Behavioral Activation

When people feel down, they are less likely to engage in activities that help to make them feel better. This becomes a vicious cycle leading to more depression, stress, anxiety, and low mood. By adding positive activities in your life, it can help your mood. Consider doing it even if you do not feel like it. Check it out and see if it works. You can consider anything that will improve your functioning and mood. Here are some activities you can consider if you are having trouble thinking of things:

Physical Activity
- Take a walk
- Go to Gym
- Do exercise at home
- Ride a bicycle at home
- Swim
- Mother’s Yoga
- Exercise with kids
- Other: ____________

Social Activity
- See a friend
- Call a friend
- Spend quality time with family
- Go to a group meeting
- Other: ____________

Hobbies/enjoyable solo activities
- Go to the movies
- Go to a museum
- Take the kids to a park or the library
- Attend a lecture
- Read a book or other literature
- Do crossword or other type puzzles
- Knit/Crochet/Sew
- Color with your children
- Engage in a hobby
- Other: _____________________________________________________________________

Spiritual Activity
- Go to church/place of worship
- Read spiritual material
- Pray
- Meditate
- Engage in a spiritual practice I have stopped
- Other: ______________________

Volunteering
- Volunteer activity I’d like to engage in: ____________________________________________

Household activities
- Cook a healthy dinner
- Set a pick up toys time with kids each day
- Do the laundry
- Organize the baby’s room

Relaxation activity
- Deep breathing
- Deep muscle relaxation
- Listen to relaxing music
- Other: ______________________