How Does Depression Happen?

Happiness/Mood =

**How rewarding life is**
(good social interactions + fun activities + doing things we are good at (mastery) + approaching our goals + helping others)

**How healthy we are**
(enough sleep, physical activity)

**How helpful thoughts are**
(how we think about situations and ourselves)

What life events or situations have you been cutting down on that would normally keep your mood going strong?