

Behavioural activation planning

Behavioural Activation (BA) is the recommended evidence based treatment for depression and low mood. Its aim is to help you to build back in a routine and gradually increase back in a balance of activities. BA can also help you to manage your negative thoughts, by building in activities at times when you ruminate on them. The first step is to think about what you may currently have reduced, stopped doing or are avoiding as a result of how you have been feeling. Is your day balanced with a mixture of previously pleasurable, routine and necessary tasks? Are you getting up and going to bed at a regular time each day? Are you having regular meals for example? Think about around the home and at work, your relationship, your social life and any hobbies and interests that may have slipped away. **List things here that come to mind that you are avoiding as a result of your mood:**

| | |
|---|---|
| ✦ | Things around the home: |
| ✦ | Things at work or school: |
| ✦ | My hobbies and interests: |
| ✦ | My social activities with friends and family: |
| ✦ | My current routine for eating meals each day: |
| ✦ | My current routine for sleeping each night: |
| ✦ | Other routine things that I am avoiding? |
| ✦ | Other pleasurable things I am avoiding? |
| ✦ | Other necessary things I am avoiding? |

Once you have written some activities in the sections above, the next step is to plan how easy it would be to begin to do some of them again. This would be in a graded way, not all at once. Some tasks may be easier than others. On the BA hierarchy worksheet break down the things you have written into easier, more difficult and most difficult things to get back to.