



SPEAC Study

Human Coached Problem-
Solving Treatment (PST)
for Better Emotional
Health



SESSION SCHEDULE



PST Session Schedule

You will have **8 total PST sessions** with your Health Coach, **across 12 weeks**. The first 4 sessions will take place once a week, and the last 4 sessions will take place every other week. Your Health Coach will notify you of your upcoming appointments the day before, and the day of, your appointment.

Please write down your upcoming appointments below and also add them to your calendar.

Session #:	APPOINTMENT Date & Time:	Rescheduled Appointment (if necessary):
1		
2		
3		
4		
5		
6		
7		
8		

Session Rescheduling

Your Health Coach will confirm your next appointment at the end of each session. It is very important to stick to your target schedule as much as possible. If you absolutely need to reschedule a session, please do so for **the day before** or **the day after** your scheduled appointment.



COACH CONTACT INFORMATION



Coach Contact Information

If you have any questions or need to reschedule a session, please contact your Health Coach:

Staff Name: _____

Email: _____

Phone Number: _____



BACKGROUND



Working as a Team

The Health Coach and I will work together as a Team:

I will:

- Attend my scheduled sessions. If I can't make it to a session, I will reschedule it with my Health Coach for the day before or after my scheduled session.
- Set aside an uninterrupted, full hour for each of my sessions.
- Do my best to complete the home activities.
- Do my best to implement my action plans.
- Do my best to participate in my scheduled social, pleasant, and physical activities.
- Share my challenges with my Health Coach and problem solve together.
- Be open and willing to change.

The Health Coach will:

- Provide accurate information and tools to help me improve my emotional well-being.
- Listen to my challenges and help me problem solve.
- Believe that I can be successful.
- Support and help me.

My Health Coach and I agree to work together in the ways described above.

Signed: _____ Date: _____

Health Coach: _____ Date: _____



Introduction to PEARLS

The **Program to Encourage Active and Rewarding Lives (PEARLS)** is an evidence-based program (developed at the University of Washington) aimed at improving emotional well-being by building and practicing problem-solving and behavioral activation skills.

PEARLS is based on **three** fundamental principles:

1. What you are experiencing are symptoms, and these symptoms are due to emotional distress.
2. There is a close link between emotional distress and unsolved problems.
3. Increasing participation in pleasant, physical, and social activities leads to a decrease in emotional distress.

Most of life's challenges do not result in clinically significant emotional distress. However, being overwhelmed by an accumulation of problems that one cannot solve can lead to, or worsen, emotional distress. And, once a person becomes emotionally distressed, problems become more difficult to solve, creating a cycle that is hard to break out of. This is where problem solving treatment can help.

Problem Solving Treatment (PST)

The core element of PEARLS is Problem Solving Treatment (PST), a seven-step approach in which a coach works with a participant to identify and solve problems. Since there is a close link between feeling overwhelmed by an accumulation of unsolved problems and emotional distress, the goal of PST is to help participants solve problems and, thereby, feel better. As people build solid problem-solving skills, they begin to take charge of their problems and, as a result, experience increased self-efficacy and hope. Not only does PST address an individual's ability to cope with a current situation, but it also supplies them with necessary tools to confront future situations as well.

The key to the success of this approach is that it is **participant driven**. Coaches encourage a participant to define and select problems that *the participant* wants to address, and then support the participant in selecting his or her preferred solution. One problem is addressed during each session. Commonly selected problems include financial concerns, social isolation, health care needs, and housing-related issues but PST can be applied to many different types of problems.



The **Seven Steps of PST** are: **1)** Clarify and define the problem; **2)** Set realistic goals; **3)** Generate multiple solutions; **4)** Evaluate and compare solutions; **5)** Select a feasible solution; **6)** Implement the solution; and **7)** Evaluate the outcome. For more information about each step, please refer to the “*The Seven Steps of PST*” handout.

During each session, you will identify a problem to solve and work through these steps with your coach’s guidance and support. In the subsequent session, you and the coach will evaluate the effectiveness of the solution you chose and then move on to identify and address another problem.

Behavioral Activation

Behavioral Activation refers to planning pleasant, physical, and social activities. When someone is emotionally distressed, they are often withdrawn from their usual pleasant, social and/or physical activities and may avoid facing their problems. Thus, emotional distress leads to a cycle of inactivity, withdrawal, and inertia which can disrupt healthy routines, decrease one’s sense of accomplishment and, as a result, more problems develop.

Research has shown that engaging in pleasant, physical, and social activities helps individuals reestablish healthy routines, increase positive experiences, and overcome avoidance patterns. This activation leads to improved mood, better functioning, and decreased emotional distress. During each session, your coach will encourage you to select a pleasant activity you would enjoy doing between sessions. In case it may be difficult to think of a pleasant activity you can refer to “*Activities Ideas*” handout the which includes a list of over 200 possible activities. The activities may, but do not necessarily, involve other people or going places. Your coach will also guide you through identifying social and physical activities you can do, inside or outside the home, consistent with your physical capabilities and preferences. The goal is to help you select activities you will feel comfortable with and confident you will be able to do. And remember, the more you do, the better you’ll feel!





