



Be Pain Smart – Depression

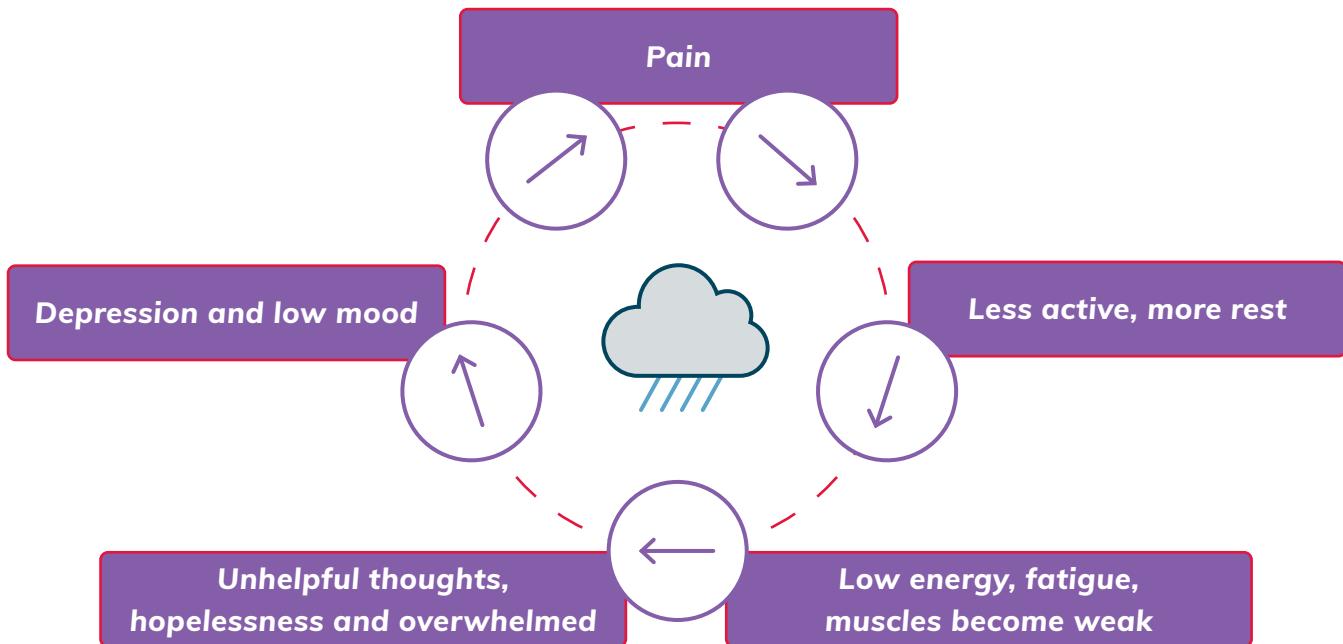
Cycle of depression

Depression makes you feel differently; it can change the way you live your life and can make your pain worse, keeping you trapped in a cycle of depression and pain. Think about the things in your life that keep you in the cycle of depression. When you know what these are, you can start to work on them and turn the cycle around.

When you have chronic pain and a brain injury, you can also start to feel down, stop doing things and enjoy life less. This can lead to feeling low, unhappy, hopeless and sometimes depressed.

Depression makes you feel differently, but it can also change the way you live your life; that is, what you do each day, your relationships, your thoughts and the way you feel about yourself. All these changes can make your pain and depression worse, and can keep you trapped in a cycle of depression and pain.

The cycle of depression



It can be helpful to think about the things in your life that keep you in the cycle of depression. When you know what these are, you can start to work on them and turn the cycle around.



