

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!!!



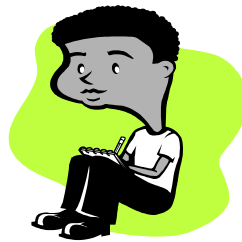
Feeling bad



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

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:
