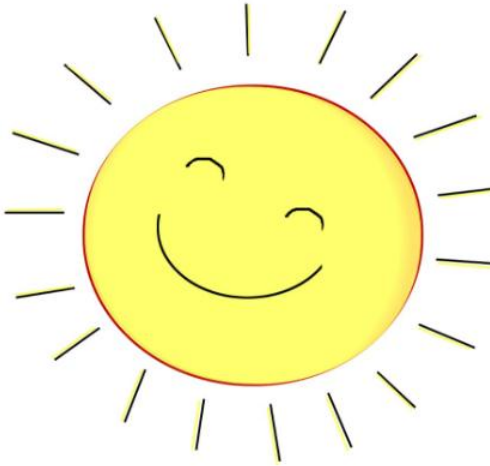


# How Does Depression Happen?

**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?