

Behavioural activation

You can begin to improve your mood by engaging in activities that have a link to feelings of enjoyment, fun or mastery – or by taking care of responsibilities that you have been neglecting. Even if you don't feel that link now, if it was in place before the disaster, it can still improve your mood.

List activities you enjoy now: 1. 2. 3.	List activities you used to enjoy previously: 1. 2. 3.	List activities you might enjoy (see <i>Activity Menu</i>): 1. 2. 3.		
List responsibilities you need to take care of:	1.	2.	3.	

Try doing at least one activity each day and write it down. Use the following scale to rate your mood each day as well.

1 (worst I ever felt)	2	3	4	5	6	7	8	9	10 (best I ever felt)
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Day	Activity (location, time, description)	Mood