



# ACTION PLAN

---

## RESPONDING WISELY

CARING FOR YOURSELF WHEN YOU NOTICE THE FIRST SIGNS OF LOW MOOD, DEPRESSION, ANXIETY & STRESS

Following Session 6, you considered what triggers downward spirals in mood for you, and what you notice as the first signs that your mood is dropping (e.g., thoughts, feelings, body sensations). On this sheet, we consider how you might skillfully respond when you find yourself in this position. It may be helpful to look back over your course handouts, to remind yourself of what you have done and see whether you have discovered anything that might help.

**In the past, what have you noticed that helped when you were becoming depressed? What might be a skilful response to the pain of depression?**

---

---

---

---

---

---

---

---

**How could you respond to the turmoil of thoughts and feelings without adding to it (including what you have learned in the classes)**

---

---

---

---

---

---

---

---

**How can you best care for yourself at this difficult and painful time (e.g., things that would soothe you, activities that might nourish you, people you might contact, small things you could do to respond wisely to distress)?**

---

---

---

---

---

---

---

---

---

---

### **YOUR ACTION PLAN**

Now write down suggestions to yourself for an Action Plan that you can use as a framework for coping, once you or your friends/family have noticed early warning signs.

Use the thoughts you have gathered on the previous pages, and your list of pleasurable, masterful, and nourishing activities to inform your bespoke Action Plan.

Remember to address the frame of mind that you might be in at the time; e.g., “I know you probably will not be keen on this idea but I think that, nonetheless, it is very important that you ...”

You might want to explicitly remind yourself to ‘Act Mindfully’ and revisit some of the MBCT practices and resources that have supported you during the course, for example:

- Put on a mindful movement, body scan, or sitting meditation recording
- Remind yourself of what you learned during the class that was helpful then
- Take frequent breathing spaces leading into thought review or considered action
- Read something that will “reconnect” you with your “wiser” mind and so on.
- It may be helpful to remind yourself that what you need at times of difficulty is no different from what you have already practiced many times throughout this course

## MY ACTION PLAN

**For when I or my family & friends notice the Early Warning Signs that my mood is slipping**

*I know you probably will not be keen on this idea, but I think that, nonetheless, it is very important that you choose to carry out an activity that will lift your mood, give you energy, give you a sense of satisfaction and nourish you, even if you don't feel like doing them?*

**Always start with a Three-Minute Responsive Breathing Space, then ask yourself**

- How can I best be kind to myself right now?
- What is the best gift that I can give myself at the moment?
- I don't know how long this mood might last, so how can I best look after myself until it passes?
- What would I do at this moment for someone I cared about who was feeling this way? How can I look after myself in the same way?

Then take action – choosing something from the following:

**Do something pleasurable.**

---

---

---

---

---

---

---

---

---

---

**Do something that gives you a sense of mastery, satisfaction, achievement, or control.**

---

---

---

---

---

---

---

---

---

---

