

## **BOOSTER SESSION #1**

### **CLASS OUTLINE**

**I. Welcome and catch up**

**II. Review of the course**

**A. The path that leads to a healthy mood**

**B. Quick Mood Scale**

**C. Activities and your mood**

**D. Thoughts and your mood**

**E. Contact with others and your mood**

**F. Summary**

**III. Relaxation exercise**

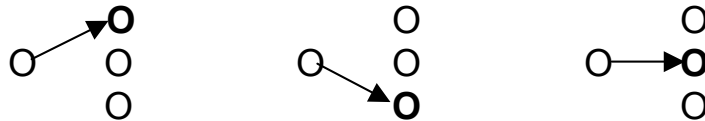
## I. WELCOME AND CATCH UP

## II. COURSE REVIEW

### II.A. THE PATH THAT LEADS TO A HEALTHY MOOD

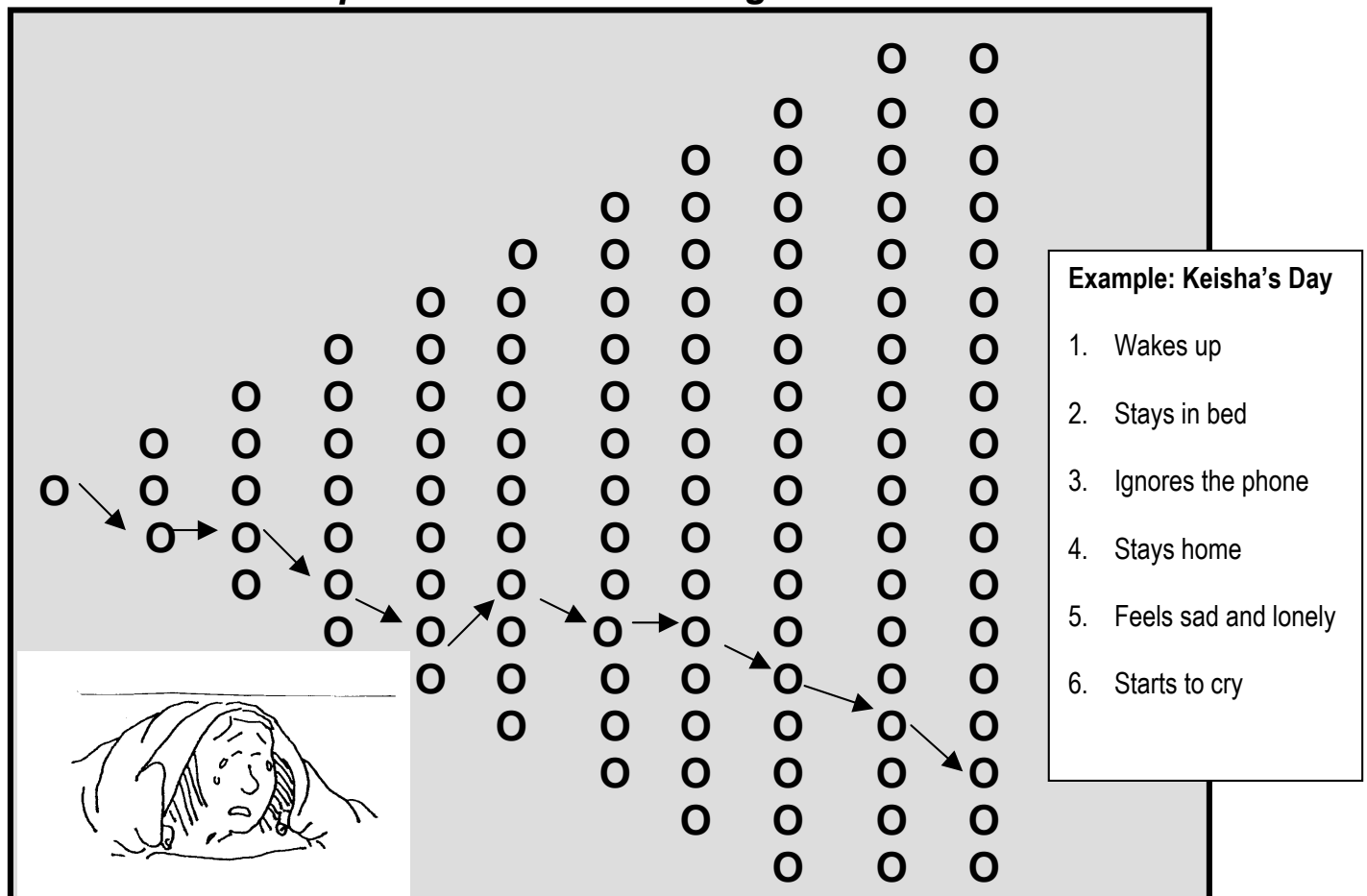
Your personal reality is being built or shaped from moment to moment.

