

Using Behavioral Activation to Feel Better

What to Know

Behavioral Activation (BA) helps you understand how your activities affect your mood. It encourages you to engage in activities you enjoy or gives you a sense of accomplishment to improve how you feel.

Sometimes, when you feel down or anxious, you might stop doing things you enjoy or need to do. This can make you feel worse. By engaging in positive activities, even when it's hard or when you don't want to, you can start to feel better.

What to Do

Think about activities you enjoy or used to enjoy before you started feeling bad. These can be hobbies, social activities, or tasks that give you a sense of accomplishment. Try to come up with at least three activities for each category below.

Fun Activities	Social Activities	Achievement-Oriented Activities	Other Ideas?

Choose at least one activity from each category above to do each day this week. Write them down and decide when and where you will do them. It's okay to start small!

Activity Plan

Day	Activity	Time	Location
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Notes:

Write down how you felt before, during, and after each activity you complete.

Activity	Before	During	After

Did any of the activities improve your mood or give you a sense of accomplishment? Explain.

Tips for Success

- It's okay if things don't go as planned. The important part is trying.
- If you didn't enjoy an activity as much as you thought, consider why. Could something make it more enjoyable next time?
- Remember to praise yourself for your efforts to feel better.

Behavioral Activation is a journey, and taking small steps is okay. What matters is that you're moving forward. Keep experimenting with different activities and notice how they affect your mood. Keep up the great work!

Reflections on This Exercise

What will help you continue to engage in fun activities?

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
