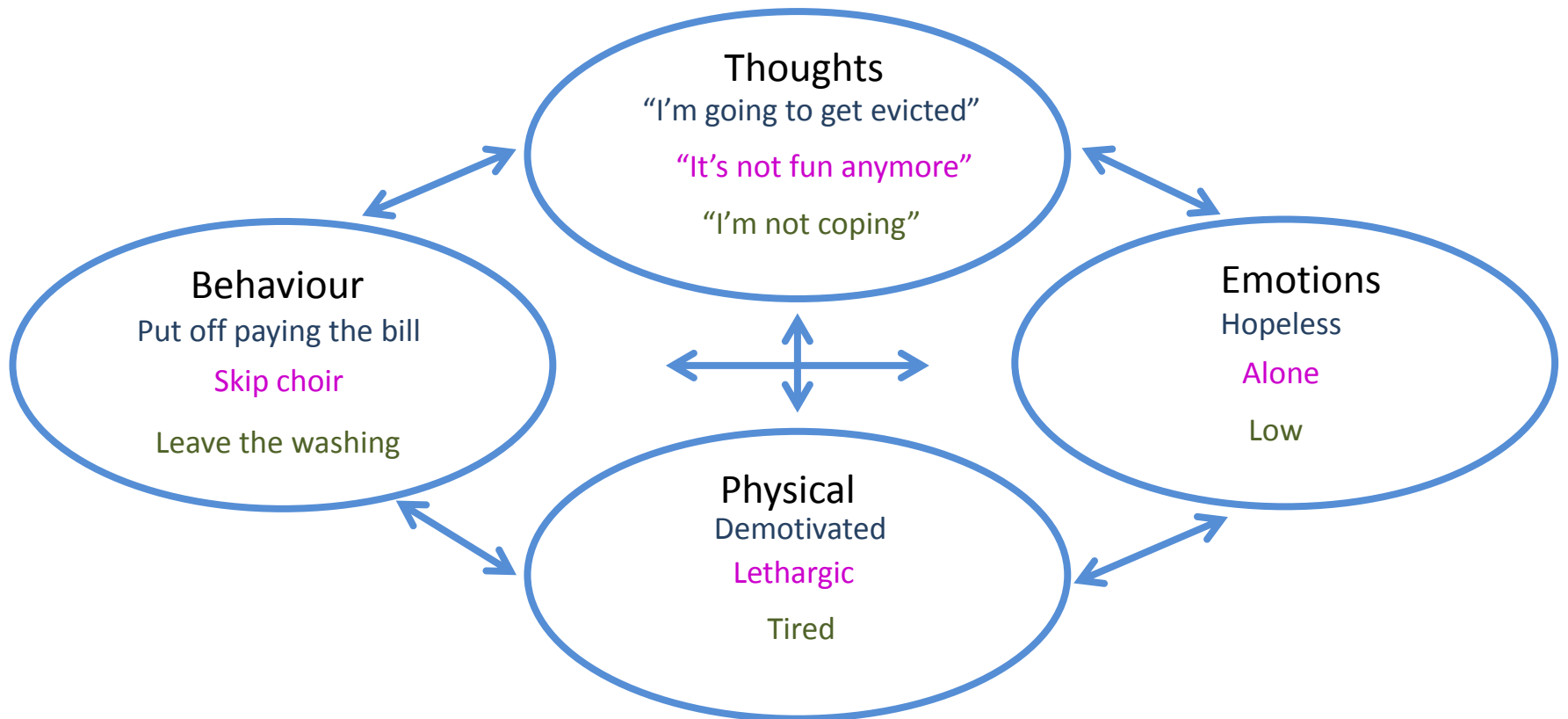


Behavioural Activation

A technique to help improve motivation

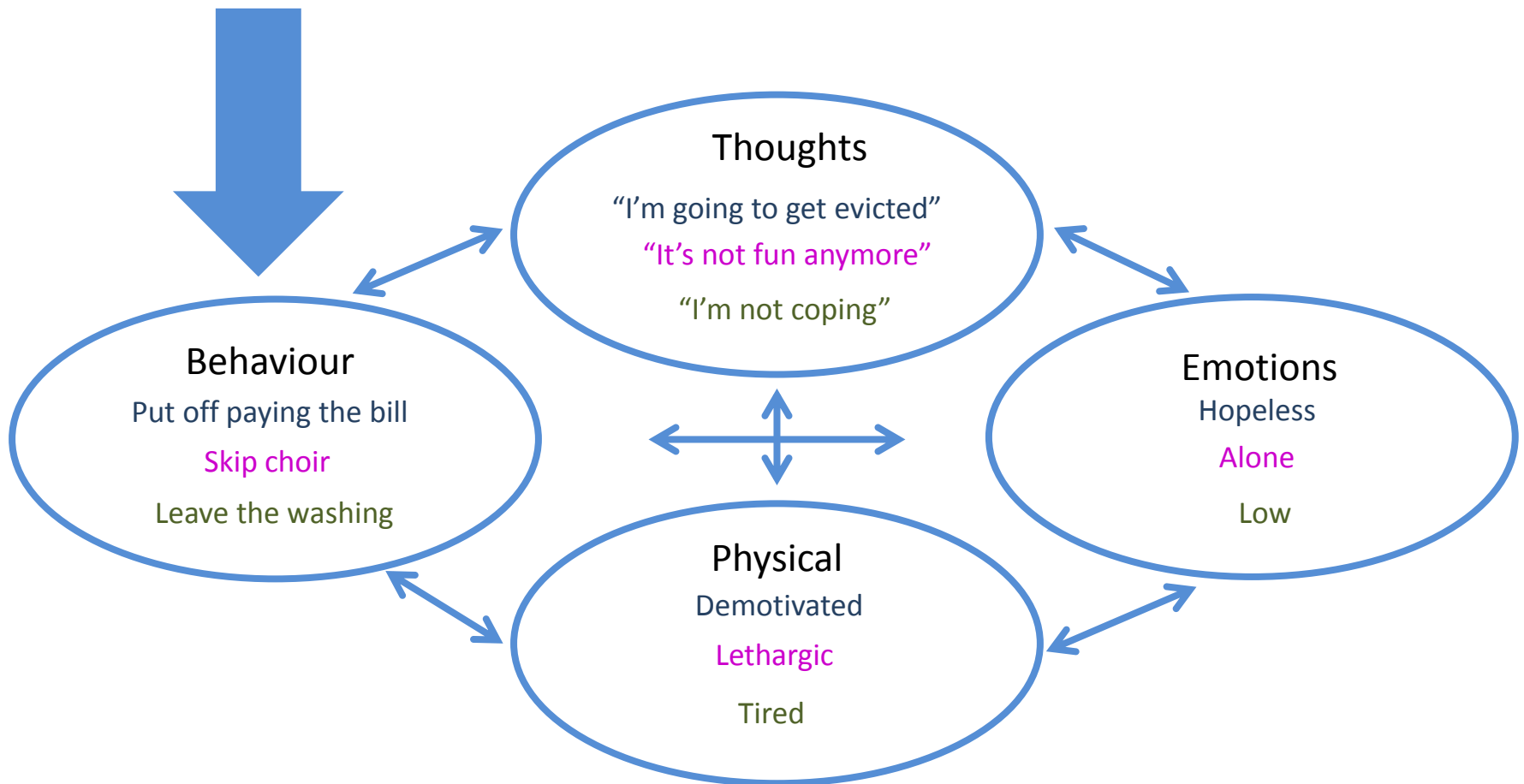


Depression cycle



Behavioural Activation

Alleviates depression by reducing inactivity and gradually completing important activities



Behavioural Activation

- Finding energy to do things we know we have to do is difficult
- Do things despite how you are feeling
- Action leads to motivation