- In each moment of our life, we decide what to think, do, say, and how to treat other people.
- Each decision we make improves or worsens our emotional well-being or keeps it the same.

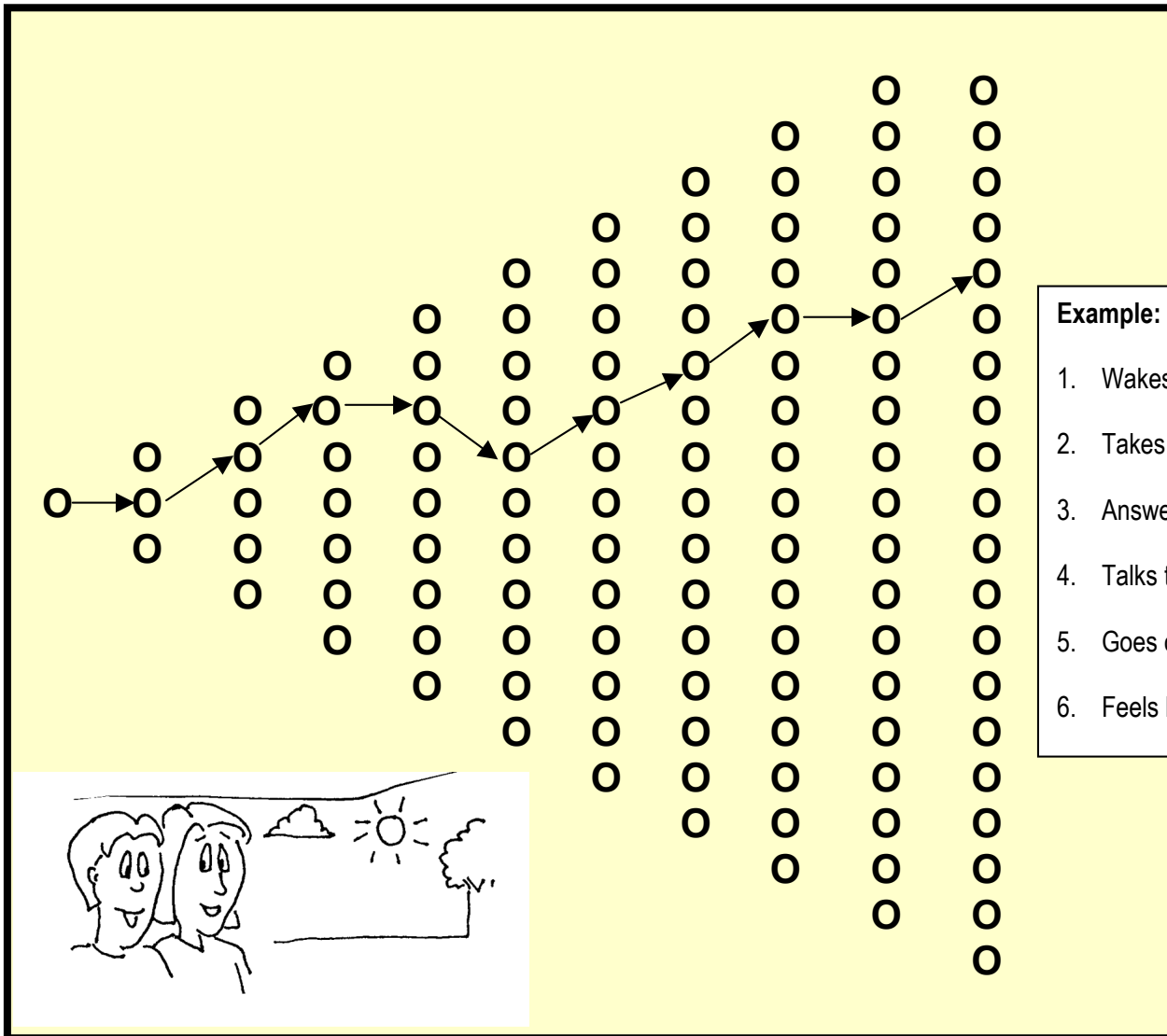


- In general, each decision we make has a minimum effect on us. However, as our decisions accumulate, they can create a strong change in our mood.

#### ***The path that leads to a negative mood:***



***The path that leads to a healthy mood:***



**Example: Tamika's Day**

1. Wakes up
2. Takes a shower
3. Answers the phone
4. Talks to a friend
5. Goes out
6. Feels better

***The activities that we do, our thoughts, and our contact with others help us shape the reality of each day!***

## II.B. QUICK MOOD SCALE

Track your mood every day using the Quick Mood Scale. It will help you learn to be aware of how you feel so that you can learn to have healthier moods and teach your baby to balance his/her moods.

- Every night, before going to bed, circle the number (between 1-9), which indicates how you feel on that day. The number you choose will only reflect how you feel that day - there is no right or wrong answer.
  - If your **mood is average**, (neither high nor low), circle **number 5**
  - If it is **better than average**, circle **a number higher than 5**
  - If it is **worse than average**, circle **a number lower than 5**
  
- We find that it is easiest to keep the scale by the bed so that before you go to bed, you can think about your day and rate your mood for the day.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>BEST MOOD</b>	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
