

# Test It Out: Activity Scheduling

**Choose a Helpful Activity.** Research suggests the following kinds of activities often help with depressed mood, but use what you know about YOU to help you choose.

- Doing something you used to enjoy
- Being around other people
- Doing things you are good at
- Being physically active
- Taking a step toward a goal
- Helping others
- Getting outside
- Connecting with someone you care about
- Doing something in line with your values

**Brainstorm a few ideas:**

- 1) .....
- 2) .....
- 3) .....

**Pick something pretty simple.** Aim for something that you have control over and could realistically do a few times this week. Be specific about the What, Who, When and How.

**Plan for success.** List any obstacles and how you can overcome them. List any reminders or help you might need.

Write in the day/time and what you will do. Then track how you do, and whether your activity impacts your mood.

Day/time:	What I will do:	Did I do it?	Did my mood change?	Other comments?
Day/time:				
Day/time:				
Day/time:				
Day/time:				