



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

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

Things that I want to try:
