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.

<table>
<thead>
<tr>
<th>Day/time:</th>
<th>What I will do:</th>
<th>Did I do it?</th>
<th>Did my mood change?</th>
<th>Other comments?</th>
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