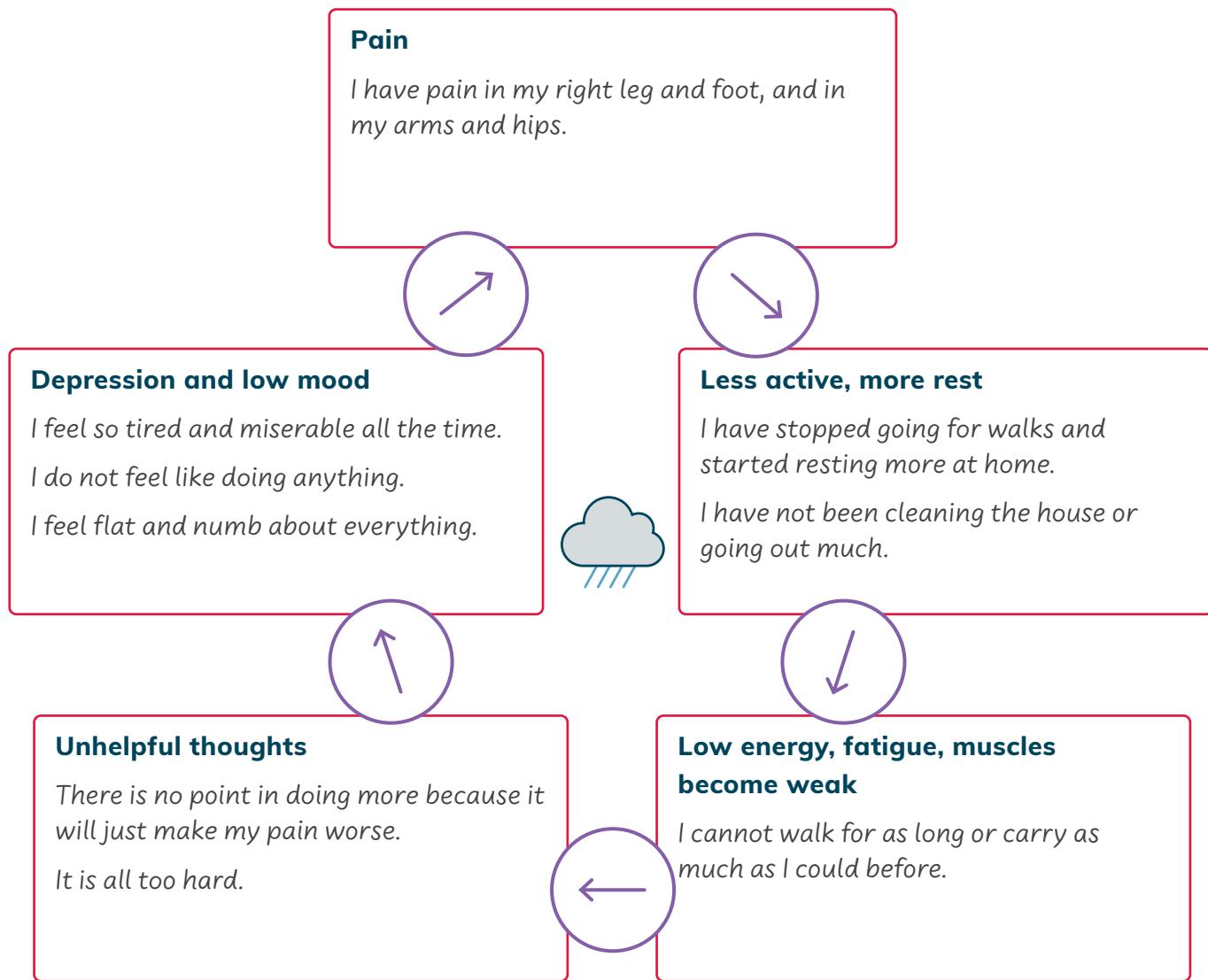
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Take some time to think about each of the different parts of the cycle and how this has been working in your life.

Look at the example below and then have a go at writing down how the cycle of depression has played out in your life. Put in lots of details so that the cycle is meaningful to you and your situation.

My cycle of depression

Think about the parts of your life that build the cycle of depression – look at the example below and then fill in the blank one below.