Steps of Behavioural Activation

1. List the activities you have withdrawn from, classifying them as routine, pleasurable & necessary activities
2. Sort all activities into how difficult they would be
3. Schedule different types of activities
4. Put the schedule into practice



Step one

- List the activities you are not doing: what you are no longer doing, have little time for or something you want to start but haven't yet
- Classify them as:
 - routine: day to day
 - necessary: essential
 - pleasurable: improve quality of life



Step one

WORKSHEET ONE

Identifying Activities



Routine Activities

Laundry

Dishes

Make the bed

Cook a healthy dinner

Sweep the patio

Necessary Activities

Pay the gas bill

Book flu jab

Collect pension

Call the plumber

Pleasurable Activities

Social club

Coffee with Bill

See grandchildren

Take wife for a meal

Walk in the park

Step Two

- Sort all activities into how difficult they would currently be:

- Easy

- Moderate

- Difficult



- Ensure a balance of routine, necessary and pleasurable activities in each

Step Two

WORKSHEET TWO

Ranking Activities



Easy Activities	Routine	Necessary	Pleasurable
Make the bed	✓		
Book flu jab		✓	
Coffee with Bill			✓

Moderate Activities	Routine	Necessary	Pleasurable
See grandchildren			✓
Dishes	✓		
Collect pension		✓	

Difficult Activities	Routine	Necessary	Pleasurable
Social club			✓
Pay the gas bill		✓	
Cook a healthy dinner	✓		

Step Three

- Schedule different types of activities
- 3 Steps
 - Graded: start from the easy list
 - Balanced: mixture of routine, necessary and pleasurable activities
 - Specific



Behavioural Activation: Diary

WORKSHEET THREE Scheduling Activities



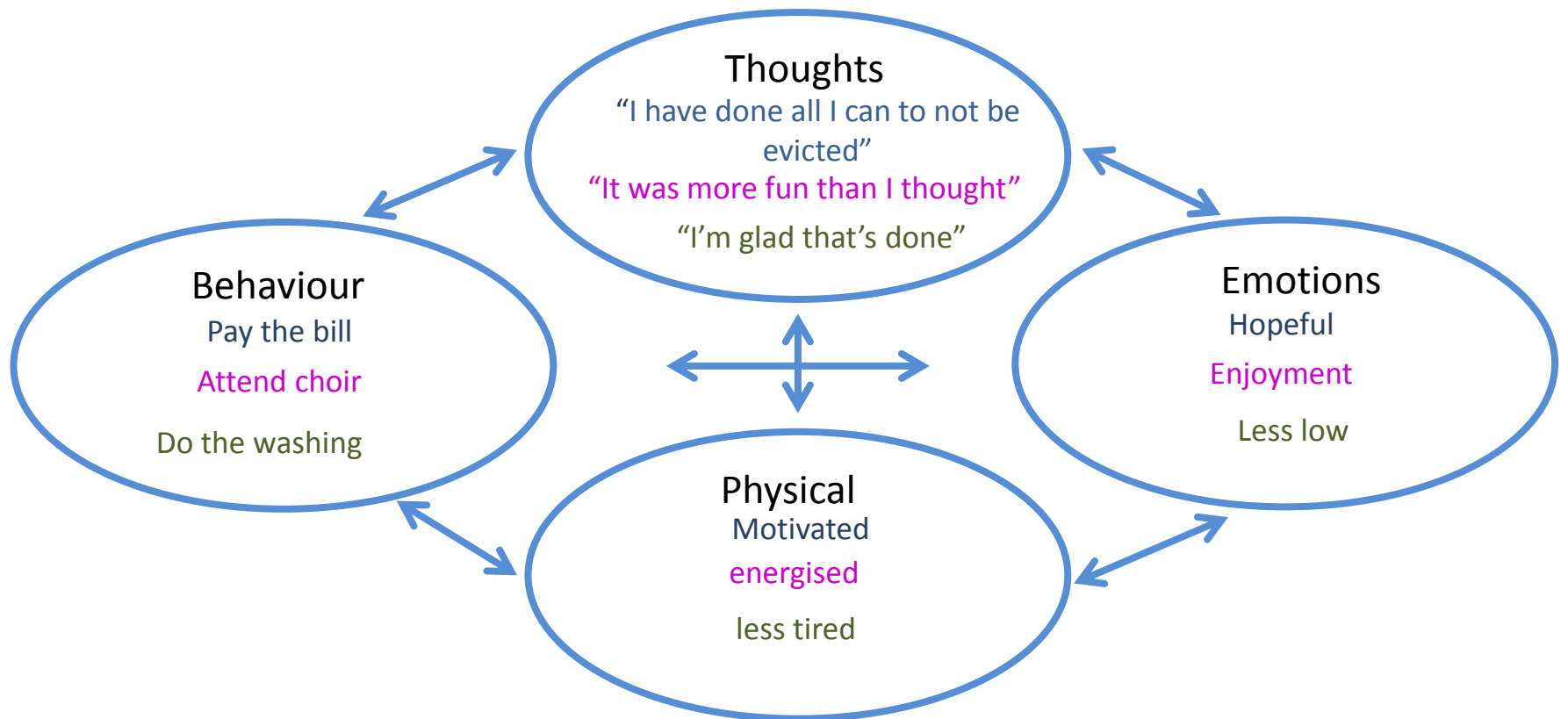
Date:	02/10	03/10	04/10	05/10	06/10	07/10	08/10
Morning							
What	Make the bed			Make the bed			
Where	Bedroom			Bedroom			
When	7am			7am			
Who	Myself			Myself			
Mood before:							
Mood after:							
Afternoon							
What			Book flu jab				Coffee with Bill
Where			On the phone				Railway Café
When			2:00pm				1:00pm
Who			Myself				Bill & I
Mood before:							
Mood after:							
Evening							
What							
Where							
When							
Who							
Mood before:							
Mood after:							