The Seven Steps of PST

There are seven concrete steps in PST, which together create a practical approach to solving problems. Your coach will lead you through these seven steps during each of your sessions:

1. Clarify and **define** the problem:
 - ⇒ Identify a specific problem.
 - ⇒ When does it occur? Where? Who is involved?
 - ⇒ Break down complicated problems into smaller ones.
2. Set a realistic **goal**:
 - ⇒ Be sure that the goal is achievable.
 - ⇒ What is the desired outcome?
3. Generate **multiple solutions**:
 - ⇒ Explore many different possibilities for achieving the goal.
 - ⇒ Brainstorm in a “judgment-free zone.”
 - ⇒ During this step, don’t rule out anything. All solutions should be considered.
4. **Evaluate** and compare solutions:
 - ⇒ Identify the advantages and disadvantages (“pros” and “cons”) of each possible solution.
5. **Select** a feasible solution:
 - ⇒ Choose the solution that has the best chance of achieving the goal.
 - ⇒ Which is most feasible? Which has the least negative impact?
6. **Implement** the solution:
 - ⇒ Define the concrete steps necessary to put the solution into action.
 - ⇒ Be clear about what will be done, with whom, when, where, how, and how often.
7. Evaluate the **outcome** (at the following session):
 - ⇒ Review what happened in a supportive, “judgment-free zone;” determine what went well and what did not go well.
 - ⇒ Make needed changes.
 - ⇒ Did this help? How?

The goal is that at the end of eight sessions, you will be comfortable enough with these seven steps of PST to continue to effectively address future problems on your own.



Problem Solving Treatment Participant Handout

Problem Solving Treatment (PST)

- Brief: 8 sessions – 60 minutes each
- Practically focused on current, real-life problems
- Collaboration between participant and health coach

How It Works

- Emotional distress is often caused by problems in life
- PST helps you begin to exert control over the problems in your life
- Regaining control over problems can improve your mood and help you feel better

Emotional distress is very common. It's often caused by problems of living. We all encounter problems in our lives, big and small, every day. It's a normal part of living. If we let problems pile up unresolved, however, it can become overwhelming and lead us to feeling distressed. People who are emotionally distressed can learn ways of dealing with these problems. Using problem-solving skills, people can learn to cope better with their problems and feel better as a result.

We can almost always exert some degree of control over our problems. And, if we're able to tackle problems as they arise, it will decrease the likelihood that we become, or stay, distressed. Experiencing emotional distress is a signal that there are problems in one's life that need attending to and we can use this as a cue to take action. We can stop and think: what problem might be troubling me? We can then put our problem-solving skills to work and begin to feel better.

Problem solving is a systematic, common sense way of sorting out problems and difficulties. By learning how to problem solve easily, you will be able to lessen your symptoms of emotional distress and feel better. In problem solving treatment, the health coach (in our study, Lumen) explains the details of the treatment and provides encouragement and support; but the ideas, plans, and action come from you. Problem solving skills will not only be useful now but can also help you when future problems arise.

PST has 7 important stages:

- 1. Write down a clear description of one problem to work on.**
 - What is the problem about?
 - When does the problem occur? Where? Who is involved?
 - Try to break up complicated problems into several smaller ones and consider each one separately.

- 2. Set a realistic goal**
 - What would you like to happen?
 - Choose a clear and achievable goal.

- 3. Brainstorm**
 - List as many solutions as you can think of.
 - Don't rule anything out.

- 4. Consider the pros and cons (advantages and disadvantages) for each potential solution.**
 - What are the benefits of each solution?
 - What are the difficulties or obstacles?

- 5. Choose the solution that seems the best.**
 - Which solution seems the most feasible and has the least impact on your time, effort, money, other people's effort, etc.?

- 6. Develop an Action Plan.**
 - Write down exactly *what* you will do and *when*.

- 7. Review and evaluate your progress.**
 - Make needed changes.
 - How has this helped your mood?

Problem solving may not solve all of your difficulties, but it can teach you a better way to deal with them. As you begin to feel more in control of your problems, your mood will feel better too.



PST Session 1 Outline

1. Introductions
2. Welcome to the Program
3. Program Overview and Introduction
4. Behavioral Activation
5. Complete and Review PHQ-9 and GAD-7 Scores
6. Review PST Details
7. Answer Questions
- 8. Problem List Generation**
9. Introduction to Problem-Solving Worksheet
10. Wrap Up and Next Session Overview



Problem List

Date: _____

1. _____
2. _____
3. _____
4. _____
5. _____

Remember...

A problem should be:

- Something that is currently bothering you, is unresolved, affects your emotional well-being
- Specific and clear
- Something you have some **control over**
- Something solvable; and solvable by **you**
- Something **manageable**; that can be solved between our sessions

A problem should NOT be:

- Too abstract or vague
- Too oversimplified or easily addressable



Tips for Problem Identification

A **problem** is usually thought of as the:

- ⇒ Presence of something negative and undesired in your life. This might make you feel unhappy or frustrated.
- ⇒ It can also represent the absence of something positive and desired. This can make you feel worried or anxious.

The following tips may be helpful when you brainstorm problems.

A problem **should** be:

- Something that is **currently** bothering you, is **unresolved**, affects your emotional well-being
- **Specific** and **clear**
- Something you have some **control over**
- Something **solvable**; and solvable by you
- Something **manageable**; that can be solved between our sessions

A problem should **NOT** be:

- Too abstract or vague
- Too oversimplified or easily addressable



Behavioral Activation Worksheet

In the table below, please write down what pleasant, physical, and social activities you are currently doing, and what activities you would like to try.

