

Depression's Energy Budget

Often depression and anxiety can weaken or deplete our energy and resources. It is important to use our energy wisely to do what is necessary for survival and wellness.

It is also important to do activities that increase our energy and well-being.

This means we need to figure out how much energy we have each day and where to best spend it.

Living Within Your Energy Budget

NECESSARY	EXTRAS
<ul style="list-style-type: none">- Putting food on the table- Attending mandated appointments- Getting kids to school- Showering and dressing- Going outdoors	<ul style="list-style-type: none">- Making dinner from scratch- Doing an errand for someone- Taking kids to park- Shaving or putting on makeup- Going for a long hike

Increasing the Size of Your Energy Budget

- 1 It is important to go slowly.
- 2 Use a bit of your daily energy to do self-care activities such as exercise, relaxation, hobbies etc.
- 3 Think hopeful thoughts; healthy energy and motivation are released and increased when you do.
- 4 Repeat and persist — it is better to do a very small thing 100 times than to do a big thing once. You are trying to develop new habits, and these only come with a lot of practice.
- 5 Congratulate yourself for every effort you make no matter how small. The brain responds very well to this kind of appreciation and you will be rewarded with more resources, such as hope, well-being, energy, and self confidence.

Create Your Own Energy Budget

NECESSARY	EXTRAS
-	-
-	-
-	-
-	-
-	-

Chunk the Day

Sometimes you feel unmotivated, too depressed, or too tired to face the day. Here is a way to help you attempt to accomplish something and get through the day:



- 1 Time: Decide on the smallest amount of time you can spend on a task: e.g., 10 min, an hour, or even a whole morning.

This is your **CHUNK** of time.



- 2 Decide on what you will do. Tell yourself: **"I only have to keep going for this chunk. Then I can stop if I want."**

- 3 When the chunk is over, you can decide to rest, carry on with what you were doing, or change to something else for the next chunk.

FOR EXAMPLE:



Mary decides she can handle 10 minutes. In those 10 minutes she decides she can clear off the kitchen table and put the breakfast dishes in the sink.

Once she's completed this task she can then decide to carry on with another chunk, e.g., wash the dishes, rest for a while, or decide to do another chunk later in the day.



The key is to choose manageable chunks and activities. You can do a whole day in chunks. Most people who try this report that they actually get more done, and as a bonus, their mood improves.

Wellness Activities

The activities below are helpful for recovery and wellness. They are often the first to go when someone is not well. To start working on your recovery, put a check mark whenever you do one of the activities below. Push a little, often, but not to exhaustion. As you do this, day after day, you may gradually find your mood brightening and your energy returning.

	ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN
1	Self-care (shower, shave, teeth etc.)							
2	Eat three meals, however small (check for each)							
3	Sleep (# of hours)							
4	Physical activity (# of minutes)							
5	Relaxation (# of minutes)							
6	Accomplish one small task or goal each day							
7	Social contact (enough but not too much)							
8	Something pleasurable or creative ie: hobbies							
9	Do something nice for yourself							
10	Do something nice for someone else							
11	Replace negative thoughts with helpful thoughts (check # times)							
12	(add your choice)							

Small Goals: *Baby Steps*

Depression can make people feel tired, forgetful, shut-down, and unable to do what they used to do.

Depression feeds on withdrawal and inactivity.

A strategy to help people feel more in charge of their lives and improve their self-esteem is through the attainment of daily small goals.

The emphasis on small goals is important. It slows down the person who pushes too hard so they don't get overwhelmed, and gently encourages the withdrawn person to begin taking charge of their life.

Select a Small Goal

-  Choose a small task and pick a time to do it.
-  The task should be easy enough to achieve even if you feel very down and don't have much energy.
-  Have a clear idea of what you are going to do and when and how you are going to do it, e.g., "go swimming at the community centre pool this Thursday evening for 15 minutes" rather than, "go swimming."

If you don't complete the goal don't give up — choose another time or break your goal into smaller parts.

Goals that involve action and thoughts are easier to know you've reached them than those involving emotions.

When you meet your goal, or part of it, congratulate yourself.

Remember: Start small with a baby step — you can always do more when you are able to.

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Small Goals Worksheet

GOAL	WHEN	WHERE	HOW	DONE <input checked="" type="checkbox"/>