

Week	Session Outline – Week 8	Video Topic	Points to Emphasize	Handouts/Supplies
Eight	<ol style="list-style-type: none"> 1. Check attendance. 2. Distribute name tags. 3. Support Group Question “Have you experienced an increase in depression?” “How do you handle it?” 4. Show Videotape/DVD – Week 8. 5. Review “Points to Emphasize.” 6. Collect name badges. 	<ul style="list-style-type: none"> • Depression 	<ol style="list-style-type: none"> 1. Depression – Loss of the ability to experience pleasure. 2. Emotions may increase. The highs get higher and the lows get lower. The feelings of sadness and the emotional extremes should be brief in duration and low in intensity. 3. If depression persists, see your physician. 4. As you lower nicotine level, depression is normal and will usually not last very long. 5. Learn to control emotions without nicotine. Time is a great healer. 6. Cigarettes are viewed as a “friend.” You may be experiencing “bereavement” of a non-’living object as if the cigarette were your friend. 7. Suggestions to feelings of depression <ul style="list-style-type: none"> • Exercise • May need to eat an apple when “feeling low and dragged out” to raise blood glucose (transient low blood sugar). Lower levels of blood sugar often occur at 10:00 am, 2:00 pm and 4:00 pm for most people. 8. L.A.R.K. (Look, Assess, React/Act, Know) 9. If on 14 mg. patch-continue 1 more week or if on gum or lozenge- no more than 5 pieces/day this week. 10. Remember – “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed.” 	<ul style="list-style-type: none"> • Attendance sheet • Name badges • VCR/TV or DVD/TV • Videotape or DVD 11:00 • <i>Depression</i>