**Getting Active!!**

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

**Mood Directed Behavior:**
- Feeling good → Do something fun, because you feel good → Feel even better!!!
- Feeling bad → Do nothing much, because you feel bad → Feel even worse

**Goal Directed Behavior:**
- Feeling bad → Do something fun, because you set a goal → Feel better!!!!!!
# Activities Menu

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