Behavioural Activation Worksheet

ACTIVITY What will you do?	DIFFICULTY Rate 1-10	DETAILS Who with? Where? When? (date/time)	OUTCOME Did you do the activity? How many days/week?	MOOD Rate 1-10

<u>Instructions for Behavioural Activation Worksheet</u>

1. Please read the article found at torontoconcussion.ca > Education > Library > Scheduling & Behavioural Activation (https://torontoconcussion.ca/terminology/scheduling-behavioural-activation/) to learn more contextual information about this exercise.

2. Use the **SAMPLE ACTIVITY MENU** found at https://torontoconcussion.ca/terminology/scheduling-behavioural-activation/#1616494869992-123382ed-e0e5 as a reference – the list is not exhaustive so get creative – and make a list of possible activities you could engage in for a SEVEN-DAY period. Complete the **ACTIVITY** column.
   a. Use your activity monitoring worksheet to help you identify the activities that were best for improving your mood
   b. Refer back to your values assessment worksheet
        i. Which values matter to you the most?
       ii. What activities can you do that are inline with those values?
      iii. For example: if family matters to you the most, find activities that you can spend time doing together

3. Rate each activity based on your perceived level of difficulty.
   a. 1 represents activities that are NOT difficult at all
   b. 10 represents activities that you find very difficult to complete

4. Use your difficulty ratings to create a hierarchy of the activities on your list.
   a. This will give you an idea of which activities to start with first

5. Complete the **DETAILS** column, by including who you will complete this activity with (if anyone). Also make a note of when you will do this activity (days/times). Write down where you will do this activity.

6. In the **OUTCOME** column, note down when you have completed the activity. If the activity is something recurring (e.g., practicing mindful meditation), make a note of how many times in the week you completed that activity, i.e., how many times out of 7?

7. Use a scale from 1-10 to rate your mood during each activity you engage in. Record your rating in the **MOOD** column.
   a. 1 represents very low mood
   b. 10 represents your highest, best mood

Reflections on the Behavioural Activation Worksheet

1. Which activities were correlated with:
   a. your highest mood?
   b. your lowest mood?

2. Which activities did you think would be most difficult?
   a. How did you feel before you started them?
   b. How did you feel once you completed them?

3. What were the barriers that were preventing you from engaging in these difficult activities?
   a. How did you overcome them?
   b. What do you need in order to overcome them in the future?

4. What is one new activity that you tried and enjoyed?
   a. How can you use what you learned from this new activity, to foster the same momentum for future activities?