

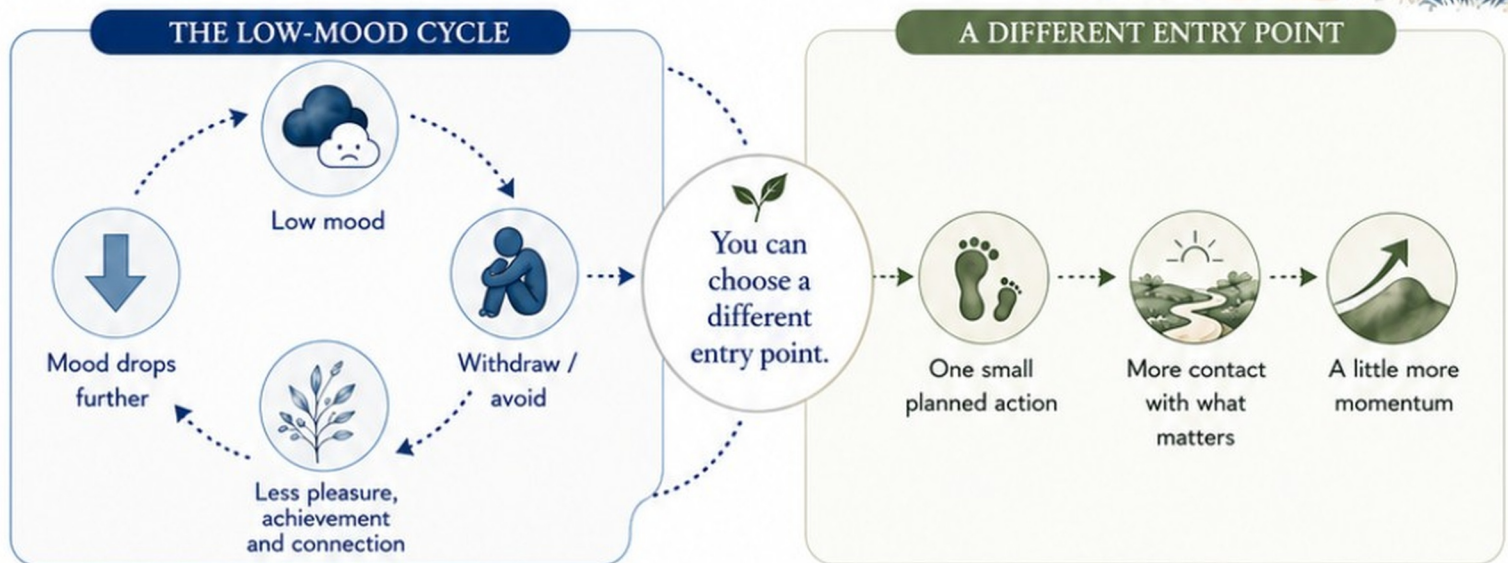
Behavioural Activation

Small actions can help shift the cycle

When depression is present, we often withdraw, do less, and lose contact with pleasure, achievement and connection. Behavioural activation is an evidence-based approach that helps you gently reconnect with activities that matter.

Motivation often follows action, rather than coming first.

These patterns are understandable responses to low mood, not personal failures.



- 1 Notice the pattern**
Pay attention to what you do, what you avoid, and how these patterns affect your mood.
- 2 Choose a balanced action**
Pick something linked to pleasure, achievement, connection, self-care, or your values.
- 3 Make it small and specific**
Shrink the task until it feels workable. Decide what you will do, when and where.
- 4 Act, then review**
Try the plan before waiting for motivation. Afterwards, notice what happened and adjust the next step.

ACTIVITY IDEAS

- Pleasure / interest**
 - Listen to music
 - Sit outside with a drink
 - Return to a hobby
- Achievement**
 - Shower and dress
 - Send one email
 - Tidy one small area
- Connection**
 - Message someone
 - Share a meal
 - Spend time near others
- Body / values**
 - Walk or stretch gently
 - Prepare something nourishing
 - Take one values-based step



TAKEAWAY:

Action does not need to be large or enjoyable to be useful. Small, planned steps can gradually rebuild contact with the people, places and activities that matter.



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