	Currently Doing	Would Like to Try
PLEASANT Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
PHYSICAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
SOCIAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.

Tips for Selecting Activities

- ⇒ Make sure the activities you choose are:
- Something that you can do
 - Something that can be done on your own
 - Something you can complete in the next week

Remember... Research has shown that the more you do, the better you'll feel!

- ⇒ People who are involved in social activities at least two times each week experience less emotional distress than those who are not engaged in social activities.
- ⇒ Engaging in physical activity for 20 minutes a day, 5 times a week, decreases emotional distress and improves health.



PST Session 2 Outline

1. Welcome and Brief Session Overview
2. Complete and Review PHQ-9 and GAD-7 Scores
3. Complete Problem Solving Worksheet
4. Complete Activity Planning Worksheet
5. Wrap Up and Next Session Overview



Problem Solving Worksheet

Date: _____

Session # _____

1. **PROBLEM** is...

2. **I want to...** (state **GOAL**)

3. Possible Solutions:	4. Solution Evaluation:	
	<i>Pros</i>	<i>Cons</i>
a. SOLUTION is...	a.	a.
b. SOLUTION is...	b.	b.
c. SOLUTION is...	c.	c.
d. SOLUTION is...	d.	d.

5. Solution Choice:	6. Action Plan to achieve solution:
Choice is...	Step 1
	Step 2
	Step 3
	Step 4

Confidence in Carrying Out Action Plan: Score is...									
Not confident			Somewhat confident				Very Confident		
1	2	3	4	5	6	7	8	9	10

Activity Planning: SOCIAL activity is...	PHYSICAL activity is...	PLEASANT activity is...

7. Progress Review (done at Next Session):



Behavioral Activation Worksheet

In the table below, please write down what pleasant, physical, and social activities you are currently doing, and what activities you would like to try.

	Currently Doing	Would Like to Try
PLEASANT Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
PHYSICAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
SOCIAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.

Tips for Selecting Activities

- ⇒ Make sure the activities you choose are:
- Something that you can do
 - Something that can be done on your own
 - Something you can complete in the next week

Remember... Research has shown that the more you do, the better you'll feel!

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- ⇒ Engaging in physical activity for 20 minutes a day, 5 times a week, decreases emotional distress and improves health.



PST Session 3 Outline

1. Welcome and Brief Session Overview
2. Complete and Review PHQ-9 and GAD-7 Scores
3. Review Last Week's Progress
4. Complete New Problem Solving Worksheet
5. Complete New Activity Planning Worksheet
6. Wrap Up and Next Session Overview



Problem Solving Worksheet

Date: _____

Session # _____

1. PROBLEM is...

2. I want to... (state GOAL)

3. Possible Solutions:	4. Solution Evaluation:	
	<i>Pros</i>	<i>Cons</i>
a. <i>SOLUTION is...</i>	a.	a.
b. <i>SOLUTION is...</i>	b.	b.
c. <i>SOLUTION is...</i>	c.	c.
d. <i>SOLUTION is...</i>	d.	d.

5. Solution Choice: <i>Choice is...</i>	6. Action Plan to achieve solution:
	Step 1
	Step 2
	Step 3
	Step 4

Confidence in Carrying Out Action Plan: <i>Score is...</i>									
Not confident			Somewhat confident				Very Confident		
1	2	3	4	5	6	7	8	9	10

Activity Planning:	<i>SOCIAL activity is...</i>	<i>PHYSICAL activity is...</i>	<i>PLEASANT activity is...</i>

7. Progress Review (done at Next Session):



Behavioral Activation Worksheet

In the table below, please write down what pleasant, physical, and social activities you are currently doing, and what activities you would like to try.

	Currently Doing	Would Like to Try
PLEASANT Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
PHYSICAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
SOCIAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.

Tips for Selecting Activities

- ⇒ Make sure the activities you choose are:
- Something that you can do
 - Something that can be done on your own
 - Something you can complete in the next week

Remember... Research has shown that the more you do, the better you'll feel!

- ⇒ People who are involved in social activities at least two times each week experience less emotional distress than those who are not engaged in social activities.
- ⇒ Engaging in physical activity for 20 minutes a day, 5 times a week, decreases emotional distress and improves health.



PST Session 4 Outline

1. Welcome and Brief Session Overview
2. Complete and Review PHQ-9 and GAD-7 Scores
3. Review Last Week's Progress
4. Complete New Problem Solving Worksheet
5. Complete New Activity Planning Worksheet
6. Wrap Up and Next Session Overview



Problem Solving Worksheet

Date: _____

Session # _____

1. **PROBLEM is...**

2. **I want to... (state GOAL)**

3. Possible Solutions:	4. Solution Evaluation:	
	<i>Pros</i>	<i>Cons</i>
a. <i>SOLUTION is...</i>	a.	a.
b. <i>SOLUTION is...</i>	b.	b.
c. <i>SOLUTION is...</i>	c.	c.
d. <i>SOLUTION is...</i>	d.	d.

