

# Checklist Identifying the circle of helpful behaviour.



<b>Are you:</b>	Tick here if you have noticed this – even if just sometimes
Being good to yourself? For example, eating regularly and healthily, taking time to enjoy the food	
Doing things for fun/pleasure? For example, your hobbies, listening to music, having a nice bath - with the whole candles thing!	
Seeking support from others whom you trust? For example, seeking out other helpful sources of support, like going to a self-help group meeting (your GP can tell you about these groups)	
Keeping in touch with others even if you don't feel like it? Pick a level of contact you can cope with, for example by telephone, email or meeting up	
Stopping, thinking and reflecting on things rather than jumping to conclusions? For example, letting upsetting thoughts 'just be' rather than mulling over them	
Finding out more about depression by reading information leaflets, self-help books, etc., that is, putting what you have learned into practice?	
Doing too much or too little? Pace yourself - so you don't run out of energy or sit doing very little	
Keeping as active as you can?	
For example, doing exercise/going for walks/swimming/pottering round the garden/going to a gym	
Note: If you had an operation or are physically ill and in pain, you may need to take it easy for a time. But once your doctor or GP says its okay, try to keep reasonably active.	
Using your sense of humour to cope? For example, you need that sense of humour to help look at things differently	
Giving yourself a break? Remember: no-one is perfect	
Taking any prescribed medication regularly and as prescribed?	
Remember that the medication is there to help	
Trying using things such as relaxation tapes, slow breathing, etc. to deal with tension (see <a href="http://www.livinglifetothefull.com">www.livinglifetothefull.com</a> and the free MP3 downloads at <a href="http://www.fiveareas.com">www.fiveareas.com</a> ) For example, if you have a partner, try swapping relaxing massages that don't necessarily lead to sex	
Being honest with trusted others (especially your GP) about how you really are? If you are struggling, you need to say so, otherwise people will not know you need help	
If you have children: Planning time for yourself, or you and your partner together without the children? For example, you can plan to leave your baby with a friend, relative or in a crèche while you spend time together talking or doing adult things like going out for a meal	
If you have children: Playing with your children, and spending time together reading stories or having cuddles?	
Stopping attending religious services, night classes or local pubs/clubs because it feels just too much to cope with at present?	

**Having completed these questions, reflect on your answers using the three questions below:**

- 1). Am I doing any activities or behaviours that improve how I feel? Yes  No  Sometimes
- 2). Are these activities/behaviours definitely helpful in the short and longer-term for me or for others?  
Yes  No  Sometimes
- 3). Overall has this improved how I/others feel? Yes  No  Sometimes