

May is Mental Health Awareness Month “Depression & Behavioral Activation”



Depression is a word used to describe several feelings including sadness, frustration, disappointment, and sometimes lethargy (lack of energy or interest to do things). Depression can be situational or sometimes it can be more intense, lasting longer and impacting your day to day functioning. It can affect all ages, impacting our sleep, relationships, concentration, appetite, and energy level.

One way to cope with depression is to increase your level of activity (behavioral activation). Below are favorite resources I use with patients and families to help situational depression. If you are running out of ideas for fun activities, see the attached document for 365 ideas 😊

https://www.cci.health.wa.gov.au/~/_media/CCI/Mental-Health-Professionals/Depression/Depression--Information-Sheets/Depression-Information-Sheet--05--Behavioural-Activation-Fun--Achievement.pdf

Information Sheet - Fun Activities Catalogue (health.wa.gov.au)

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.