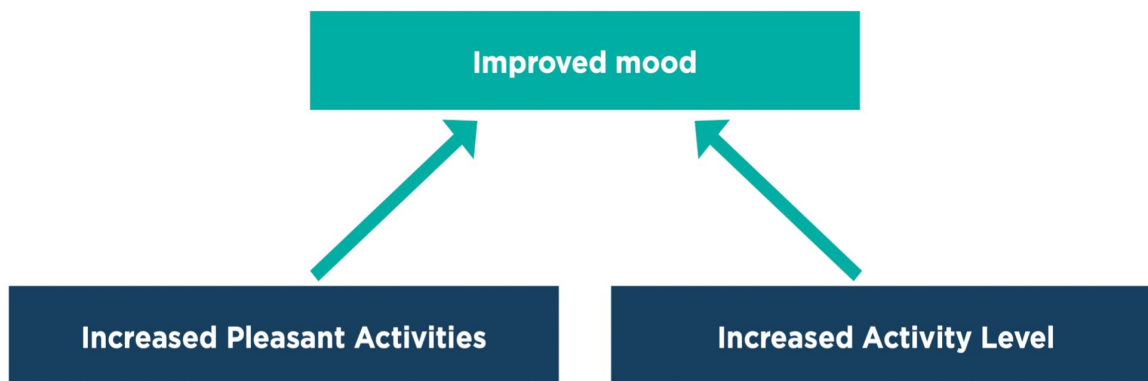


Behavioral Activation Exercises:

1. What activities did you previously enjoy that you would like to start participating in again?
2. List activities that you need to do to better your current situation (enroll in school, get your inspection sticker, etc.).
3. Create a schedule of the new activities you will perform. Which ones did you accomplish? Were there any barriers? Why? How did you handle them?



Behavioral Activation Ideas:

Making a collage * Walking my dog * Doing a workout video online * Drawing or painting
 Stretching my muscles * Playing charades * Playing an instrument * Walking laps around *
 Listen to music * Baking * Going for a swim * Practicing yoga (a class or video) * Visiting
 family members * Joining a sports team or social group * Bicycling, skateboarding, or
 rollerblading * Going for a run * Going to the zoo * Going for a hike * Starting a fitness
 challenge (e.g. 30 days to 1-minute plank) * Taking a martial arts class * Making up a new
 sport * Taking a dance class * Helping a neighbor with yardwork * Playing a game with
 friends * Bowling * Playing with a pet outside * Taking a dance or acting class * Going to a
 local museum * Turning up my favorite song and dancing * Cleaning my house * Learn to
 draw/paint with online classes * Call a friend * Write in a journal * Start a gratitude journal *
 Take a bath * Go out to eat at a favorite restaurant * Sing in the shower