

The Struggle Is Real

Week 5: **Externalizing Your Depression**
Presented by CSUEB Counseling Services



Introductions:

A Few Zoom Guidelines

Please mute your audio while others are talking and type any questions into the chat box

Your video can be off or on, whatever makes you most comfortable



Externalizing Depression

Often when we have felt depressed for a long time, it starts to feel like depression is a critical part of our identity. This is one of the tricks that depression plays on us - making us think that we *are* our depression, and that there is no hope for ever feeling differently.

Instead of letting us become one with our depression, it can be helpful to remember that depression is just a visitor - we don't have to let it stay forever. It can be separate from who we are.



Eg. I am *NAME* and I struggle with depression vs. I am depressed.

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Use Humor in Coping

Use Humor as a Coping Technique

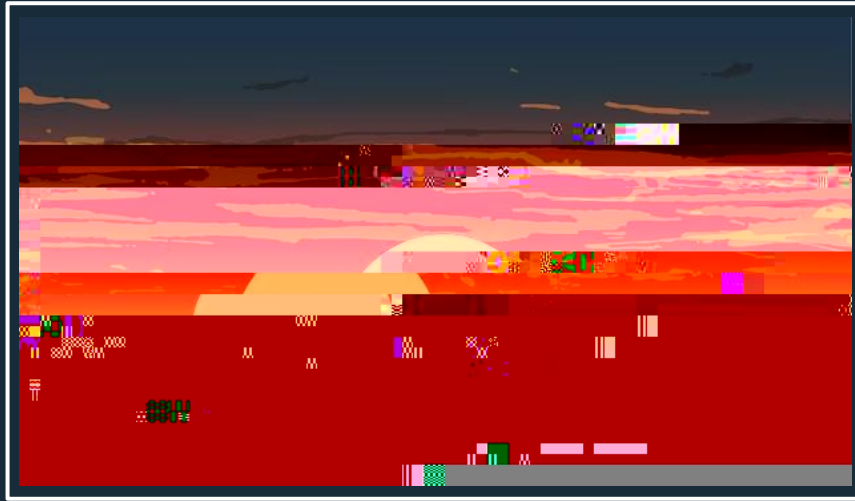
Imagine your inner critic as a cartoon or fictional character from a movie or TV show (eg. Mickey Mouse, Kermit the Frog, Scooby Doo, etc). Choose a character whose voice you think is silly, or ridiculous, and who acts incompetently.

Imagine and visualize who you choose as the source of your inner critic voice. It is much easier to dismiss an inner critic with these characteristics.

Let's try it together. Imagine a critical or negative voice about yourself you have of en. Now imagine the voice having the cartoon voice you chose.

How do you feel? How could respond to that image/voice?

Lightstream Technique



Additional Resources

CBT apps: Wysa, CBT Thought Diary, MindDoc: Your Companion, What's Up, MbodTools, Calm, Shine, Happify

Counseling groups throughout every week

Pioneers for HOPE - support with food and housing
@pioneersforhope

Thank you