Step Four

- Put the schedule into practice
- Monitor your mood and record 0-100%
- Be flexible
- Increase activity levels gradually
- Review on a weekly basis



Reversed Depression Cycle



Troubleshooting

- Low motivation → Do despite how you are feeling, not because of how you're feeling.
- Task too big/overwhelming → Break it down into chunks. E.g. clean for 10 minutes vs. do the cleaning
- Finances → Be imaginative / free activities at library / free runs e.g. park run



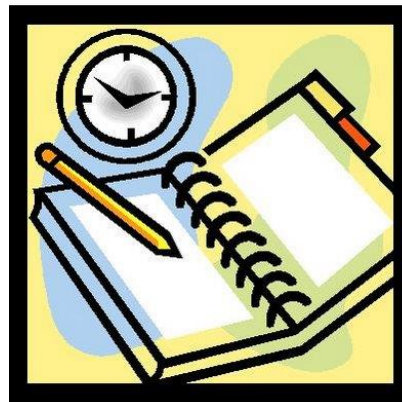
Troubleshooting

- No time → Take out what doesn't need to be there. Prioritise.
- No time to schedule → Set time aside in order to schedule
- No energy → Schedule regular meals and bedtime, exercise.
- Difficulty recalling activities → google ideas, speak to others



Take Home Message

- Tackling withdrawal can reduce inactivity and gradually enable us to complete important activities.
- Having a mix of necessary, routine and pleasurable activities helps us have a balance in our day to day lives
- Scheduling in these activities makes us more likely to carry them out



Next Steps



- Practice
 - If you think behavioural activation could help you we suggest you try it out on an activity today
- Make scheduling activities a habit

Next Steps

- Tell someone else about this technique
 - Teaching someone is a great way of learning things yourself – and helping them
- All worksheets and a PDF are freely available at <https://www.talkplus.org.uk>