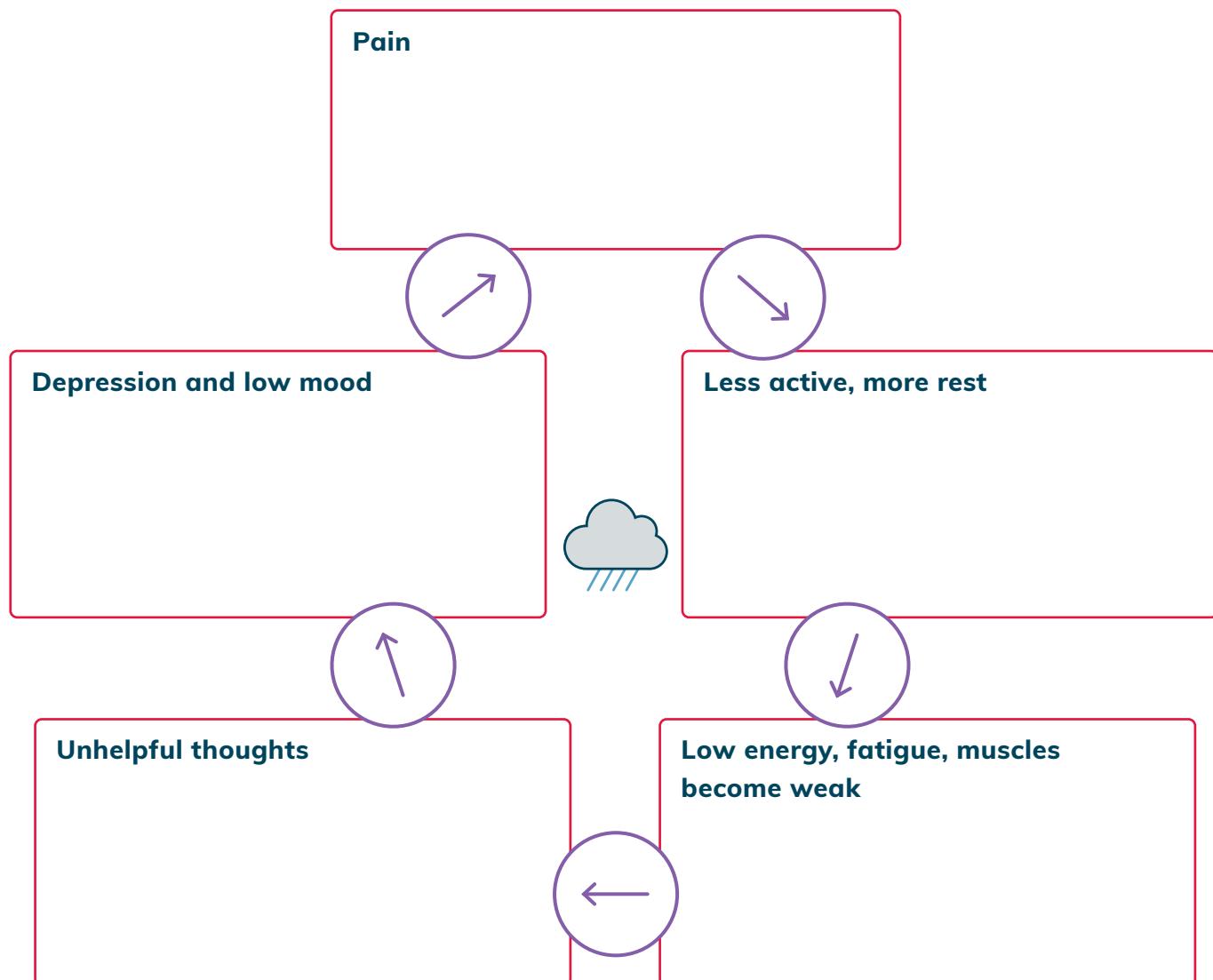




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My cycle of depression

Fill in the blank cycle below with what is going on in your life.





