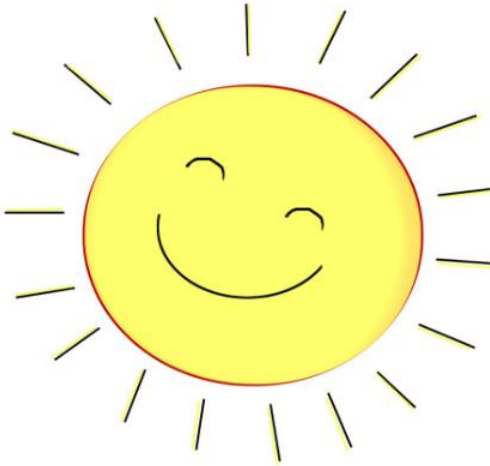


How Does Depression Happen?

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?