

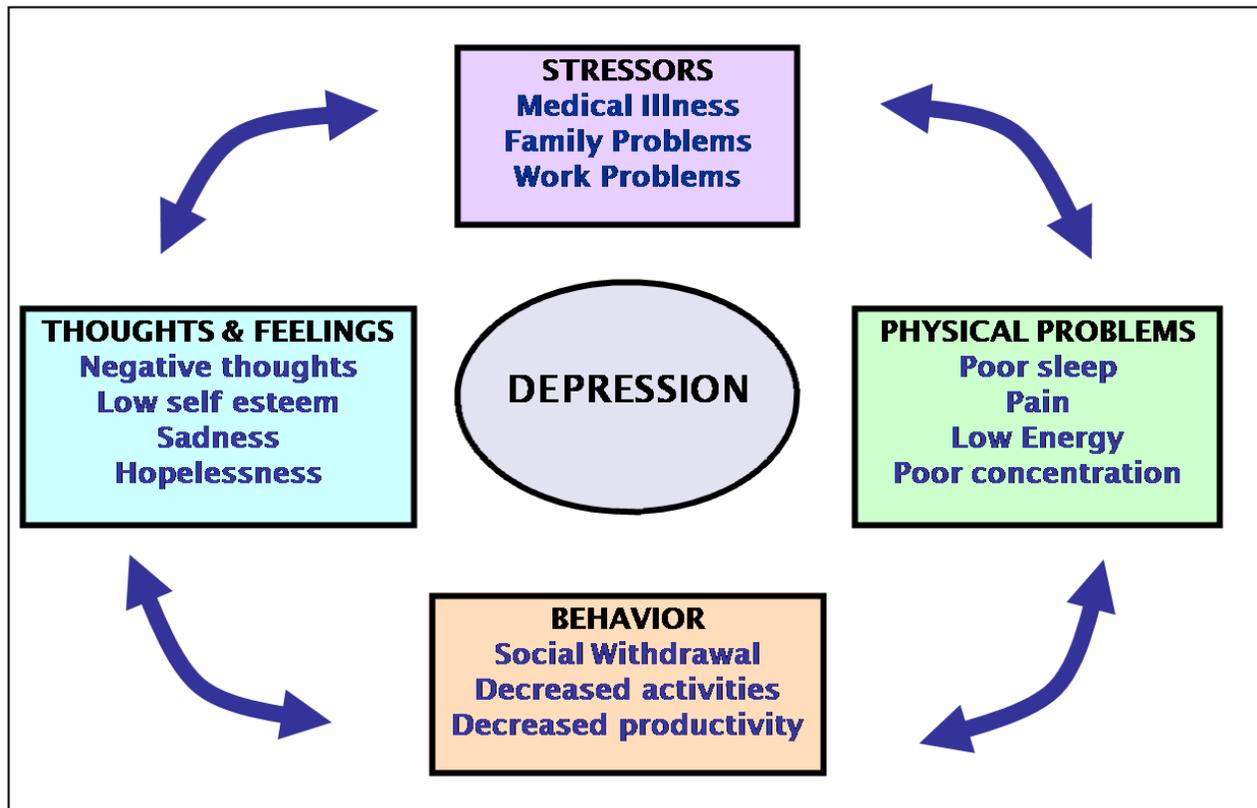


Why scheduling activities is important

- When people are stressed or depressed they often stop doing activities that they used to enjoy and that helped them feel good.

Spiraling Down

- It works both ways – the less you do the more depressed you feel and the more depressed you feel the less you do.



Spiraling Up

- By doing more pleasant activities, even if you don't initially feel like it, you can break the vicious cycle of depression.

Types of pleasant activities

- Pleasant activities are ones that make you feel better because they are rewarding, meaningful, inspiring, relaxing or fun.
- They don't have to be special activities. In fact, most are everyday activities.

Remembering pleasant activities

- When a person is depressed, it's hard for them to remember that any activities have ever been pleasant.
- Ask them what it is that they used to enjoy, no matter how long ago.



Positive Activities for Behavioral Activation

Create a list of activities that you find rewarding. Rate each activity in two categories: How easy the activity will be for you to complete, and how rewarding it is (with 10 being very easy or rewarding, and 1 being difficult or not at all rewarding).

ACTIVITY	EASE (1-10)	REWARD (1-10)
<i>Example:</i> <i>Go for a walk.</i>	9	6

Weekly Schedule for Behavioral Activation

Create a schedule of activities that will lead to you having positive experiences in your day. If you are feeling depressed or unmotivated, it might be difficult to complete large or complex tasks. If this is the case, start with simple goals and work your way up to more challenging activities.

DAY	MORNING	AFTERNOON	EVENING
<i>Example</i>	<ul style="list-style-type: none">• <i>Wake by 8 AM</i>• <i>Eat a full breakfast</i>	<ul style="list-style-type: none">• <i>Go for a 15 minute walk</i>	<ul style="list-style-type: none">• <i>Call a friend</i>• <i>Practice guitar</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Activity List

Write in a journal	Go out for coffee	Watch a movie
Watch the sunrise or sunset	Go stargazing	Go swimming
Go rock climbing	Go to the beach	Do a puzzle
Draw or paint	Play a sport	Play an instrument
Cook a meal	Go to the library	Work in a garden
Go to a play	Visit neighbors	Listen to the radio or a podcast
Go to a concert	Call a friend	Bake a dessert
Visit a friend	Volunteer	Visit a tourist attraction
Start a blog	Explore somewhere new	Play a board game
Research an unfamiliar topic online	Rearrange your furniture	Make origami
Read a book	Visit a museum	Go for a bike ride
Take photos	Knit	Visit a park
Do yoga	Write a poem	Search for new music to listen to
Exercise	Hike on a nature trail	Care for a pet
Go for a walk	Play cards	Write a letter
Meditate	Have a picnic	Try a new food