

humantold

Weekly Schedule for Behavioral Activation

When depression sets in, we often withdraw from many activities due to low energy and a lack of interest. Although this response is understandable, it frequently leads to more severe depression symptoms. Behavioral activation is designed to break these patterns. Many of us are waiting to feel better so we can get back to the things we used to enjoy. However, it's much more efficient to gradually start doing rewarding activities, even if we don't feel like it. The interest in the activities will follow. This approach is the foundation of behavioral activation for depression. Create a schedule of activities that will lead to you having positive experiences in your day.

Day	Morning	Afternoon	Evening
Example	Go for a 15 minute walk. Eat breakfast.	Read	Call a friend. Paint.
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Book: Cognitive Behavioral Therapy Made Simple By Seth J. Gillihan

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