<b>AVERAGE</b>	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
<b>WORST MOOD</b>	1	1	1	1	1	1	1

## II.C. ACTIVITIES AND YOUR MOOD

### HOW DOES WHAT WE DO AFFECT HOW WE FEEL?



- When people do pleasant activities:
  - They often feel happier.
  - They are more likely to have positive thoughts about their lives.
  - They are more likely to have positive contact with other people (but there are also pleasant activities that people can do alone).
- When you are feeling down or tired, it is often hard to get the energy to do pleasant activities BUT it may help you feel better and less tired.
- Many activities are pleasurable because they offer us the chance to experience a sense of mastery or a sense of meaning.

## WHAT DO YOU LIKE TO DO?



**INSTRUCTIONS:** Have you continued to do pleasant activities since the course ended? Write down things that you have done on your own, with other adults, or with your baby. Have you discovered any *new* pleasant activities that you enjoy doing?

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Now write down any challenges or barriers that may have gotten in the way of your doing pleasant activities. What did you do to overcome those challenges?




Challenges to doing activities	Ways you managed challenges
1.	
2.	
3.	
4.	
5.	

### NOTES:

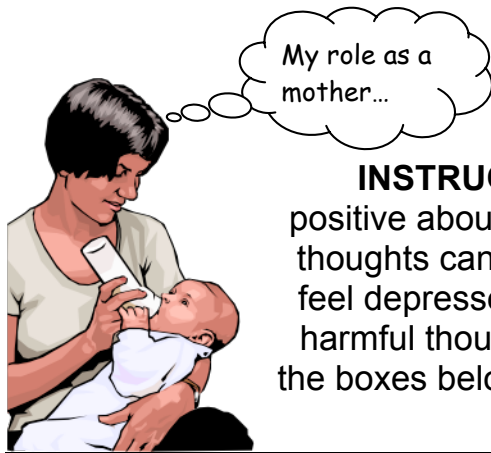

## II.D. THOUGHTS AND YOUR MOOD

### WHAT ARE THOUGHTS? DO DIFFERENT THOUGHTS AFFECT OUR MOOD?



The illustration shows a woman with dark hair, wearing a pink and white plaid shirt, holding a baby wrapped in a white blanket. A thought bubble above her head contains the text: "Being a new mother is a special time in my life...".