5. Solution Choice: <i>Choice is...</i>	6. Action Plan to achieve solution:
	Step 1
	Step 2
	Step 3
	Step 4

Confidence in Carrying Out Action Plan: <i>Score is...</i>									
Not confident			Somewhat confident				Very Confident		
1	2	3	4	5	6	7	8	9	10

Activity Planning:	<i>SOCIAL activity is...</i>	<i>PHYSICAL activity is...</i>	<i>PLEASANT activity is...</i>

7. Progress Review (done at Next Session):



Behavioral Activation Worksheet

In the table below, please write down what pleasant, physical, and social activities you are currently doing, and what activities you would like to try.

	Currently Doing	Would Like to Try
PLEASANT Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
PHYSICAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
SOCIAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.

Tips for Selecting Activities

- ⇒ Make sure the activities you choose are:
- Something that you can do
 - Something that can be done on your own
 - Something you can complete in the next week

Remember... Research has shown that the more you do, the better you'll feel!

- ⇒ People who are involved in social activities at least two times each week experience less emotional distress than those who are not engaged in social activities.
- ⇒ Engaging in physical activity for 20 minutes a day, 5 times a week, decreases emotional distress and improves health.



PST Session 5 Outline

1. Welcome and Brief Session Overview
2. Complete and Review PHQ-9 and GAD-7 Scores
3. Complete Mini Review of Progress to Date
4. Review Last Week's Progress
5. Complete New Problem Solving Worksheet
6. Complete New Activity Planning Worksheet
7. Wrap Up and Next Session Overview



Problem Solving Worksheet

Date: _____

Session # _____

1. **PROBLEM** is...

2. **I want to...** (state **GOAL**)

3. Possible Solutions:	4. Solution Evaluation:	
	<i>Pros</i>	<i>Cons</i>
a. SOLUTION is...	a.	a.
b. SOLUTION is...	b.	b.
c. SOLUTION is...	c.	c.
d. SOLUTION is...	d.	d.

5. Solution Choice:	6. Action Plan to achieve solution:
Choice is...	Step 1
	Step 2
	Step 3
	Step 4

Confidence in Carrying Out Action Plan: Score is...									
Not confident			Somewhat confident				Very Confident		
1	2	3	4	5	6	7	8	9	10

Activity Planning: SOCIAL activity is...	PHYSICAL activity is...	PLEASANT activity is...

7. Progress Review (done at Next Session):



Behavioral Activation Worksheet

In the table below, please write down what pleasant, physical, and social activities you are currently doing, and what activities you would like to try.

	Currently Doing	Would Like to Try
PLEASANT Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
PHYSICAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
SOCIAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.

Tips for Selecting Activities

- ⇒ Make sure the activities you choose are:
- Something that you can do
 - Something that can be done on your own
 - Something you can complete in the next week

Remember... Research has shown that the more you do, the better you'll feel!

- ⇒ People who are involved in social activities at least two times each week experience less emotional distress than those who are not engaged in social activities.
- ⇒ Engaging in physical activity for 20 minutes a day, 5 times a week, decreases emotional distress and improves health.



PST Session 6 Outline

1. Welcome and Brief Session Overview
2. Complete and Review PHQ-9 and GAD-7 Scores
3. Review Last Week's Progress
4. Complete New Problem Solving Worksheet
5. Complete New Activity Planning Worksheet
6. Wrap Up and Next Session Overview



Problem Solving Worksheet

Date: _____

Session # _____

1. **PROBLEM is...**

2. **I want to... (state GOAL)**

3. Possible Solutions:	4. Solution Evaluation:	
	<i>Pros</i>	<i>Cons</i>
a. <i>SOLUTION is...</i>	a.	a.
b. <i>SOLUTION is...</i>	b.	b.
c. <i>SOLUTION is...</i>	c.	c.
d. <i>SOLUTION is...</i>	d.	d.

5. Solution Choice: <i>Choice is...</i>	6. Action Plan to achieve solution:
	Step 1
	Step 2
	Step 3
	Step 4

Confidence in Carrying Out Action Plan: <i>Score is...</i>									
Not confident			Somewhat confident				Very Confident		
1	2	3	4	5	6	7	8	9	10

Activity Planning: <i>SOCIAL activity is...</i>	<i>PHYSICAL activity is...</i>	<i>PLEASANT activity is...</i>

7. Progress Review (done at Next Session):



Behavioral Activation Worksheet

In the table below, please write down what pleasant, physical, and social activities you are currently doing, and what activities you would like to try.

	Currently Doing	Would Like to Try
PLEASANT Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
PHYSICAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
SOCIAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.

Tips for Selecting Activities

- ⇒ Make sure the activities you choose are:
- Something that you can do
 - Something that can be done on your own
 - Something you can complete in the next week

Remember... Research has shown that the more you do, the better you'll feel!

- ⇒ People who are involved in social activities at least two times each week experience less emotional distress than those who are not engaged in social activities.
- ⇒ Engaging in physical activity for 20 minutes a day, 5 times a week, decreases emotional distress and improves health.



PST Session 7 Outline

1. Welcome and Brief Session Overview
2. Complete and Review PHQ-9 and GAD-7 Scores
3. Review Last Week's Progress
4. Complete New Problem Solving Worksheet
5. Complete New Activity Planning Worksheet
6. Wrap Up and Next Session Overview



Problem Solving Worksheet

Date: _____

Session # _____

1. **PROBLEM** is...

