



Tips for Behavioural Activation

- 1) The key to changing how you feel is by changing what you do! You may think 'oh I will do it when I feel like it', however behavioural activation theory suggests that you carry out a task whether you feel like it or not! Remember that the FEELING COMES AFTERWARDS (accomplishment, pride, motivation, confidence)
- 2) Changes in life can lead to depression, but WAYS OF COPING may lead to a person getting lower and more depressed. Certain behaviours may maintain depression e.g. isolating yourself from others in case they realise you are depressed may actually make you feel isolated and feed into making your mood lower.
- 3) The clue of figuring what will be helpful in lifting your mood lies in what activities you find important/pleasurable, choose activities that are important to you. For instance, if you find knitting/darts boring, don't schedule this as an activity!
- 4) Structure and schedule relevant activities that follow a plan, NOT mood. For instance, going to cookery on Wednesday as you scheduled this in no matter if that day you wake up and do not feel up to it, give it a try anyway!
- 5) Change is easier when starting small. Start small and work your way up to bigger tasks.
- 6) Before the task (especially harder tasks) identify possible obstacles that may be a challenge. Be creative with your problem solving!
- 7) Collect evidence from carrying out activities, what affect does carrying out a task have on your mood in comparison to staying inside/isolating yourself in your room?
- 8) Don't just talk, actually do it! Behavioural activation is all about the actual carrying out of an activity.



ACTIVITIES



Activity 1

1. Routine activities (e.g., washing up/eating, getting up)

2. Pleasurable activities (e.g., seeing friends)

3. Necessary activities (e.g., paying bills)



Activity 2

(Include a mix of routine, pleasurable and necessary activities at each level)

Most difficult?

Medium difficulty?

Easiest?



Plan

Now let's make a plan to factor in activities for the upcoming week.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY