

BEHAVIOURAL ACTIVATION

When we are depressed it is common for us to stop doing things we used to do, because it just takes too much effort and seems too hard. This can make us feel even worse.

Write down some of the activities you used to do, but have been avoiding recently.

List some routine activities *e.g. vacuum, shower, clean the kitchen, shopping*

List some pleasurable activities *e.g. meeting up with friends or family, walk in the park*

List some necessary activities *e.g. sort out the post, pay the bills, fix things that need fixing*

Then place the activities in your lists into order of difficulty. Include some from each type of activity in each difficulty box.

The most difficult

Medium difficulty

The easiest

Use the weekly planner worksheet to plan to do some of the activities you have been avoiding. Ensure you include a mixture of routine, pleasurable and necessary activities every day.