2. **I want to...** (state **GOAL**)

3. Possible Solutions:	4. Solution Evaluation:	
	<i>Pros</i>	<i>Cons</i>
a. SOLUTION is...	a.	a.
b. SOLUTION is...	b.	b.
c. SOLUTION is...	c.	c.
d. SOLUTION is...	d.	d.

5. Solution Choice:	6. Action Plan to achieve solution:
Choice is...	Step 1
	Step 2
	Step 3
	Step 4

Confidence in Carrying Out Action Plan: Score is...									
Not confident			Somewhat confident				Very Confident		
1	2	3	4	5	6	7	8	9	10

Activity Planning:			
SOCIAL activity is...	PHYSICAL activity is...	PLEASANT activity is...	

7. Progress Review (done at Next Session):



Behavioral Activation Worksheet

In the table below, please write down what pleasant, physical, and social activities you are currently doing, and what activities you would like to try.

	Currently Doing	Would Like to Try
PLEASANT Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
PHYSICAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
SOCIAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.

Tips for Selecting Activities

- ⇒ Make sure the activities you choose are:
- Something that you can do
 - Something that can be done on your own
 - Something you can complete in the next week

Remember... Research has shown that the more you do, the better you'll feel!

- ⇒ People who are involved in social activities at least two times each week experience less emotional distress than those who are not engaged in social activities.
- ⇒ Engaging in physical activity for 20 minutes a day, 5 times a week, decreases emotional distress and improves health.



PST Session 8 Outline

1. Welcome and Brief Session Overview
2. Complete and Review Latest PHQ-9 and GAD-7 Scores
3. Complete Final Mini Review of Progress to Date
4. Review Last Week's Progress
5. Complete New Problem Solving Worksheet
6. Complete New Activity Planning Worksheet
7. Look Forward!

Congratulations on Completing your Final PST Session!



Problem Solving Worksheet

Date: _____

Session # _____

1. PROBLEM is...

2. I want to... (state GOAL)

3. Possible Solutions:	4. Solution Evaluation:	
	<i>Pros</i>	<i>Cons</i>
a. <i>SOLUTION is...</i>	a.	a.
b. <i>SOLUTION is...</i>	b.	b.
c. <i>SOLUTION is...</i>	c.	c.
d. <i>SOLUTION is...</i>	d.	d.

5. Solution Choice: <i>Choice is...</i>	6. Action Plan to achieve solution:
	Step 1
	Step 2
	Step 3
	Step 4

Confidence in Carrying Out Action Plan: <i>Score is...</i>									
Not confident			Somewhat confident				Very Confident		
1	2	3	4	5	6	7	8	9	10

Activity Planning: <i>SOCIAL activity is...</i>	<i>PHYSICAL activity is...</i>	<i>PLEASANT activity is...</i>

7. Progress Review (done at Next Session):



Behavioral Activation Worksheet

In the table below, please write down what pleasant, physical, and social activities you are currently doing, and what activities you would like to try.

	Currently Doing	Would Like to Try
PLEASANT Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
PHYSICAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
SOCIAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.

Tips for Selecting Activities

- ⇒ Make sure the activities you choose are:
- Something that you can do
 - Something that can be done on your own
 - Something you can complete in the next week

Remember... Research has shown that the more you do, the better you'll feel!

- ⇒ People who are involved in social activities at least two times each week experience less emotional distress than those who are not engaged in social activities.
- ⇒ Engaging in physical activity for 20 minutes a day, 5 times a week, decreases emotional distress and improves health.



PROBLEM SOLVING RESOURCES



Quick Reference

The Seven Steps of Problem-Solving Treatment (PST)

1. Define and Break Down the Problem

- *a clear and specific description of the problem*

2. Establish a Realistic Goal

- *identify how things will be different once the problem is solved*
- *state goal in measurable terms*

3. Generate Possible Solutions

- *think of all possible solutions*
- *be creative*

4. Evaluate the Solutions

- *pros/cons (advantages/disadvantages)*

5. Choose the Best Solution

- *the solution that is most doable*
- *the solution that is likely to succeed*

6. Identify the Steps to Implement the Solution

- *how to put the solution to action?*
- *how, what, when?*

7. Evaluate the Outcomes

- *had success in carrying out action steps?*
- *if not, what were the obstacles?*



Problem Solving Worksheet

Date: _____

Session # _____

1. **PROBLEM** is...

2. **I want to...** (state **GOAL**)

3. Possible Solutions:	4. Solution Evaluation:	
	<i>Pros</i>	<i>Cons</i>
a. SOLUTION is...	a.	a.
b. SOLUTION is...	b.	b.
c. SOLUTION is...	c.	c.
d. SOLUTION is...	d.	d.

5. Solution Choice:	6. Action Plan to achieve solution:
Choice is...	Step 1
	Step 2
	Step 3
	Step 4

Confidence in Carrying Out Action Plan: Score is...									
Not confident			Somewhat confident				Very Confident		
1	2	3	4	5	6	7	8	9	10

Activity Planning: SOCIAL activity is...	PHYSICAL activity is...	PLEASANT activity is...

7. Progress Review (done at Next Session):



Identifying Effective Goals

A **goal** is what you hope to accomplish by solving a problem. The tips below may be helpful for brainstorming an effective goal.

