

### *Activity 3*

Estimated Time: 10 minutes

We learned in Module 2 that the cause of depression is often due to a trigger. Think about yourself and what type of things might be triggers for your depression. Write a few of these down.

We also learned that breaking the cycle of depression comes down to one's response to these triggers. Think about these triggers and how you might respond to them. Write these responses down.

Finally, think of a few alternative coping strategies that can help one break out of the cycle of depression.