

Activity 18

Estimated Time: 10 minutes

This module explained that people with depression often have triggers that can bring on a bout of depression. Think about your personal situation and write down the top three things that you believe trigger your depression.

Remember, this module only shared the most common triggers - there very well might be events or situations on your list that are not found in this course. Once you have your list, write down a brief action plan that you can keep and use to lower the chances that a bout of depression will begin.