SMART GOALS GUIDE	
S pecific	What exactly needs to be accomplished? Why do you want to accomplish this goal?
M easurable	How will you track your progress? How will you know that you've succeeded?
A ttainable	Do you have the necessary resources to achieve this goal? Is this goal a reasonable and not too much of a stretch?
R elevant (R ealistic)	Is this a worthwhile and personally meaningful goal? Can you commit to achieving this goal?
T ime-bound	What is the deadline for reaching this goal? When will you begin taking action?



Action Plan Tips

As part of problem-solving, you will develop an Action Plan and write it down on your Problem Solving Worksheet (under “*Action Plan to achieve solution*”). The Action Plan is where you will identify the steps you will need to take to put your chosen solution into action. Be as specific as possible as you identify each step of the Action Plan. The clearer you are, the better your chance of being able to follow your Action Plan!

As you develop your Action Plan, consider the following:

- ⇒ What are the specific steps you are going to take to put your solution into action?
- ⇒ Do you have the resources you need to carry out each step?
 - If not, can you acquire or substitute them?
- ⇒ When are you going to take these steps?
 - How frequently?
- ⇒ What are your alternative plans if part (or all) of your action plan doesn't work out?



Date: 11/7/2020

Problem Solving Worksheet Evaluation

Session # 2

Specific & Measurable

1. Problem: My BMI is elevated, and my doctor advised me to lose weight

Currently affects you

Realistic & Time-bound

Have control over

2. Goal: Lose 10 lbs. in the next 2 months

3. Possible Solutions:	4. Solution Evaluation:	
	Pros	Cons
a. Walk 8,000 steps each day	a. I already have a Fitbit so it's easy to keep track of my steps; I can walk anywhere	a. Winter is approaching, so it's harder to walk outdoors; If day gets busy, may not hit step goal
b. Log my meals in MyFitnessPal each day	b. It's free; Would provide a clear idea of what I need to change in my diet; Diet plays largest role in weight loss	b. A lot of work to record everything I eat; very involved to measure portion sizes
c. Get liposuction	c. Quick fix; doesn't require changing my day-to-day routines and behavior	c. Expensive; Major surgery; Would need to take time off work to recover
d. Hire a personal trainer	d. Customized workout and nutrition advice; No need to develop own workouts	d. Costly; Will be difficult to fit into my busy schedule

Consider all options

Specific, time-based, or Achievable Comment...

Steps are specific and broken down

5. Solution Choice:	6. Action Plan to achieve solution:
Log my meals in MyFitnessPal each day	Step 1 Set up a MyFitnessPal account, and set a 10 lb. weight loss goal
	Step 2 Buy a food scale; if too expensive, find my measuring spoons/cups
	Step 3 Set 3 daily reminders on my phone to log my meals
	Step 4 Review my log at the end of each day to see what foods I can reduce

Timing and frequency were spelled out

Mentioned needed resources

Confidence in Carrying Out Action Plan (Circle one)

Not confident: 1 2 3 4 Somewhat confident: 5 6 7 8 Very Confident: 9 10

(9)

Activity Planning:

<u>Social:</u> Facetime or Skype on Friday with my best friend in Florida	<u>Physical:</u> Complete a 20-minute workout video, 3 days/week	<u>Pleasant:</u> Watch my favorite TV show, twice over the next week
--	---	---

7. Progress Review (done at Next Session):

Specific



BEHAVIORAL ACTIVATION RESOURCES



Behavioral Activation Worksheet

In the table below, please write down what pleasant, physical, and social activities you are currently doing, and what activities you would like to try.

	Currently Doing	Would Like to Try
PLEASANT Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
PHYSICAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
SOCIAL Activities	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.

Tips for Selecting Activities

- ⇒ Make sure the activities you choose are:
- Something that you can do
 - Something that can be done on your own
 - Something you can complete in the next week

Remember... Research has shown that the more you do, the better you'll feel!

- ⇒ People who are involved in social activities at least two times each week experience less emotional distress than those who are not engaged in social activities.
- ⇒ Engaging in physical activity for 20 minutes a day, 5 times a week, decreases emotional distress and improves health.



Activity Ideas (Pleasant, Physical, Social)



1. Soaking in the bathtub
2. Collecting things (coins, shells, etc.)
3. Going on vacation
4. Relaxing
5. Using your finer tableware once a week
6. Going to a movie in the middle of the week
7. Walking
8. Listening to music
9. Buying household gadgets
10. Lying in the sun
11. Laughing
12. Thinking about past travels
13. Listening to others
14. Reading magazines or newspapers
15. Hobbies (stamp collecting, model building, etc.)
16. Spending an evening with good friends
17. Planning a day's activities
18. Meeting new people
19. Remembering beautiful scenery
20. Eating favorite foods
21. Practicing yoga or tai chi
22. Repairing things around the house
23. Working on the car or bicycle
24. Remembering the words and deeds of loving people
25. Spending time with children or young people
26. Doing volunteer work
27. Having a quiet evening
28. Going antique shopping
29. Caring for houseplants
30. Going swimming
31. Doodling
32. Wearing sexy clothes
33. Going to a party
34. Thinking about buying things
35. Playing golf
36. Having discussions with friends
37. Having family get-togethers
38. Having sex
39. Spending time outdoors
40. Going for a drive
41. Singing

