



Activity Planner

When low mood pulls you to withdraw, small, planned activities help pull you back.

Low mood has a trap built in: the less we do, the worse we feel, which makes us do even less. Behavioral activation — one of the best-supported treatments for depression — reverses that spiral. Instead of waiting to feel motivated, you schedule small activities first; motivation tends to follow action, not precede it. Aim for a mix of pleasure, accomplishment, and connection.

Ideas to choose from

- Pleasure: a favorite playlist, a good coffee, a hot bath, time outside, a show you enjoy.
- Accomplishment: make the bed, answer one email, tidy one surface, pay one bill.
- Connection: text a friend, a short call, a walk with someone, a meal with others.
- Movement & care: a stretch, a short walk, a proper meal, stepping into daylight.

Keep it small and specific. "Walk to the corner and back" beats "exercise more." Start with what feels about a 2 out of 10 in difficulty.

This week's plan

Predict your mood before, then rate it after. Many people find the activity lifts mood more than they expected.

Day	Planned activity	Type	Mood before 0–10	Mood after 0–10
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Reflection

What did I notice about the mood-before vs. mood-after?

Which activity was most worth repeating?

Bring this worksheet to your next appointment.