

# Activity Planner

When we are feeling low, it is important to plan and do activities that we know help to lift our mood. This way, we can start to break the unhelpful cycle and change it to a more helpful one. There will always be essential activities we have to do in our lives (like going to school, appointments and doing homework/revision) but the important thing to remember is that we need to have a BALANCE. This means we should have a good balance of essential activities we have to do, as well as activities that are enjoyable, meaningful and help lift our mood.

Use the table to plan in some meaningful activities this week which will help to lift your mood. Remember, it's about finding a good balance that works for you.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Remember!  
It's about balance.



Follow the Plan  
and Not the Mood!