Duration	Part	Video	SECTION 1	Exercise Description					
			TAKE THE FIRST STEPS						
			Welcome Call						
			Well being expert introduces the characters Well being expert introduces the grounding exercise						
	Part 1			Meditative practice for 5 minutes while listening to an audio. Participants are instructed to do it every day					
			Characters talk about their experience doing the grounding exercise, expert addresses concerns	, , , ,					
Watch: After welcome call, same day			Character 1 tells their story Character 2 tells their story						
same day		Video 6	Expert gives info about depression (without using the term depression) an						
	Part 2		Depression context continued; characters ask some questions Expert introduces the breathing exercise						
				Same thing as grounding exercise but with focusing on your breathing. They are told they can use it to help them feel calmer					
		Audio 2	Breathing Exercise audio	wherever they are, whenever they feel stressed or overwhelmed					
		Gu	uidance Call 1 [three days after welcome call]						
		Video 9	Characters talk more about their experience with depression (don't enjoy a						
	Part 3	Video 10	Thank You List Exercise (expert gives the background on the exercise and	Users are asked to write a list of three things they're thankful for and told that if they do this every day, they will experience a more analise mindra they are the second se					
Watch: After GC1, same day		Video 11	Characters share experiences practicing the exercises so far	positive mindset					
	Part 4		Expert explains importance of doing things we enjoy and transitions to the	Users are asked to do one small thing they enjoy every day, even when they don't feel like it					
		Video 13	Small Activities Exercise	when they don't feel like it					
		Guidance C	all 2 [1 week after GC1: once a week from here on out]						
			SECTION 2						
	Part 1	Video 2	Characters talk about their experience doing small activities Short encouraging message from the expert to viewers telling them if they						
	Part 2	Video 3	Characters share their experiences with not wanting to do things anymore Expert explains the "sadness and withdrawal cycle"						
Week 2		Video 5	All talks about how he tried to do a more challenging activity which require						
	Part 3		All breaks down going to the gym into smaller steps and succeeds	Expert asks the viewer to pick a challenging activity, make a list breaking it down into smaller steps, and then give it a try					
		viaeu /		or converging down into smaller skeps, and then give it a try					
			Guidance Call 3						
		Video 1	SECTION 3 Expert summarizes what we've learned so far						
	Part 1	Video 2	Characters wonder if the program is really helping them. They mention sor						
		Video 3	Expert offers encouragement, noting that maybe they too feel like the prog Characters talk about getting angry with themselves for failing others beca						
	Part 2	Video 5	Expert talks a character through self-compassion	Event arise the signer to provide other three					
Week 3	Hart 2			Expert asks the viewer to imagine what they would say to a friend going through a difficult time. Then they are asked to write down some compassionate phrases they can ask to themselves. They're asked to practice this throughout the day					
			Kind to Yourself Exercise Kavya talks about how she used two of the exercises successfully (kind to	They're asked to practice this throughout the day					
	Part 3			Expert arks viewer to thick of an activity they can do then make a					
		Video 7	Prepare for Challenges Exercise	challenges along which a solution to overcome each challenge, and then try the activity					
			Guidance Call 4						
			SECTION 4						
	Part 1	Video 1	Characters talk about how they went and did things with some friends and	Expert explains the importance of seeing other people and					
			Social Activity Exercise	engaging socially and asks the viewer to plan a social activity this week					
Week 4		Video 3	All talks about how he asked a classmate to help him study for an exam er	Expert explains the importance of supporting each other and asks					
	Part 2	Video 4	Social Support Exercise	the viewer to go ask someone for help with something they need support with, OR to do something nice for someone else if they don't need help with anything right now					
				the map was any adding right them					
			Guidance Call 5						
			SECTION 5 REMEMBER CHANGE TAKES TIME						
			Characters talk about how they were feeling good but then started to feel b						
	Part 1		Expert tells viewers that challenges and ups and downs are a part of life, a						
			Warning Signs Everying	Expert asks viewer to make a list of warning signs- indicators they					
Week 5		Video 3	Warning Signs Exercise Characters talk about their own warning signs and share how they spotted	Expert asks viewer to make a list of warning signs- indicators they are starting to feel bad again					
Week 5	Part 2	Video 3 Video 4 Video 5	Warning Signs Exercise Characters talk about their own warning signs and share how they spotted Getting Back On Track Exercise	Expert asks viewer to make a list of warning signs- indicators they are starting to feel bad again					
Week 5	Part 2	Video 3 Video 4 Video 5 Video 6	Warning Signs Exercise Characters talk about their own warning signs and share how they spotted	Expert asks viewer to make a list of warning signs- indicators they are starting to feel bad again Expert asks viewer to return to their list of warning signs and for each sign, add an exercise they can use to cope					
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		Video 3 Video 4 Video 5 Video 6 Video 6 Video 7 Video	Warning Elgon Exercise Characters with abot their can marting signs and share how they spotted Gering Baco Characters into a second sec	Expert asks viewer to make a list of warring signs- indicators they we define to be due down.					
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Step	Day	Week
Welcome call	Day 1	Week 1
Complete Section 1: Part 1, Part 2	Day 1	Week 1
Do grounding and breathing	Days 2-4	Week 1
Guidance call 1	Day 4	Week 1
Complete Section 1: Part 3, Part 4	Day 4	Week 1
4-day Practice Period	, ,	
Continue previous exercises: - Do small activity exercise each day		
New exercises: - Continue grounding and breathing	Dava 5, 11	Week 1 Week 2
	Days 5-11	Week 1, Week 2
Guidance call 2	Day 11	Week 2
Complete Section 2	Day 11	Week 2
4-day Practice Period		
Continue previous exercises: - Continue small activity each day - Continue grounding and breathing New exercises: - Do challenging activity exercise	Days 12-18	Week 2, Week 3
Guidance call 3	Day 18	Week 3
Complete Section 3	Day 18	Week 3
Continue previous exercises: - Continue doing one small activity each day - Continue grounding and breathing New exercises: - Do the kind to yourself exercise - Do the Prepare for Challenges exercise	Days 19-25	Week 3, Week 4
Guidance call 4	Day 25	Week 4
Complete Section 4	Day 25	Week 4
Continue previous exercises: - Continue doing one activity each day- can be small or challenging - Continue grounding and breathing - Continue doing the kind to yourself exercise New exercises: - Do a social activity - Ask for support		
Ask someone for help with something they need support with, OR do something nice for someone else	Days 26-32	Week 4, Week 5
Guidance call 5	Day 32	Week 5
Complete Section 5	Day 32	Week 5
Continue previous exercises - Do one activity each day- can be social, can be challenging, can use th New exercises: - Complete the warning signs exercise		
- Make relapse plan	Dave 32-30	Meek 5 Mack 6
	Days 32-39	Week 5, Week 6