- Thoughts are all the things we tell ourselves (as if we were having a conversation in our mind).
- We can have several thoughts at any given moment. Some of them contradict each other.
- We are conscious of some thoughts and not of others.
- Our thoughts can help us or harm us.
- Our thoughts almost always affect our mood.
- If we can become aware of the types of thoughts we have, we can learn to use them to achieve a healthier mood.



## HELPFUL THOUGHTS AND HARMFUL THOUGHTS

**INSTRUCTIONS:** Some thoughts help us to feel more positive about our lives - they give us energy and hope. Other thoughts can make us feel more negative - they can make us feel depressed and tired. Try to think of some helpful and harmful thoughts that you have had recently and list them in the boxes below.

### HELPFUL THOUGHTS

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### HARMFUL THOUGHTS

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## HARMFUL THOUGHT PATTERNS AND STRATEGIES TO CHANGE HARMFUL THOUGHTS THAT AFFECT MY BABY & ME

HARMFUL THOUGHT PATTERN	TALKING BACK
<p><u>All or Nothing Thinking</u>: Thinking in extremes - thoughts are at either the top or bottom of a scale. For example, thinking that something is all good or all bad, or is perfect or a failure.</p>	<ul style="list-style-type: none"> <li>• What's in the middle?</li> <li>• Are there more shades of grey?</li> </ul>
<p><u>Overgeneralization</u>: Taking one negative event and seeing it as a never-ending pattern. For example, if one person betrayed you, not trusting anyone or if you couldn't do one thing, thinking you can't do anything.</p>	<ul style="list-style-type: none"> <li>• Am I assuming that every situation and every person are the same?</li> <li>• Remember that this is just one person, just one situation.</li> <li>• Can I think of other people and situations that were different?</li> </ul>
<p><u>Blaming Oneself</u>: Thinking that when negative things happen they are always your fault.</p>	<ul style="list-style-type: none"> <li>• Am I to blame for <u>everything</u> that turns out badly?</li> <li>• Do <u>only</u> bad things happen to me?</li> <li>• Remember the all of the good that has happened and all that I have achieved.</li> </ul>
<p><u>Negative Fortune Telling</u>: Thinking that you can see how things will be in the future and being sure they will turn out badly.</p>	<ul style="list-style-type: none"> <li>• Can I really predict the future?</li> <li>• Why not wait to see how things turn out rather than just imagining the worst?</li> <li>• Things could change.</li> </ul>

(Adapted from David Burn's Book Feeling Good: The New Mood Therapy, Morrow, 1980)

**NOTES:**


Just as your thoughts affect your mood, your child's thoughts affect his/her mood. You can teach your child to think in healthy ways that will make him/her happy.



