



BEHAVIOURAL ACTIVATION

DISCOVER HOW YOU CAN ACTIVELY
PLAN YOUR LIFE AND RE-ENGAGE
WITH ACTIVITIES.

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BEHAVIOURAL ACTIVATION

A note from your coach...

When feelings of stress, anxiety, and depression are present, it can be difficult to undertake daily tasks, or involve ourselves in new activities. These seem incredibly hard and require far too much effort.

Using a Behavioural Activation approach can enable you to re-engage with activities, providing structure, clarity, and control. In addition, it can provide a renewed sense of purpose and fulfilment.

By breaking down routine, necessary, and pleasurable activities, you can start to identify **EASY**, **MODERATE**, and **DIFFICULT** activities and methodically work through each one.

Firstly, identify a **ROUTINE** activity (washing, cooking, cleaning). Secondly, identify a **NECESSARY** activity (paying bills, food shopping, booking appointments), and finally a **PLEASURABLE** activity (seeing friends, being involved in a hobby, exercise, etc.)

Once you have identified each of these specific to you, they are ranked in order of difficulty:

1 EASY

Routine vacuuming the house

Necessary pay utility bills

Pleasurable call/text a friend

2 MODERATE

Routine ironing a week's worth of work clothes

Necessary arrange an appointment

Pleasurable go out for a meal with friends

3 DIFFICULT

Routine exercise such as running or going for long walks

Necessary planning meals for the next week and going shopping for necessities for the next month

Using the work sheet below, identify routine, necessary, and pleasurable activities.

ROUTINE

NECESSARY

PLEASURABLE

*Now you have completed this task,
rank each activity in their order of
difficulty*

ROUTINE

EASY

MODERATE

DIFFICULT

NECESSARY

EASY

MODERATE

DIFFICULT

PLEASURABLE

EASY

MODERATE

DIFFICULT

PLAN YOUR WEEK

A note from your coach...

You can now use our **Weekly Planner**, to plan in your activities for the week. Choose specific dates and times you will complete each activity and create days with an even spread of easy, moderate, and difficult activities.

Over time, celebrate your achievements and start to increase levels of difficulty. Also, notice how your mood will improve when you compare it before and after the activity!



Head to

www.thecoachcollective.co.uk

*to access our 'Resources' library
and download your free
Weekly Planner.*



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