

Staying Active to Fight Your Depression

Low energy is one symptom of depression. When you are depressed, you may not feel like doing anything, even the things that you once enjoyed. Use this worksheet to think about activities that you once enjoyed and rate them on how they affected your mood. Choose one or two activities to do each day to help fight your depression.

Directions

1) Write down ten activities that you normally like to do. After each one, indicate how much the activity normally lifts your mood on a scale of 1 to 10 (1 being a little, 10 being a great deal).

a) _____
How much does this activity normally lift your mood? _____

b) _____
How much does this activity normally lift your mood? _____

c) _____
How much does this activity normally lift your mood? _____

d) _____
How much does this activity normally lift your mood? _____

e) _____
How much does this activity normally lift your mood? _____

f) _____
How much does this activity normally lift your mood? _____

g) _____
How much does this activity normally lift your mood? _____

h) _____
How much does this activity normally lift your mood? _____

i) _____
How much does this activity normally lift your mood? _____

j) _____
How much does this activity normally lift your mood? _____

2) Separate the activities you wrote down into three groups – activities which are easy to do, activities which are not-so-hard to do, and activities which are hard to do.

a) Activities which are easy to do:

b) Activities which are not-so-hard to do:

c) Activities which are hard to do:
