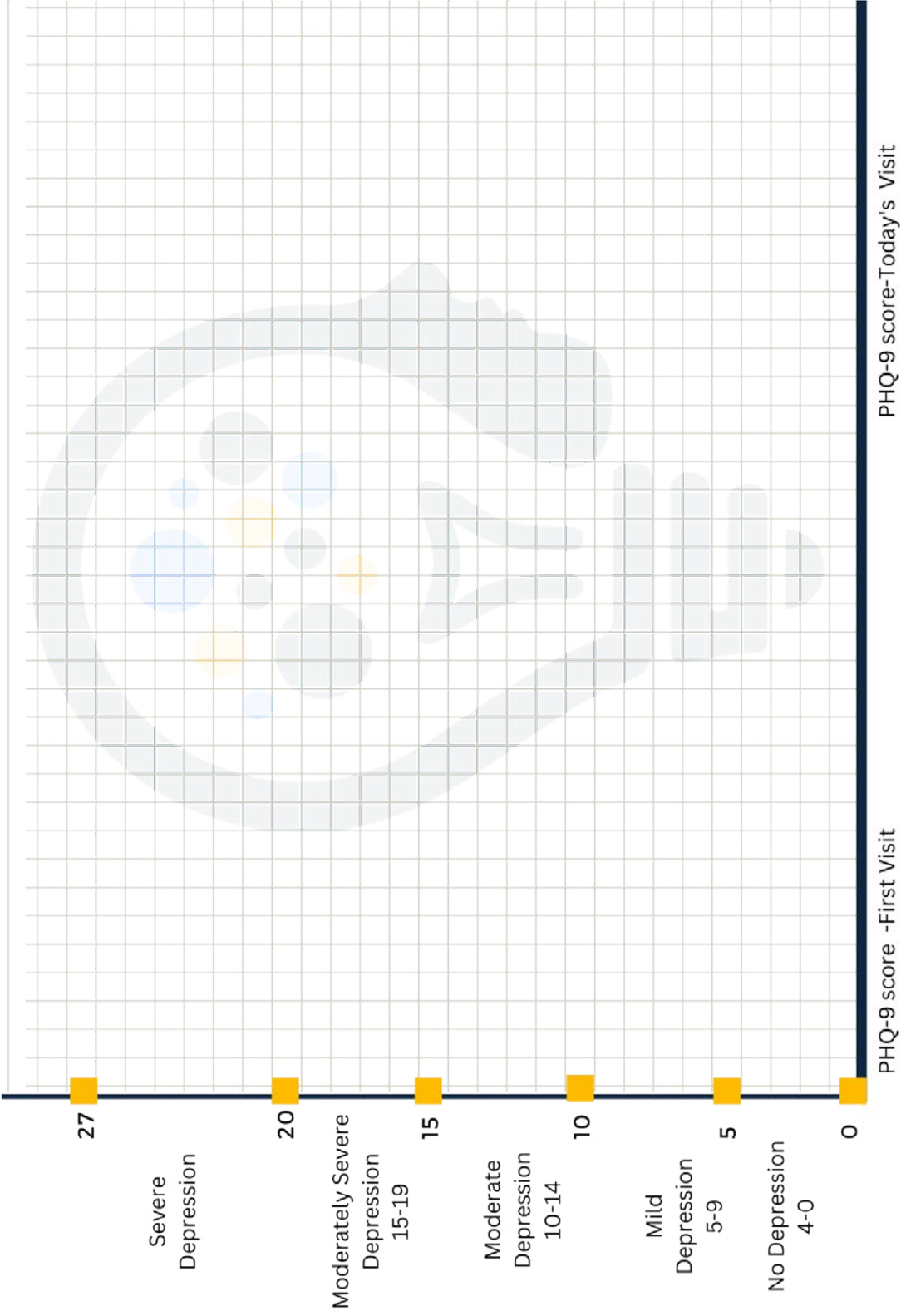
SMART Goal:

Step	When?
1.	
2.	
3.	
4.	
5.	
6.	

The Patient Health Questionnaire-9 (PHQ9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half of the days	Every day
1.Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling/staying asleep, sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite; being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way.	0	1	2	3
If you checked off any problem on this questionnaire so far, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult

Depression Tracker



Talk to Your Supervisor and Evaluate the Need to Refer Out for:

Domestic Violence	Suicide Risk	Substance Abuse
National Domestic Violence hotline: https://www.thehotline.org/	National suicide prevention hotline: https://suicidepreventionlifeline.org/	- AA and NA phone numbers nationally/by state: https://www.aa.org/ - Alcohol addiction hotline: https://www.alcohol.org/treatment/hotline - AA phone numbers by state: https://anonpress.org/phone - Narcotics Anonymous: https://www.na.org/meetingsearch/ - Virtual Narcotics Anonymous meetings: https://virtualna.org/

Sleep Hygiene Action Plan

Name: _____ Date: _____

Step 1: Recognize your current sleep habits:

1. I sleep _____ hours per day/night.
2. I go to bed at _____ PM/AM.
3. I wake up at _____ PM/AM.
4. I wake up in the middle of the night: () Yes; () No.
5. I take naps during the day: () Yes; () No.
6. My naps usually last _____ minutes/hours.

