

# Activity

Learning how to be more active is one way of helping to improve your mood and manage worry

# What do we mean by activity?

- Activity is doing something for a reason
- It might be for fun or to get something done
- It gives you something to think about
- It can reduce worrying or over-thinking
- It might involve people and this might help to lift your mood

# The benefits of being active

- It helps you to take control of your life and make you feel more confident
- Focusing on the things we are supposed to be doing or the things that we enjoy will give us a sense of pleasure or achievement
- Doing nothing makes you feel lethargic and tired and this can contribute to depression
- Being active helps to reduce worrying or dwelling on negative thoughts

# Different kinds of activities

- Self-care
- Creative
- Social
- Educational
- Recreational

# Self-care activities



showering



washing up  
the dishes



brushing  
teeth

# Creative activities



Cooking a  
meal



knitting



DIY

# Social activities



Send a text or card to a friend



meet friends

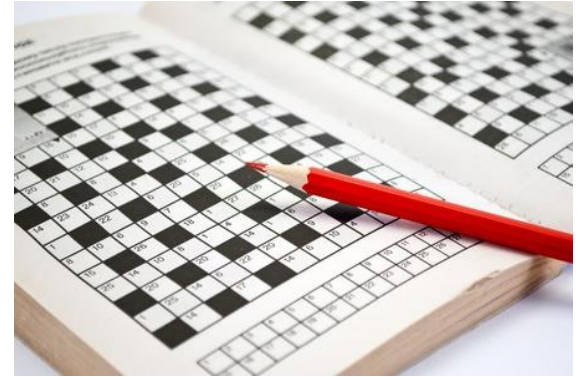


party

# Educational activities



Visit a museum



crossword



Learn to play  
an instrument



# Recreational activities

Listen to music



Watching sport



Play board games



Doing a sport

# Troubleshooting



- You don't feel like doing any activity → remind yourself that doing something, however small, will improve your mood and help to manage worry
- You can't decide on which activity to do → look at the list on the TalkPlus website for a list of ideas
- You don't like the ideas on the TalkPlus list → make a menu of the things you like to do and keep it on your fridge
- Everything feels too hard to do → keep it simple and select something that is easy to do to start with

# Take Home Message

- Being active can give you a sense that you are taking control of your life and improve your confidence
- Activities that you enjoy will give you a sense of pleasure or achievement and lifts your mood
- Being active helps to reduce worrying or dwelling on negative thoughts

# Next Steps

- **Practice** what you have learned
- Tell someone else about what you have learned
  - They might offer ideas that you haven't thought of yet!
- All worksheets and a PDF are freely available at <https://www.talkplus.org.uk>