

# Healthy Minds Lincolnshire

## Behavioural Activation

An information and education pack for young people

### What is Behavioural Activation?

Often when people feel low or anxious they may be less likely to be doing things they used to enjoy, avoid going out, or stop doing a lot of things altogether. This can actually make us feel worse, feel more isolated and even more anxious or worried when we try to do things we did before.

Behavioural Activation is all about increasing activities that you enjoy, that you find rewarding or that are important to you, and reducing the activates or things you are doing that might be not so helpful

This may sound quite daunting for you right now, particularly as often when people are feeling low they can feel tired, exhausted and lack motivation. However when you start to do more activities you may notice that you actually start to feel better and you feel you have more energy.



Sometimes when we do less it can actually make us feel more tired and less energetic. It sounds strange, but have you ever spent the day in bed and it actually made you feel more tired or as though you don't have much energy? Behavioural activation can help work on this, but also remind us of the activities that are important in our lives and things that make us who we are!

### Activity Logging

A way in which you can start to explore your daily activities is through an activity log. An activity log can help you identify any patterns in your behaviour and also the impact this may be having on your mood. Everyone's patterns can be different, again it's about understanding what low mood looks like for you, and also what things are important or meaningful for you in your life.

Activity logs can also show you what things look like day to day.



# Activity Log

Let's try give it a go now!

Thinking about the last week, what would your activity log look like? Try to include everything that you did, even if it was doing nothing like lying on your bed, or staring at your phone or bedroom wall.

Daily Mood rating:

0= Really low, 10= Really happy, upbeat



Day, Date, Time	Activity - what i did, with who and where	Mood Rating 0-10

# Identifying Activities

When looking to schedule activities into your daily routine, it is important to get a mixture of Routine, Necessary and Pleasurable Activities. Use this sheet to begin by exploring activities that you have reduced or stopped doing, such as self-care, school work, socialising with friends & family.

**Routine Activities;** e.g. *hoover, shower, clean my room.*



**Pleasurable activities;** e.g. *meeting up with friends, playing computer games, playing sports, hobbies.*










**Necessary activities;** e.g. *feed the pets, sort out the post, do my school work.*



# Scheduling Activities

It is important when scheduling activities to schedule a range of activities from each of the three categories, listed on the last page. Try scheduling in 2-3 activities a day and rate your mood before doing the activity out of 10 and then rate it after the activity (with 0= Really low and 10=Really Happy). The aim of this is to slowly introduce activities back into your daily life, which will begin to increase your mood and increase senses of enjoyment and achievement.

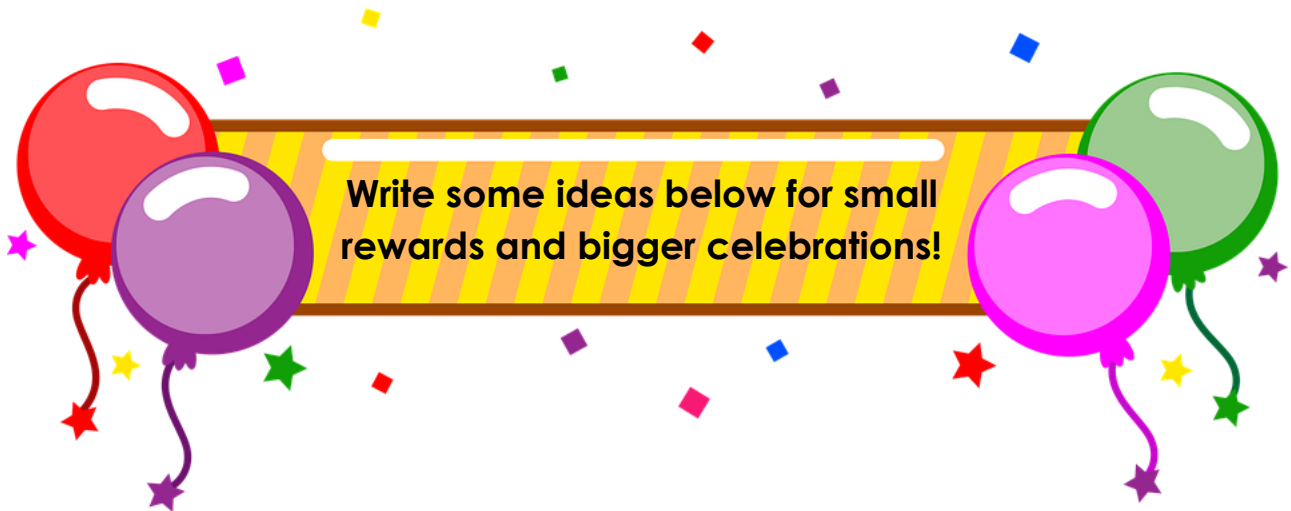
Daily Mood Rating (0-10)						
Mood Rating After (0-10)						
Mood Rating Before (0-10)						
Activity - what, with who and where						
 MO	 TU	 WE	 TH	 FR	 SA	 SU

# Celebrate



As you are increasing your activity, remember to celebrate your success. Do something nice for yourself, give yourself a treat or just a proverbial pat on the back, especially when you have achieved those routine and necessary activities that are not so fun. Rewards don't have to be very big, just something that is meaningful to you!

You could plan a bigger celebration with others ready for when you have reached your final goal of having a good balanced activity schedule, such as a nice meal with friends and/or family or a day out. This may help motivate you to keep increasing your activities and work towards a more balanced schedule. Why not speak to your family/carers to discuss how they could support you through the process, they may be able to help you plan a celebration!



# Useful Websites & Numbers

## Websites:

- **Get self-help**—[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- **Young Minds**—[www.youngminds.org.uk](http://www.youngminds.org.uk)
- **KOOTH** - [www.kooth.com](http://www.kooth.com)
- **LCC Emotional Wellbeing Pathway**—[www.lincolnshire.gov.uk/emotionalwellbeing](http://www.lincolnshire.gov.uk/emotionalwellbeing)
- **Mood Juice**—<http://www.moodjuice.scot.nhs.uk/>

## Numbers:

- **Here4You Advice Line:** 0800 234 63 42 (Healthy Minds & CAMHS)
- **ChildLine:** 0800 1111
- **Samaritans:** 116 123
- **Young Minds Crisis Messenger** (Shout);

SHOUT to 85258



Don't forget to check out our website, for lots of other useful information; such as our relaxation videos and our useful apps booklet!

<https://www.lpft.nhs.uk/young-people>