42. Arranging flowers
43. Practicing religion or spirituality
44. Losing weight
45. Going to the beach
46. Acknowledging my good points
47. Going to a class reunion
48. Going for a boat ride
49. Traveling
50. Painting
51. Doing something spontaneously
52. Working on textiles (embroidery, needlepoint, weaving, knitting, etc.)
53. Sleeping well
54. Driving a friend someplace
55. Entertaining
56. Going to clubs (garden, bridge, etc.)
57. Singing with a group
58. Flirting
59. Playing a musical instrument
60. Doing arts and crafts
61. Making a gift for someone
62. Buying records/CDs
63. Watching sports (live or on TV)
64. Planning a party
65. Cooking
66. Hiking
67. Writing poetry, stories, articles
68. Sewing
69. Buying clothes
70. Going out to dinner
71. Working on a project
72. Discussing a book
73. Sightseeing
74. Gardening
75. Going to the beauty parlor
76. Drinking coffee/tea and reading the newspaper
77. Playing tennis
78. Kissing
79. Being with my children
80. Watching my grandchildren
81. Going to plays and concerts
82. Daydreaming
83. Thinking about sex
84. Listening to music
85. Refinishing furniture
86. Watching TV
87. Making lists of tasks
88. Riding a bike
89. Walks in the woods or waterfront
90. Buying gifts
91. Going to a national/state/local park
92. Completing a task
93. Going to spectator sports (auto racing, horse racing)
94. Teaching
95. Taking photos
96. Fishing
97. Playing with pets
98. Traveling in a plane
99. Reading fiction
100. Acting
101. Enjoying time alone
102. Writing in a diary or journal
103. Cleaning
104. Reading nonfiction

105. Taking children places
106. Writing letters
107. Surfing the internet
108. Writing email
109. Dancing
110. Going on a picnic
111. Meditating
112. Having lunch with a friend
113. Going to the mountains
114. Thinking about happy moments in my youth
115. Splurging on something
116. Playing cards
117. Solving riddles
118. Having a political discussion
119. Viewing or showing photos to someone else
120. Playing guitar
121. Doing crossword puzzles
122. Shooting pool
123. Dressing up and looking nice
124. Reflecting on how I've improved
125. Buying something for myself
126. Talking on the phone
127. Going to a museum
128. Thinking spiritual or religious thoughts
129. Lighting candles
130. Listening to the radio
131. Getting a massage
132. Saying "I Love you"
133. Thinking about my good qualities
134. Buying books
135. Taking a sauna or steam bath
136. Going to the library
137. Bowling
138. Woodworking
139. Sitting in a sidewalk café
140. Caring for an aquarium
141. Reading/watching erotica (sex books, movies)
142. Going horseback riding
143. Becoming active in the community
144. Doing something new
145. Putting together a jigsaw puzzle
146. Cuddling
147. Telling jokes
148. Going out to the country
149. Making a contribution to a charitable cause
150. Meeting someone new
151. Going out for fresh air
152. Going camping
153. Thinking about something good in the future
154. Completing a difficult task
155. Taking a shower
156. Having a frank and open conversation
157. Working at my paid job
158. Wearing comfortable clothes
159. Combing or brushing my hair
160. Taking a nap
161. Solving personal problems
162. Watching wild animals
163. Having an original idea
164. Landscaping or doing yard work
165. Wearing new clothes

166. Listening to the sounds of nature
167. Opening my mail
168. Watching a storm
169. Enjoying a sunrise or sunset
170. Helping someone
171. Talking about my children or grandchildren
172. Eating a delicious meal
173. Doing a job well
174. Complimenting or praising someone
175. Thinking about people I like
176. Feeling the presence of God or a Higher Power in my life
177. Doing a project my own way
178. Doing “odd jobs” around the house
179. Going to a family reunion or get together
180. Going to a restaurant
181. Admiring or smelling a flower or plant
182. Using cologne, perfume or aftershave
183. Reminiscing & talking about old times
184. Getting up early in the morning
185. Enjoying peace and quiet
186. Visiting friends
187. Saying prayers
188. Doing favors for people
189. Shopping
190. Having house guests
191. Watching people
192. Completing a project or task
193. Being with happy people
194. Smiling at people
195. Enjoying the company of my partner/spouse
196. Having a drink with friends
197. Beach-combing
198. Feeling proud of my family or friends
199. Receiving a gift
200. Seeing old friends
201. Looking at the stars or moon
202. Caring for houseplants
203. Getting a manicure or pedicure
204. Trying a new recipe
205. Getting involved in a social/political cause
206. Going for a ferry ride
207. Baking a favorite treat
208. Giving away something you no longer use to someone who can use it
209. Sharing a favorite recipe
210. Finding a bargain for something you were going to buy anyway











Adapted from: Lewinsohn, P. M., Munoz, R. F., Youngren, M. A., & Zeiss, A. M. (1986). *Control your depression*. New York: Simon & Schuster.



Physical Activity Examples

Physical activities are activities where you move and increase your heart rate above its resting rate, whether you do them for pleasure, work or transportation. The following questions ask about the amount and intensity of physical activity you usually do. The intensity of the activity is related to the amount of energy you use to do these activities.

