

Emotional Wellbeing: Understanding The Depression Cycle

Instruction page



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Activity Type

Participation Style:

1-1 activity

Solo activity

Group handout - solo play

Resource Format

Interactive worksheet

conversation tool

PDF worksheet

Theme:

Mindful, emotions, self-stability, wellbeing.

Age: 13-18+**Challenge Level****EASY**

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General Activity Info

This worksheet activity helps participants understand the depression cycle by exploring how thoughts, feelings, and behaviors influence one another. Using relatable scenarios, participants will identify how negative thinking patterns develop and brainstorm practical ways to break the cycle. This activity encourages personal reflection and builds skills for overcoming emotional and behavioral challenges.

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Materials Needed

- A printed copy of the resource.
- Pens.

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Step by Step Instructions

Introduction (5 minutes)

1. Explain the concept of the depression cycle: how thoughts, feelings, and behaviours interact and reinforce each other.
2. Highlight that recognizing the cycle is the first step toward breaking it.

Scenario Exploration (10 minutes)

1. Read the example scenario.
2. Discuss or reflect on how the character's thoughts, feelings, and behaviours are connected.

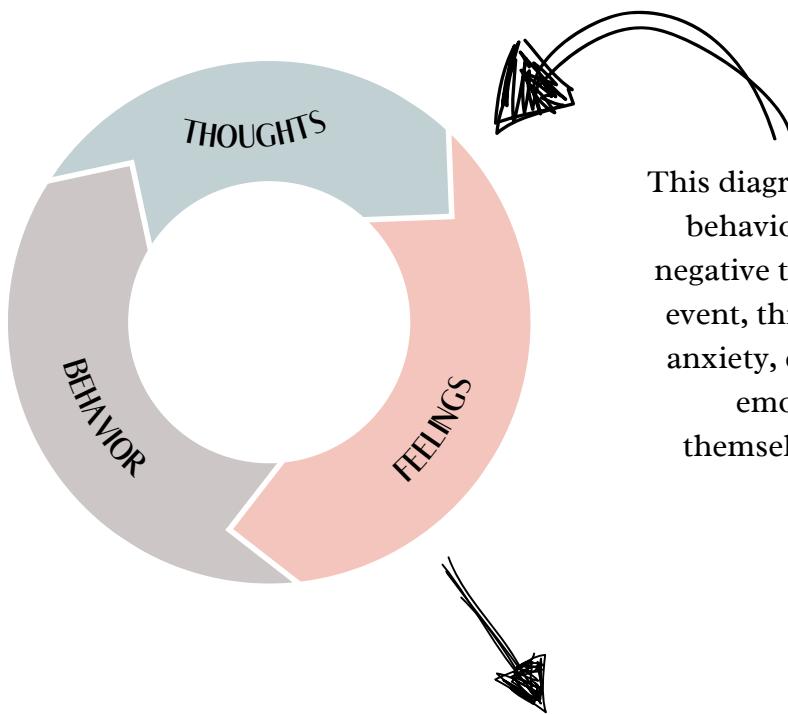
Personal Reflection (10-15 minutes)

1. Ask participants to think of a situation where they experienced negative thoughts or emotions. Have them fill in the diagram to identify their thoughts, feelings, and behaviours during that situation.

Cycle Breaking Brainstorm (10 minutes)

1. On the next page, participants list strategies they could use to interrupt the depression cycle (e.g., talking to a friend, changing self-talk, taking small positive actions).
2. Encourage participants to think about realistic, manageable changes.
3. Encourage participants to identify one strategy they will try next time they face a similar situation.

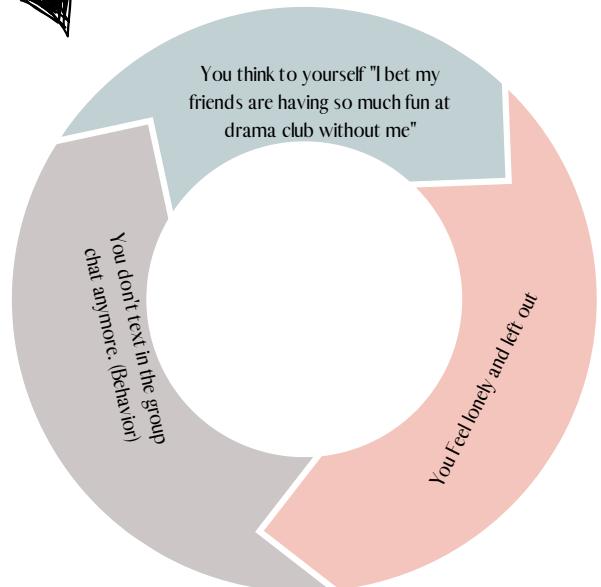
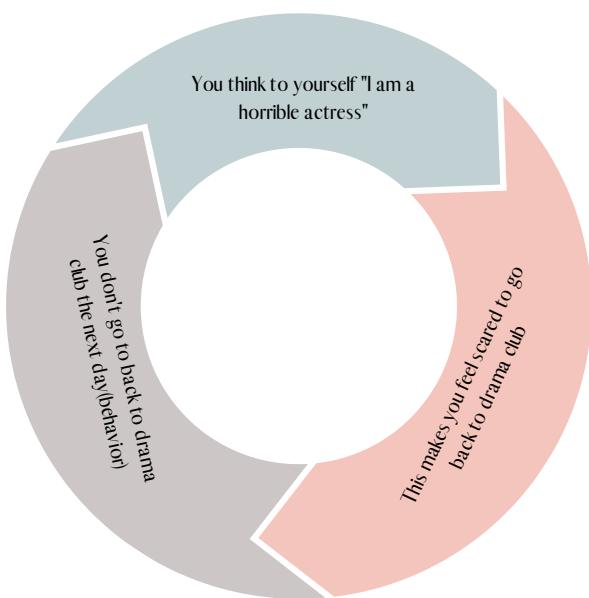
Understanding The DEPRESSION CYCLE



This diagram shows us that thoughts, feelings, and behavior all influence each other. When we have negative thoughts, or have experienced a stressful event, this can trigger emotions such as sadness, anxiety, embarrassment, or hopelessness. These emotions often cause people to isolate themselves and lose motivation for day to day activities.

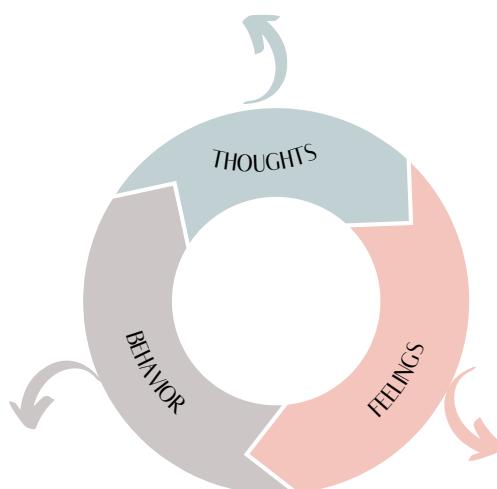
This cycle perpetuates itself... lets look at an example

Uh oh! you didn't get the lead role in the school play...



Use the diagram below to explore how your negative thoughts, feelings, and behaviors influence one another. Think of a situation that triggered a negative emotion.

On the next page, brainstorm practical ways to break this cycle. Consider discussing your ideas with your therapist for additional guidance.



Use the space below to reflect on the cycle(s) that you have mapped out. Can you think of any specific ways you could break the cycle? (*Hint: reframing negative thoughts, or changing behaviour*)

Breaking the cycle

