

Activity Planner

It's important to plan in enjoyable and meaningful activities to help us feel happier and get a good balance in our lives. By taking time to plan in activities, we are much more likely to actually do them and start to feel better. It can be difficult to do activities when feeling low but remember, it's important to follow your plan and not your mood. This way, you can start to **DO MORE TO FEEL BETTER**.

What are you going to do?

When will you do this? (date/time)

Where will you do this?

Who will you do this with?

Is there anything else you need to plan in order to do this? (eg. how you'll get there, what you'll need, whether you need to ask a friend/family member)

Remember to follow your plan and not your mood!

After you've done your activity, answer these questions:

How did you feel after your activity?

Is this an activity you will do again?



If yes, make a plan to do it again!



If no, make a plan to do something different.

Remember, the key is to **DO** more to **FEEL** better!