Step 2: Recognize why you are having trouble sleeping

BODY	BEHAVIORS	MIND
☐ Physical illness and pain ☐ Disrupted Breathing ☐ Restless legs syndrome ☐ Nocturia ☐ Medication side effects ☐ Indigestion ☐ Discomfort ☐ Muscle tension ☐ Other:	☐ Lack of a sleep routine ☐ Use of electronics before bed ☐ Eating or drinking too late at night ☐ Waking up during the night ☐ Having trouble going back to sleep ☐ Teeth grinding/ Bruxism ☐ Not sleeping in a quiet and dark room ☐ Intense activity before bed time ☐ Others:	☐ Anxiety ☐ Depression ☐ Worry ☐ Stress ☐ Frustration ☐ Overthinking ☐ Planning ☐ Mind time travel ☐ Other:

Step 3: to improve my sleep I can:

BODY	BEHAVIORS	MIND
☐ Manage chronic pain ☐ Manage physical illness ☐ Get tested for sleep disorders ☐ No liquids before bed ☐ Take melatonin ☐ Take a sleeping pill ☐ Light food in the evenings ☐ Stretch before bed ☐ Other:	☐ Have a sleep routine ☐ Don't nap during the day ☐ No electronic devices before bed ☐ Exercise regularly ☐ Wear a teeth night guard ☐ Do a calming activity before bed ☐ Practice diaphragm breathing ☐ Sleep in a quiet and dark room ☐ Other:	☐ Receive treatment for anxiety and depression ☐ Write worries down ☐ Practice mindfulness ☐ Focus on your breath instead of your thoughts ☐ Meditate ☐ Listen to sleep audio/ASMR ☐ Other:

Step 4: My goal to sleep better this week is:

Go to bed at _____ AM/ PM. Wake up at _____ AM/PM. Sleep _____ hours per day/night.

To sleep better, I will: _____

Possible barriers and solutions: _____

On a scale of 0-10, how committed and confident are you that you can achieve your goal?



We have both discussed this plan and agree that this is the best course-of-action for me.

Client's Signature: Date

Sleep Hygiene Tips

DO

BEDTIME

Have a bedtime routine

SHOWER

Do relaxing activities to train the brain for sleep

ROUTINE

Go to bed every day at the same time even on the weekends.

SOUNDS

Listen relaxing sounds to sleep

ENVIRONMENT

Have a relaxing sleep environment

RELAX

Do relaxing activities such as reading, meditating, and puzzles

JOURNAL

Journal. Write down worries

EXERCISE

Maintain a regular exercise routine

NAPS

Naps if needed, keep them short (no more than 30 min.)

BEFORE SLEEPING

ELETRONICS

No electronics 30 minutes before going to sleep

ACTIVITY

Don't do high intensity activity before bed

STRESS

Don't deal with stressful situations right before bed

PHONE

Don't reach out to your phone

WORRY

Don't keep checking the clock and worrying that you can't sleep

20' RULE

Don't stay in bed more than 20' after waking up and tossing

IF YOU AWAKE MID-WAY THROUGH

FOOD

Avoid late night meals

CAFFEINE

Stop having caffeine after 1pm

ALCOHOL

Avoid alcohol consumption

WHEN YOU WAKE UP FOR THE DAY

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Cost Analysis of Drinking Alcohol

	Pros of Drinking	Cons of Drinking
Emotional		
Social		
Financial		

End of Counseling Form

Name: _____ Date: _____

Complete this form with your provider to help you make a plan for remaining well after the completion of the treatment.

1.Depression maintenance and prevention. What are the activities that make you feel good and you want to continue to stay well?

2. Identify triggers. Which situations can increase your risk of a depression episode in the future?

In these situations, what are the activities you may start doing again which will make you feel worse?

What will help you to do the things that will make you feel better?

Step 5: Identify barriers and solutions: _____

On a scale of 0-10, how committed and confident are you that you can achieve your goal?

012345678910

Client's Signature

Date

Things I Will Do to Stay Well

Things I will continue to do	Things I will stop/reduce

Credits

Original and adapted film scripts created for EMPOWER, which form the basis of this manual, were created by Sheena M. Wood, NP, and Anushka R. Patel, PhD. The digital training content was reviewed and supported by Vikram Patel, MBBS, PhD, and John Naslund, PhD. Expert review was conducted by Sona Dimidjian, PhD, Donna Baptiste, Ed. D, LCP, LMFT and Tara Mehta, PhD.

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