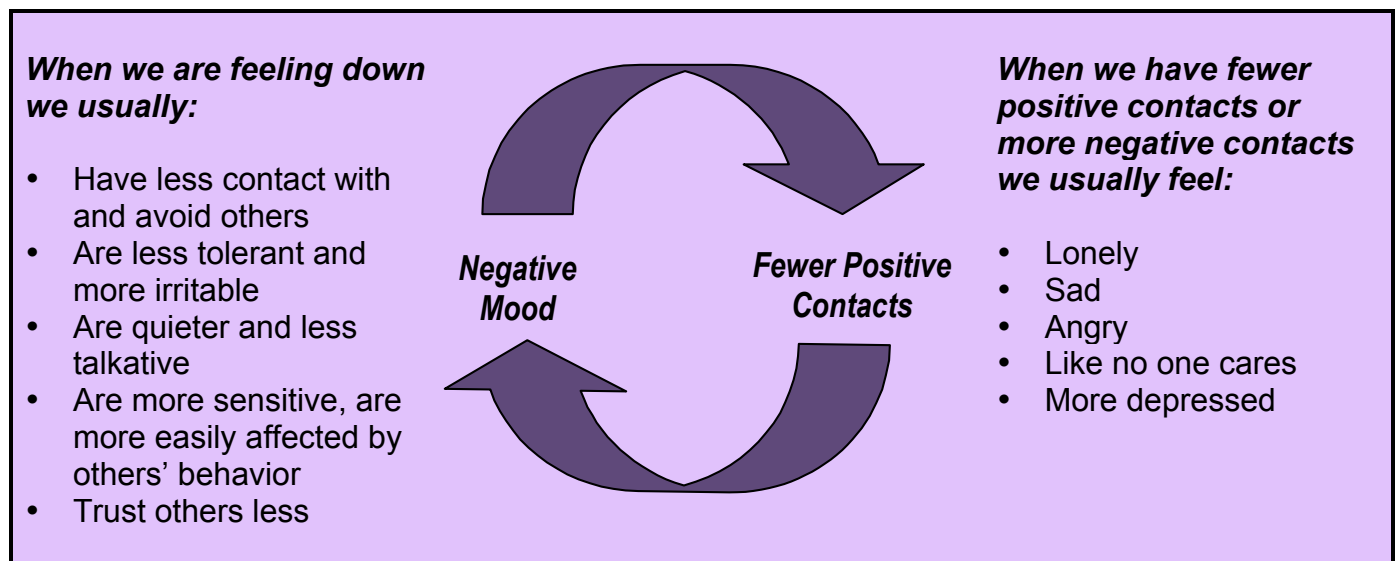
<p><b>Methods to reduce harmful thoughts</b></p>	<p><b>How to teach your child to have a healthy mood</b></p>
<p><b>Thought Interruption:</b>                      There are times when we get into a rut with a certain thought, usually a negative one, which keeps bothering us throughout the day, making us feel bad. We can learn to become aware of this and “break our thought” to get out of the rut.</p>	<p>One way to do this with babies is to notice how they are feeling and teach them what feeling they are having. For example, if your baby begins to feel frustrated because he/she is tired and is sleepy, say “Honey, are you tired? It’s time for your nap. Once you rest you will feel a lot better.” This way your baby learns that something can be done to feel better.</p>
<p><b>Worry Time:</b>                      Sometimes it’s necessary to think about the things that have an effect on your mood, but it’s important not to do it too often. It is possible to limit the amount of time you spend on these thoughts to 5 or 10 minutes per day, try not to do it when you are with your baby.</p>	<p>Take a few minutes a day to focus on your problems and worries when your baby is asleep and when you will not be interrupted. That way the baby will be less likely to learn to worry and you will be able to really focus on coming up with a good solution.</p>
<p><b>Time Projection:</b>                      Sometimes when we get sad or depressed, it seems that things are terrible and that they will always be terrible. When this happens, it is helpful to imagine ourselves moving forward in time to a time when things will be better.</p>	<p>It’s important that your baby learns that life will bring them good and bad things. They can enjoy the good things and remember that the bad moments will pass by.</p>
<p><b>Self-instructions:</b>                      Talking to ourselves is something that we all do and it does not mean we are crazy. It can be like giving yourself helpful directions. For example, you can remind yourself to use these techniques or how you want to handle things. Children learn to control themselves by giving themselves instructions such as “don’t touch,” “hot,” and so on. We also give ourselves instructions, especially when we are doing something new.</p>	<p>The way that you speak to your baby will teach him/her to understand you better as they grow up. It’s true that your baby will not understand everything you say, but it’s good to start practicing now. For example, you can tell yourself, “I want to raise my baby with a lot of love, so when my baby needs to be disciplined, they won’t think they are not loved.”</p>

## II.E. CONTACT WITH OTHERS AND YOUR MOOD

### THE RELATIONSHIP BETWEEN MOOD AND CONTACT WITH OTHERS

*How does spending time with other people affect how we feel?*

- What kind of contacts do you have with people when you feel down?
- How does your mood affect your contacts with people?
- When you isolate yourself from others, how does this affect your mood?
- How does having more conflict or tension with others affect your mood?



