

Engaging in Activities to Improve Mood



What to Expect in this Session

Session Roadmap

1. We will set an agenda for the session.
2. How are you doing? We will complete a quick mood “check-in.”
3. We will review the previous session’s assignment and any other skills you are using.

Developing New Skills - Engaging in Activities

4. We will discuss how what we do impacts our mood.
5. We will look at how Dave/Danielle use the Engaging in Activities session to become more active.
6. We will see how your current activities relate to your mood.
7. We will identify activities you want to engage in more regularly.
8. We will develop an action plan to help you meet your goals.



Rate your Mood

Over the last 2 weeks, how often have you been bothered by any of the

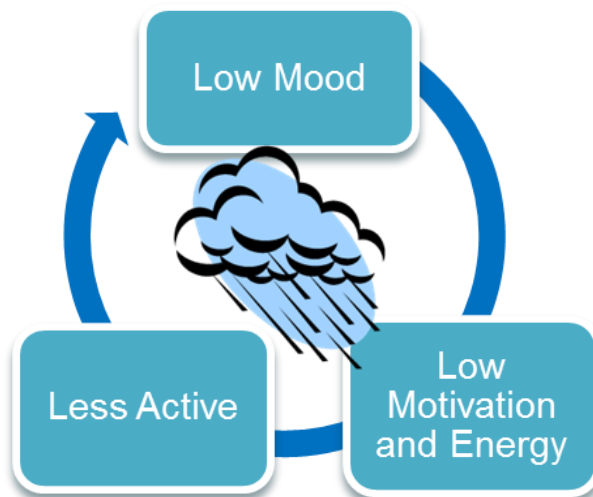
	Not at all	Several Days	More than half the	Nearly every-
1. Little interest or pleasure in doing things.	0	1	2	3
2. Feeling down, depressed, or hopeless.	0	1	2	3
3. Trouble falling asleep, staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around more than usual.	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way.	0	1	2	3

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

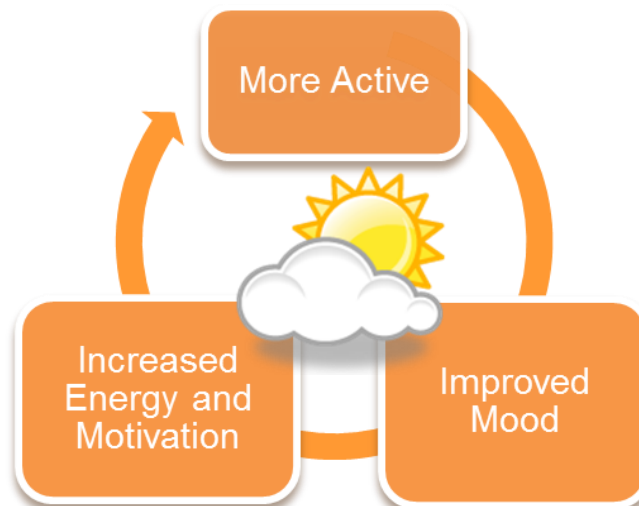
Not Difficult at All	Somewhat Difficult	Very Difficult	Extremely Difficult
0	1	2	3

Behavior and Mood in Depression

As depression or low mood sets in, you may notice a decrease in your energy and motivation to do the things that are important to you. When this happens, you can get into a habit of avoiding activities that may actually help you feel better.



You can break out of this depressive cycle by choosing to engage in activities that are important to you, even when you don't feel like it. Engaging in enjoyable or meaningful activities on a regular basis will help improve your mood and increase your energy level and motivation to keep moving forward.



Dave's Activities



Let's check in with Dave, the Army Veteran whose low mood got in the way of doing many activities that are important to him.

How
Dave
Feels

- *I feel down.*
- *I feel alone.*
- *I lack motivation.*
- *I'm ashamed that I'm unproductive.*
- *I feel stressed out about finances.*

What
Dave is
Doing

- *I spend a lot of the day in bed or watching TV.*
- *I avoid social activities and talking with friends and family.*
- *I stopped going to church.*
- *I stopped taking care of things around my home.*

Dave's Desired Activities:



- *Reconnect with friends and family*
- *Go to church regularly*
- *Get my house in order*

Dave's SMART Goals:

This week, Dave set two goals to increase the frequency of activities he is already doing:

1. *Play with dog for 10 minutes five days a week.*
2. *Take shower by 10 AM three days this week.*

The following week, Dave added these new goals:

1. *Do a load of dishes on Tuesday.*
2. *Call my daughter on Thursday.*
3. *Go to church on Sunday with neighbor.*



Danielle's Activities



Let's check in with Danielle, the Navy Veteran whose low mood got in the way of doing many activities that are important to her.

