

Behavioral Activation

Behavioral Activation (BA) is a therapeutic approach rooted in **Cognitive Behavioral Therapy (CBT)**. BA focuses on helping you engage in activities that are aligned with your values and interests. This approach is particularly useful for those **experiencing depression**, as it helps **break the cycle of inactivity and negative thinking** that often accompanies the diagnosis. By systematically planning and participating in enjoyable activities, you can experience a sense of accomplishment and pleasure, which can significantly enhance your emotional well-being.

List at least one enjoyable or meaningful activity for each day, and rate your mood on a scale of 1-10 before and after completing it.

| Day | Activity | Mood Before | Mood After |
|-----------|----------|-------------|------------|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |

By tracking your mood before and after engaging in planned activities, you can identify which activities positively impact your emotional well-being. Then the next time you feel symptoms of depression, you'll know what coping mechanisms make you feel better. Additionally, reflecting on challenges during certain activities can help you understand any barriers to activity and find ways to overcome them.

If you still feel overwhelmed, consider working on this with a trained professional. At Trust Mental Health, we can match you with a therapist in 48 hours of contact!



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