

MODULE 9 ACTIVITY

Activity Ratings

Exploring and scheduling new activities into our days is one of the key therapeutic strategies of **behavioral activation**, a therapeutic method effective for many people dealing with depressive or anxious thoughts, stress, and general avoidance.

By prioritizing and scheduling in relaxation, recreation, and leisure activities, we are able to protect these vitality-giving activities even considering all of our current responsibilities and stressors. If we do not schedule these in, we can easily fall into the habit of postponing them, increasing the stress and pressure we feel from all of our responsibilities with no release.

Another helpful aspect about this structured approach is that it enables you to consider activities you might want to try and plan for them. We can easily fall into unhelpful routines, so taking a step back, reflecting on a typical day, and aiming to identify these unhelpful practices and find ways to replace them is a great well-being practice. And if we can replace those life-draining or numbing activities with novel experiences, we may get the jump start we need

Weekly Activity Ratings

On the following page is an activity sheet that comes directly from therapeutic resources in behavioral activation. These strategies are highly effective for people with depression: people who tend to struggle to initiate activities and experience diminished pleasure in life. Whether or not you have depression, this activity can help you re-assess your daily activities and discover new ways to experience joy throughout your day.

To complete this worksheet, consider one day of your week, perhaps a Saturday. Notice that it says “Values, Pleasure, and Mastery Activities” at the top. These are similar to recreation, relaxation, and leisure activities we discussed in Module 9. On your Saturday, schedule in one or more recreation, relaxation, and/or leisure activity. Complete it at the given time and then record your mood.

Once you have done it once, begin filling in the worksheet with all of the activities you do on a given day. Notice which ones do not give you any pleasure or relaxation, sense of accomplishment, or improved mood. For each one, ask yourself how you can remove that task from your day. If you cannot—for instance, it’s a high priority responsibility—think about where else you can fit in a recreational, relaxation, or leisure activity to balance out its demand.

Activity Planning Worksheet

Instructions: Write some specific activities that you recorded on the "Values, Pleasure, and Mastery Activities List" in the "activity" column. Place a check in the "completed" column to indicate if you completed the scheduled activity. Record a mood rating in the last row; mood is rated between 0-10 ("0" indicating "most negative" and "10" indicating "most positive.")

	Activity	Completed	Mood rating
5-7:00 am			
7:00 am			
8:00 am			
9:00 am			
10:00 am			
11:00 am			
12:00 pm			
1:00 pm			
2:00 pm			
3:00 pm			
4:00 pm			
5:00 pm			
6:00 pm			
7:00 pm			
8:00 pm			
9:00 pm			
10:00 pm			
11:00 pm			

Scheduled Activities for (name): _____

Day of week/date _____