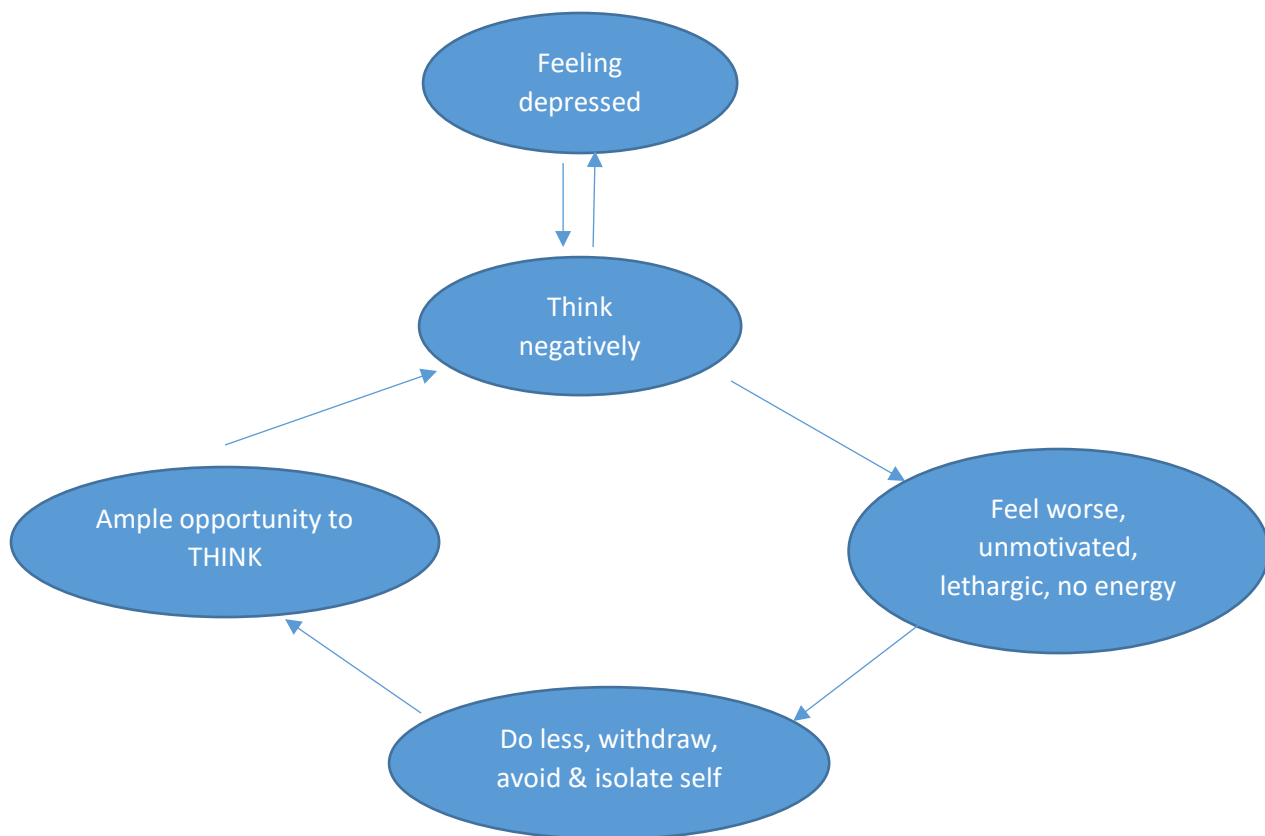


GETTING ACTIVE

Inactivity can be a strong perpetuating factor in feeling depressed.



Getting active & engaging in activities that generate a sense of PLEASURE, ACHIEVEMENT & CONTROL can help to:

- Reduce opportunity to dwell on negative thoughts which makes you feel worse
- Generate a sense of enjoyment that helps to make you feel better
- Provide you with a sense of accomplishment that helps you to feel good about yourself, your abilities & build your self-confidence
- Enable you to feel as though you have some control & influence over your mood & your life
- Improve your feelings of motivation, energy & drive which in turn spurs you to continue to be active

These activities can be varied & different for everyone. For instance doing the dishes can be a source of achievement for someone while it may be a source of pleasure for someone else. Paying bills & getting paperwork in order may be a source of control for one person while it may be a source of pleasure for another. Spending time with friends may be a source of pleasure or achievement or control...or all three!!! It doesn't matter.

I figure that if you attempt to engage in activities that can generate a feeling of pleasure, achievement or control, then ultimately this will impact positively on your mood & how you feel.

In the space below list activities that you could do. For each set a date for when you are going to do them & then rate how much pleasure, sense of achievement & control you felt before & after doing them using a simple scale from 1 to 10 where 1=no sense of pleasure, achievement or control & 10=extreme sense of pleasure, achievement & control. Finally rate your mood on a scale from 1=very low to 10=very good both before & after the activity.

What do you notice?

Date	Activity	Pleasure		Achievement		Control		Mood	
		Before	After	Before	After	Before	After	Before	After