

# Behavioural Activation

Behavioural Activation is an intervention used to help people who are struggling with low mood. It is based on Cognitive Behavioural Therapy (CBT) and there is lots of evidence and research that shows it works! The main idea behind Behavioural Activation is that, when low in mood, we get stuck in a vicious negative cycle. To feel better, we therefore need to change something in the cycle so that it becomes a positive cycle.

## The Vicious Cycle

### feel low

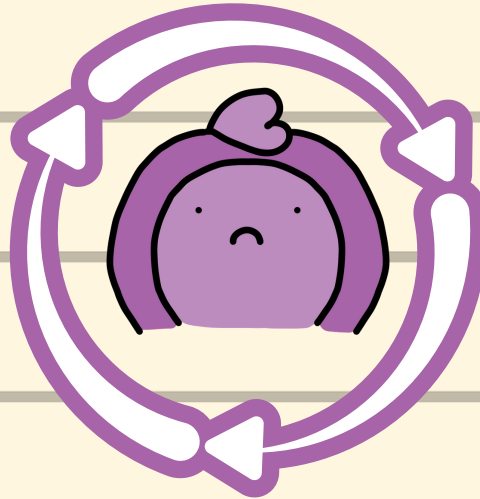
Feel low, down and sad.

Feel tired and exhausted.

Feel bad or guilty.

Feel unmotivated.

Feel hopeless or like nothing will get better.



### do less

Slow down physically and mentally.

Do less things that you'd normally do.

Avoid seeing/socialising with friends/family.

Find it difficult to find motivation to do things.

### get less out of life

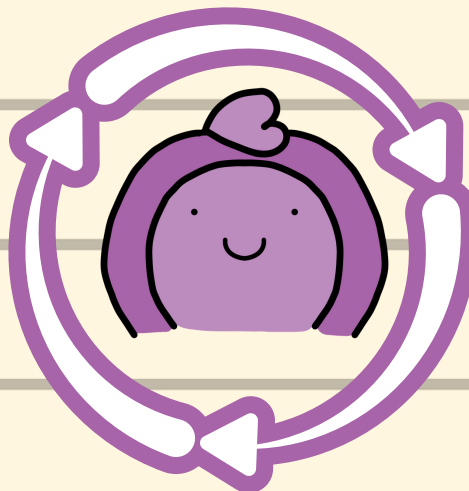
Stop getting enjoyment from life, stop feeling any sense of achievement and feel isolated from others.

The longer we're stuck in the vicious cycle, the lower and more unhappy we feel. This then makes it more and more difficult to do things and means we get even less out of life.

## Breaking the Cycle: Do More to Feel Better

A proven way to break this cycle is to start **DOING** more meaningful and enjoyable activities. This can be very difficult at first but we know that activity helps us to feel happier, distracts us from negative thoughts, makes us feel more motivated, improves our concentration, and makes us feel less tired. This is why we say **DO MORE TO FEEL BETTER!**

**do more of what matters**



**feel better and happier**

**get more from life**

This can be hard to do at first, but the more you do it, the happier you will feel, the closer you will feel to others and the more you will feel a sense of achievement.