



IMPROVE YOUR MOOD

BY CHANGING HOW YOU SPEND YOUR TIME

WHEN YOU STOP DOING THINGS BECAUSE OF YOUR MOOD, IT CAN BECOME A VICIOUS CYCLE.

FEEL DOWN
OR ANXIOUS

STOP DOING
IMPORTANT
AND VALUED
ACTIVITIES



1 MAKE A LIST OF THE THINGS YOU DID DAILY OR WEEKLY IN THE PAST WHEN YOU FELT LESS DOWN OR ANXIOUS.

2 IMAGINE A FUTURE WHERE YOU FEEL LESS DOWN OR ANXIOUS. HOW WOULD YOU BE SPENDING YOUR TIME? ADD THOSE THINGS TO THE LIST.

3 EACH DAY IN THE COMING WEEK, PLAN TO DO AT LEAST ONE THING FROM YOUR LIST. ASK A FRIEND TO KEEP YOU ACCOUNTABLE, IF THAT HELPS.