Examples of physical activity intensity levels:

<p>Light activities</p> <ul style="list-style-type: none">• your heart beats slightly faster than normal• you can talk and sing	 <p>Walking Leisurely</p>  <p>Stretching</p>  <p>Vacuuming or Light Yard Work</p>
<p>Moderate activities</p> <ul style="list-style-type: none">• your heart beats faster than normal• you can talk but not sing	 <p>Fast Walking</p>  <p>Aerobics Class</p>  <p>Strength Training</p>  <p>Swimming Gently</p>
<p>Vigorous activities</p> <ul style="list-style-type: none">• your heart rate increases a lot• you can't talk or your talking is broken up by large breaths	 <p>Stair Machine</p>  <p>Jogging or Running</p>  <p>Tennis, Racquetball, Pickleball or Badminton</p>



Physical Activity Safety Guidelines

In this program, you will practice a skill called **behavioral activation** which involves planning and participating in different activities each week. One of these activities will be a **physical** one. In order to ensure your safety and reduce risk of injuries, please follow the following physical safety guidelines below.

Key Guidelines for Safe Physical Activity

- Understand the risks yet be confident that physical activity can be safe for almost everyone.
- Choose types of physical activity that are appropriate for your current fitness level and health goals, because some activities are safer than others.
- Increase physical activity gradually over time to meet key guidelines or health goals. Inactive people should “start low and go slow” by starting with lower intensity activities and gradually increasing how often and how long activities are done.
- Protect yourself by using appropriate gear and sports equipment, choosing safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.
- Be under the care of a health care provider if you have chronic conditions or symptoms. People with chronic conditions and symptoms can consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for them.

MOVE YOUR WAY
Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150** minutes a week

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2** days a week

*If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

For more information about the benefits of physical activity, please refer to the “*Physical Activity Guidelines for Americans*” which can be accessed at: <https://www.health.gov/PAGuidelines/>



CRISIS HOTLINES



Emergency and Crisis Hotlines

If you are experiencing an emergency, **call 911**

⇒ For more immediate attention, you should call your physician or healthcare provider or go to the emergency room.

You may also call the following hotlines which are available 24 hours every day:

- ⇒ National Suicide Prevention Lifeline at **988**
- ⇒ National Suicide Hotline at 800-SUICIDE / **800-784-2433**
- ⇒ You may also **text START** to Crisis Text line number **741741**



ADDITIONAL WORKSHEETS



Problem Solving Worksheet

Date: _____

Session # _____

1. PROBLEM is...

2. I want to... (state GOAL)

3. Possible Solutions:	4. Solution Evaluation:	
	<i>Pros</i>	<i>Cons</i>
a. <i>SOLUTION is...</i>	a.	a.
b. <i>SOLUTION is...</i>	b.	b.
c. <i>SOLUTION is...</i>	c.	c.
d. <i>SOLUTION is...</i>	d.	d.

5. Solution Choice: <i>Choice is...</i>	6. Action Plan to achieve solution:
	Step 1
	Step 2
	Step 3
	Step 4

Confidence in Carrying Out Action Plan: <i>Score is...</i>									
Not confident			Somewhat confident				Very Confident		
1	2	3	4	5	6	7	8	9	10

Activity Planning: <i>SOCIAL activity is...</i>	<i>PHYSICAL activity is...</i>	<i>PLEASANT activity is...</i>

7. Progress Review (done at Next Session):



Problem Solving Worksheet

Date: _____

Session # _____

1. PROBLEM is...

2. I want to... (state GOAL)

3. Possible Solutions:	4. Solution Evaluation:	
	<i>Pros</i>	<i>Cons</i>
a. <i>SOLUTION is...</i>	a.	a.
b. <i>SOLUTION is...</i>	b.	b.
c. <i>SOLUTION is...</i>	c.	c.
d. <i>SOLUTION is...</i>	d.	d.

5. Solution Choice: <i>Choice is...</i>	6. Action Plan to achieve solution:
	Step 1
	Step 2
	Step 3
	Step 4

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Activity Planning: <i>SOCIAL activity is...</i>	<i>PHYSICAL activity is...</i>	<i>PLEASANT activity is...</i>
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7. Progress Review (done at Next Session):



Problem Solving Worksheet

Date: _____

Session # _____

1. **PROBLEM** is...

2. **I want to...** (state **GOAL**)

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	<i>Pros</i>	<i>Cons</i>
a. SOLUTION is...	a.	a.
b. SOLUTION is...	b.	b.
c. SOLUTION is...	c.	c.
d. SOLUTION is...	d.	d.

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Choice is...	Step 1
	Step 2
	Step 3
	Step 4

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Activity Planning: SOCIAL activity is...	PHYSICAL activity is...	PLEASANT activity is...

7. Progress Review (done at Next Session):



Behavioral Activation Worksheet

In the table below, please write down what pleasant, physical, and social activities you are currently doing, and what activities you would like to try.

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Tips for Selecting Activities

- ⇒ Make sure the activities you choose are:
- Something that you can do
 - Something that can be done on your own
 - Something you can complete in the next week

Remember... Research has shown that the more you do, the better you'll feel!

- ⇒ People who are involved in social activities at least two times each week experience less emotional distress than those who are not engaged in social activities.
- ⇒ Engaging in physical activity for 20 minutes a day, 5 times a week, decreases emotional distress and improves health.



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