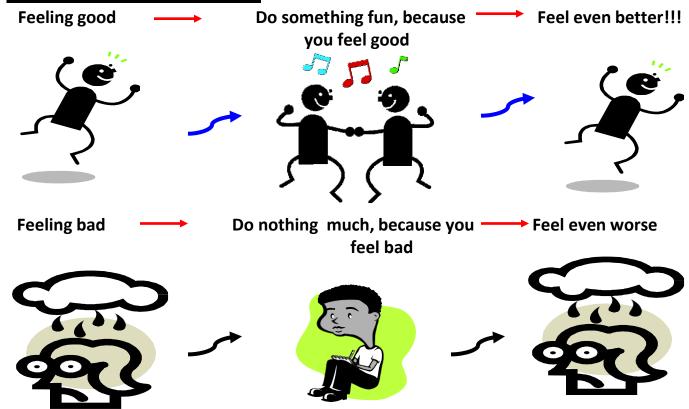


Getting Active!!

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

Call/text a friend
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
Silly Dancing
Play a video game
Walk through the mall

Do some volunteer work Make my favorite snack Workout 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

Go on a date Invite a friend over Make a silly gift Hang with friends

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 Do someone a favor

Read something
Go for a car ride
Wash and wax the car
Explore a new place

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

Observe nature Count the stars Watch YouTube video List all my good points Draw or paint 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 Play on-line games

Sit beside a waterfall Watch people at the mall Have coffee or tea

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

Give someone a small gift Help someone with a project Ride a bike or skateboard

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