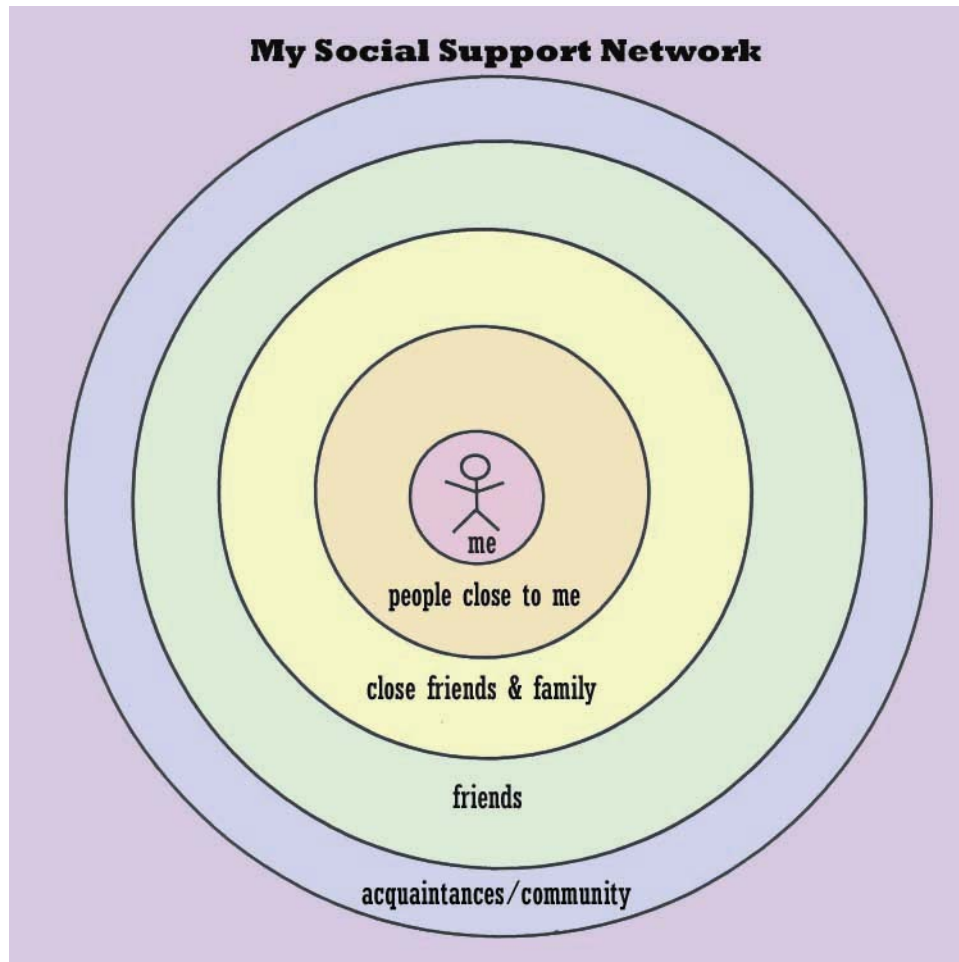
***Does a negative mood cause people to be less sociable***

**OR**

***Does being less sociable cause a negative mood?***

**The answer is probably both.** When we feel down, we are less likely to socialize. When we feel depressed, we do even fewer things with people. This continues until we are so depressed that we spend much of our time feeling alone.

## THE PEOPLE IN MY LIFE



**Instructions:** Write the names of people you know in the circle that best describes your relationship with them.

- **People Closest to Me:** are people with whom you can share your thoughts and feelings.
- **Close Friends and Family:** are people you feel you can talk to, but maybe not about everything.
- **Friends:** are people who you enjoy doing things with (like going to the movies) even though you don't share personal details about your life with them.
- **Acquaintances:** are people you see whom you nod or say hi to.

## PEOPLE IN MY LIFE WHO PROVIDE SUPPORT FOR ME AND MY BABY

**INSTRUCTIONS:** Each square below represents a different type of support that people can give you and your baby. Think about the people in your life who fit into each square and write their names there. The same person can be written in more than one square.