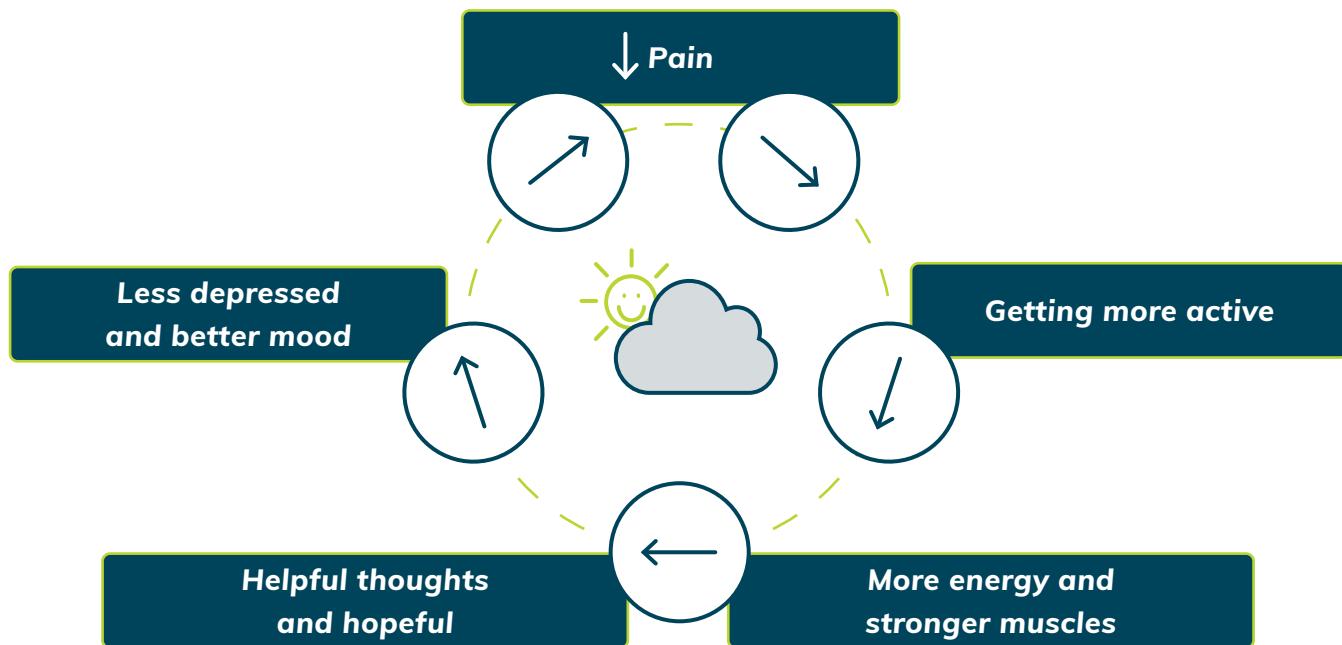
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Turning around the cycle of depression

By making a few changes, you can turn around the cycle of depression. When you start to be more active, you can then slowly build up your energy levels and the strength of your body. This helps to build your confidence and it is easier to have more helpful thoughts.

Over time, you will feel less depressed and boost your mood. This means that your pain becomes more manageable, so you can slowly become more active - now you are turning the cycle around and getting your life back on track!

Look at the figure below to see how this works.



How are you going to turn around your cycle of depression?

Look at the parts of the cycle that you could work on to improve your mood and your pain. Think of the things that you can start to change to get this cycle turned around. It does not matter where in the cycle you start, it is just important to get started. Begin with small changes, such as going for a short walk or swapping your thoughts. When you keep doing these small things, in the long run, they can make a big difference to your feelings of depression and managing your pain.

