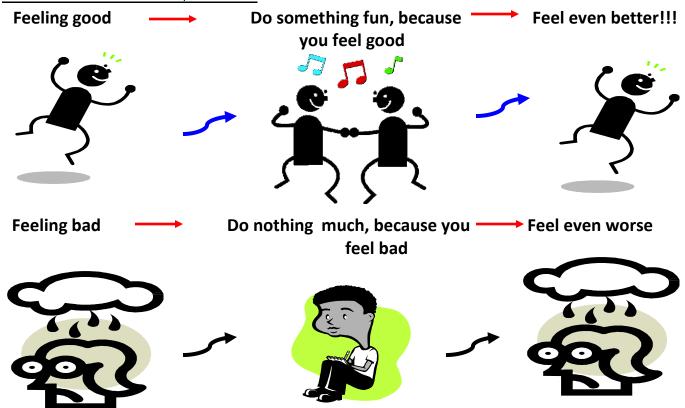
GETTING ACTIVE!!

Taking Positive Action, even when you are feeling down, can be the first step to feeling better

MOOD DIRECTED BEHAVIOR:





Activities Menu

Go for a walk Read a good book Write in a journal Play with a pet

Talk on the phone
Watch a favorite TV show
Listen to music
Meditate

Wear my favorite clothes Clean my room Make something Plant something

Take a hot bath Write a story Throw a Frisbee Play sports

Laugh
Cry
Play a video game
Walk through the mall

Do some volunteer work Make my favorite snack Take a nap Sit in the sun

Be with friends
Go for a bike ride
Sing
Join a group

Write a letter to a friend Sit and think Listen to the birds Go to a movie

Rent a video
Go on a date
Invite a friend over
Make a silly gift

Trade back rubs with a friend Be nice to my neighbor Go for a hike Help a friend

Try something new
Daydream
Cook a meal for someone
Do someone a favor

Read a newspaper
Go for a car ride
Wash and wax the car
Take the bus somewhere

Go for a walk in the park Go bowling Finish a project Take a dog for a walk

Watch flowers grow Count the stars Think about a world issue List all my good points Draw a picture Clean the house Clean the yard Walk by a lake or river

Listen to a new radio station Make a new friend Get up extra early Sleep extra late

Sit beside a waterfall Watch people at the mall Roast marshmallows

Ride on a Ferris Wheel Talk about religion Pray Listen to nature Go dancing

Give someone a small gift Help someone with a project Workout

Things that I want to try: