

## List of Activities to try in Behavioural Activation

Everybody who endures Depression is losing their experience of pleasure and achievement.

It can be hard to choose for yourself what to do and what to try and do, especially when you are really down in the dumps. Still try and do your stuff – the stuff that you know makes you feel useful or happier.

If not, then here is a list of some other stuff to get your mind going, or simply to try and see how it pans out.

Watch an old movie	Have a shower and shave.
Walk down the street and back	Watch the rive or ocean for 15 minutes
Play a music record	Cook a proper dinner
Put nice jam on your morning toast	Take some photographs of some trees
Go for a swim	Visit the library
Shop for new food – something to try	Wash your dishes
Plant some plants	Weed the lawn
Light your fireplace	Burn a nice candle
Do some homework	Eat some fish and chips for a treat
Eat whole-meal bread sandwich	Watch the comedy channel for a hour
Do the laundry	Clean the bathroom
Do an odd job that is needed around the house	Go out and find the moon at night
Phone your brother / sister / family member	Do your banking
Buy some nice soap	Brush your teeth
Make your bed	Tidy the bedroom
Nice cup of tea	Roast some vegies