

Behavioral activation

Planning One Meaningful Activity

Adults and teens 13+ | 10 to 15 minutes

Behavioral activation explores relationships between activity, avoidance, mood, and what matters in daily life. You do not need to feel motivated or expect instant enjoyment. This page offers one small planning step; a full treatment also considers patterns, barriers, and progress with a clinician.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Choose an activity with a reason

Pick something connected to care, connection, interest, or a practical need. Make it specific and modest, such as sending one message or preparing a simple snack. Include rest or pacing when these support health and functioning.

Review more than mood

Afterward, notice completion, effort, connection, or usefulness as well as enjoyment. An activity that feels flat can still provide information. Adjust the plan if pain, fatigue, resources, or circumstances made the original step unrealistic.

1. What activity would serve a chosen value or practical need today?**2. What is the smallest useful version, and when and where could it happen?****3. What barrier or support need should you plan for?****4. After trying it, what happened and what would you keep, reduce, or change?****Clinical use and adaptation**

Assess depression severity, suicidality, possible mania, medical limitations, pain, and fatigue. Avoid treating rest as automatically avoidant or prescribing activity beyond capacity. This starter supports collaborative planning rather than substituting for a full behavioral activation intervention.