

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 Prayer Deep muscle relaxation Listen to relaxing music
Other: _____