How Danielle Feels

- *I feel inadequate.*
- *I'm stressed out about finances.*
- *I feel helpless.*
- *I feel isolated*

What Danielle is Doing

- *I avoid social activities and meeting new people.*
- *I watch TV most of the day*
- *I eat unhealthy foods when I feel stressed.*

Danielle's Desired Activities:



- *Strengthen my relationship with my daughter.*
- *Meet with dietician about diet and weight loss.*
- *Learn strategies to manage my bills.*

Danielle's SMART Goals:

This week, Danielle set two goals to increase the frequency of activities that she is currently doing:

1. *Set up reminders and automatic payments for bills.*
2. *Take a 30-minute mother-daughter walk 3 times this week.*



















The following week, Danielle added these new goals:

1. *Call or text family members.*
2. *Create/buy a calendar to track deadlines, bills, and social events.*
3. *Schedule a lunch to catch up with family.*



Record of Daily Activities and Mood

Complete the following form for a recent “typical day” (possibly yesterday) to see the connection between your current activity level and your mood. This will help you understand what activities may fit into your day and help your mood.

What were you doing?	How did you feel?	Why did you feel that way?
Morning Activities		
	 <input data-bbox="537 762 584 814" type="checkbox"/>  <input data-bbox="703 762 750 814" type="checkbox"/>  <input data-bbox="873 762 920 814" type="checkbox"/>	
	 <input data-bbox="537 909 584 961" type="checkbox"/>  <input data-bbox="703 909 750 961" type="checkbox"/>  <input data-bbox="873 909 920 961" type="checkbox"/>	
Afternoon Activities		
	 <input data-bbox="537 1125 584 1178" type="checkbox"/>  <input data-bbox="703 1125 750 1178" type="checkbox"/>  <input data-bbox="873 1125 920 1178" type="checkbox"/>	
	 <input data-bbox="537 1278 584 1331" type="checkbox"/>  <input data-bbox="703 1278 750 1331" type="checkbox"/>  <input data-bbox="873 1278 920 1331" type="checkbox"/>	
Evening Activities		
	 <input data-bbox="537 1503 584 1556" type="checkbox"/>  <input data-bbox="703 1503 750 1556" type="checkbox"/>  <input data-bbox="873 1503 920 1556" type="checkbox"/>	
	 <input data-bbox="537 1665 584 1717" type="checkbox"/>  <input data-bbox="703 1665 750 1717" type="checkbox"/>  <input data-bbox="873 1665 920 1717" type="checkbox"/>	

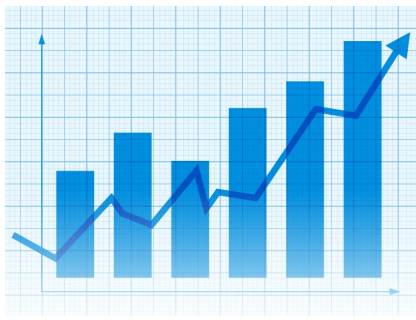
Engaging in Activities Tip Sheet

Follow your action plan, not your mood.

Engaging in activities, even when you don't feel like it, will help improve your mood. You may be surprised to find yourself enjoying the activity once you get going. Use your action plan to help you stay on track in meeting your goals.



Monitor your progress and problem-solve barriers.



Keeping track of your progress will help you know what's working and what you might need to change. Take note of any obstacles you run into in completing your action plan, and talk with others or problem-solve about how to overcome them. Stay positive and get creative.

Include others.

Consider how you can include a friend or family member in your activities. They may be able to do the activity with you, or they may help hold you accountable and increase your motivation to follow through on your action plan.



Be patient and acknowledge success.



Adding activities back into your life gets easier as it becomes part of your regular routine. Each step you take toward meeting your goals is important, so be sure to acknowledge your accomplishments! Early success can build your confidence and increase your motivation to keep moving forward.

Monitoring Activity/Mood: Hourly Monitoring Form

Instructions: Choose 1 day and keep track of your activity and mood:


1. Write down what you were doing each hour
2. Rate how you were feeling each hour

<i>time</i>	What was I doing?	What was I feeling?
		  
8:00am		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9:00am		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
10:00am		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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10:00pm		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Monitoring Activity/Mood: Daily Monitoring Form




List two activities you would like to accomplish this week:

1. _____

2. _____

1) For each day, check the yes or no box in the Activity 1 and 2 columns to show whether you completed each activity.

2) Rate your mood at the end of the day.

	Activity 1	Activity 2	How was I feeling that day?				
							
Monday	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




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Tuesday	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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