

Behavioural Activation

Behavioural activation is a technique to help with anyone experiencing low mood, sadness, depression, or low motivation. It involves planning activities that increase positive experiences throughout your day. Starting with small, manageable tasks and gradually trying more challenging activities – small steps can make a big difference over time.

How to use this worksheet

1. Identify times in your day for activities
2. Start with small, achievable tasks
3. Gradually include more meaningful or challenging activities
4. Use the table below to plan your day

Tips

- Include at least one enjoyable or relaxing activity each day
- Mix small, practical tasks (e.g., making your bed) with activities that bring you happiness
- Notice how each activity makes you feel to track the benefits over time

Day	Morning	Afternoon	Evening
Example	Eat a healthy breakfast	Go on a walk	Call a friend
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			