<p style="text-align: center;"><b><u>PRACTICAL SUPPORT</u></b></p> <p>Who can you ask to:</p> <ul style="list-style-type: none"><li>- Take you or your baby to the hospital if either of you get sick?</li><li>- Lend you something you need?</li><li>- Help with babysitting if you don't feel well and need to rest?</li></ul> <hr/> <hr/> <hr/>	<p style="text-align: center;"><b><u>ADVICE OR INFORMATION</u></b></p> <p>Who can you ask for advice/information:</p> <ul style="list-style-type: none"><li>- If you don't feel well?</li><li>- If you don't understand how to do something?</li><li>- If your baby is sick or something about your baby worries you?</li></ul> <hr/> <hr/> <hr/>
<p style="text-align: center;"><b><u>COMPANIONSHIP</u></b></p> <p>Who:</p> <ul style="list-style-type: none"><li>- Takes a walk with you?</li><li>- Spends the afternoon with you?</li><li>- Plays with your baby?</li><li>- Teaches your baby new things?</li></ul> <hr/> <hr/> <hr/>	<p style="text-align: center;"><b><u>EMOTIONAL SUPPORT</u></b></p> <p>Who:</p> <ul style="list-style-type: none"><li>- Provides you with encouragement?</li><li>- Helps you when you're feeling down?</li><li>- Comforts your baby?</li><li>- Makes your baby feel loved?</li></ul> <hr/> <hr/> <hr/>

(Adapted from Brugh's Preparing for Parenthood manual, 1998)

## II.F. SUMMARY

Your mood and health are important to enjoying life and enjoying being a mother. You can improve your mood by:

- Doing pleasant activities
- Changing the way you think
- Reducing negative contacts and increasing positive contacts with others

In addition to paying attention to your mood, it's also good to pay attention to:

- Your baby's mood and health
- Your relationship with your baby

Let's talk about how all of this relates to being a new mother:

	ACTIVITIES	THOUGHTS	CONTACTS WITH OTHERS
YOUR BABY	What your baby learns to do will affect his/her mood. What activities would you like your baby to learn to enjoy? _____ _____	Talking to your baby will help him/her learn to think in healthy ways. How do you want to talk to him/her? _____ _____	People are important for how we feel. Which people would you like your baby to spend time with? _____ _____
YOU AND YOUR BABY	What activities will help you and your baby enjoy each other and feel good when you are together? _____ _____	Which thoughts help you feel closer to your baby? Which thoughts help your baby feel closer to you? _____ _____	Which people help you and your baby enjoy each other? What do you and your baby like to do with others? _____ _____
YOU	What activities help you feel good about yourself and your life? _____ _____	What thoughts would you like to have more often? _____ _____	Which people would you like to spend more time with? _____ _____

### III. RELAXATION EXERCISE

#### RELAXING WITH DISTRACTION

You can use this relaxation strategy in almost any situation, especially when you are stressed out. For example, you can do this when you are waiting in a long line at the store or if you have a big exam or deadline at work coming up. For this exercise, pick any fruit that you enjoy, like an apple, or imagine a food or meal of your choice (for example, a cup of tea or your favorite type of sandwich).



- ▶ Pay attention to signs you are stressed (for example, if your muscles feel tight or your breathing is shallow and rapid).
- ▶ Concentrate on breathing (you can close your eyes or leave them open). Breathe in deeply through your nose and exhale slowly through your mouth. One more time, breathe in through your nose and gently let the air flow out of your mouth.
- ▶ Now that you are focusing on your breathing, in the next five minutes, concentrate on the apple or food you chose to help you focus on the present.
- ▶ Observe or imagine the color of the apple or food you chose. Now focus on its shape. Touch it and notice its texture, how it feels. For example, if you are imagining your favorite sandwich, think about its different colors, what it feels like, and how it smells.
- ▶ Focus on what you are looking at or imagining at the present moment. Enjoy or imagine the aroma of the food before you put it in your mouth. Notice or imagine its taste or texture while it is in your mouth.
- ▶ It is natural to be distracted by other thoughts. However, when this happens, try to return to the present and continue focusing on the food and your breathing.
- ▶ Breathe in deeply through your nose and exhale slowly through your mouth. One more time, breathe in through your nose and gently let the warm air escape through your mouth.

*Notice how you feel at this moment (your stress level, your breathing). It is important to focus on the present and practice being in the present.*