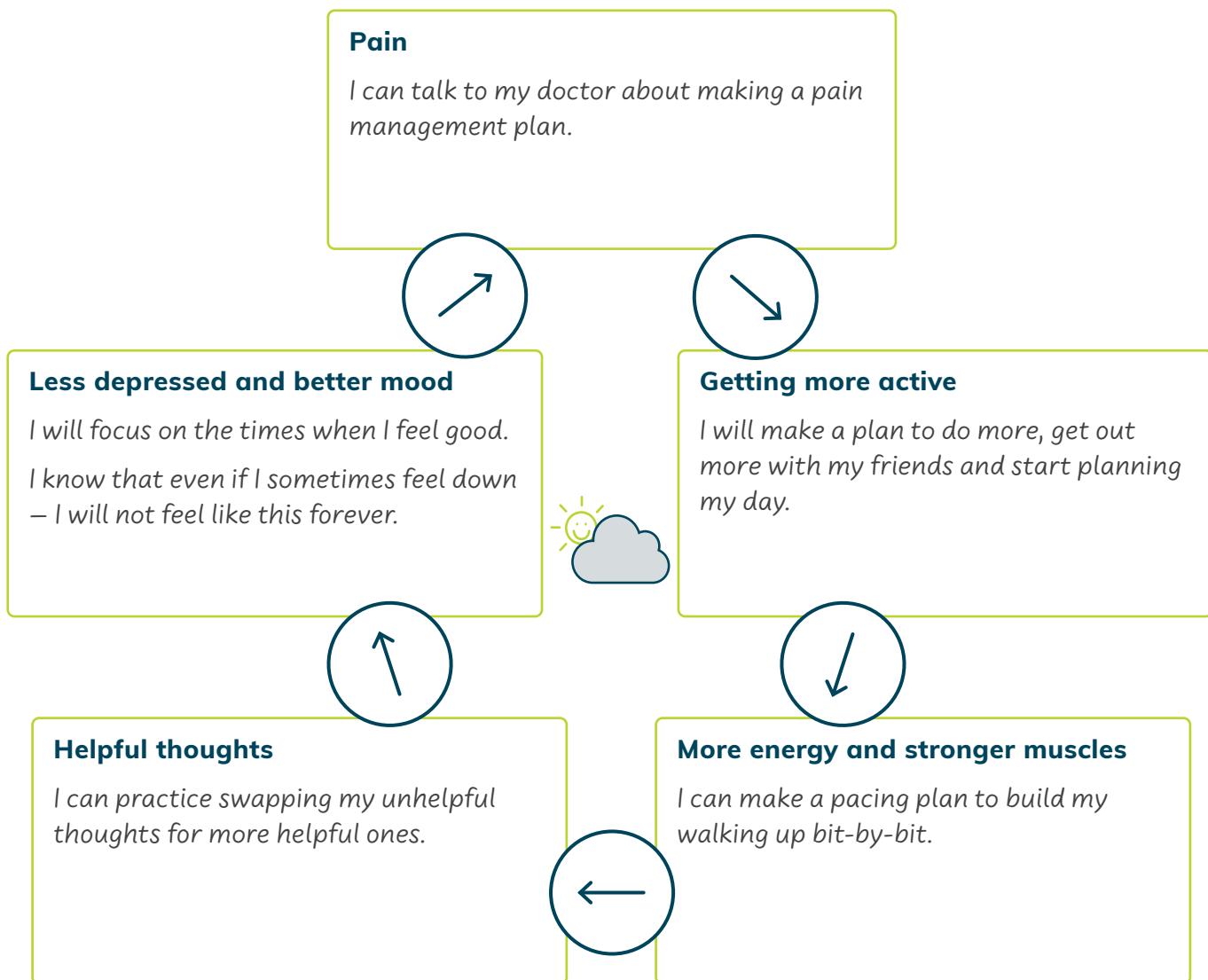


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Check out the example below and then have a go yourself at turning around the cycle of depression.

Turning around my cycle of depression

Think about what parts in the cycle you can change to turn around the cycle of depression – look at the example and then fill in the blank one below.





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Turning around my cycle of depression

Fill in the parts of the cycle below with things that you can do to turn the cycle around.

