

Behavioural activation planning tips:

My values

It can be hard to remember lots of previously enjoyable activities when we have been feeling down for a while. Sometimes, physical health problems or changes in our life mean that we may not be able to do the things we used to do before. The balance of activities we need in our life can slip and keep us in that vicious cycle. We can work out our values from that activity and use that to think of other activities we may still be able to do or new ones that link into our values. If you are having difficulty thinking of enjoyable things you would like to build back in, or are not sure what it is you would like to do. This values exercise can help. Think of just one activity that you used to enjoy, cycling for example, then fill in the sections below:

What activity did I used to like?

- ✦ Thinking back to when I did it, what did I value about doing it? list these things here, for example, [being outdoors or exercise]

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- ✦ Thinking about the values listed above, are there any alternative activities that you could do which would still bring you into contact with that value. For example, if you valued being outside in the activity you used to do, is there a way you can build this back in, in a different way? Consider some activities that would bring you into contact with your values below: