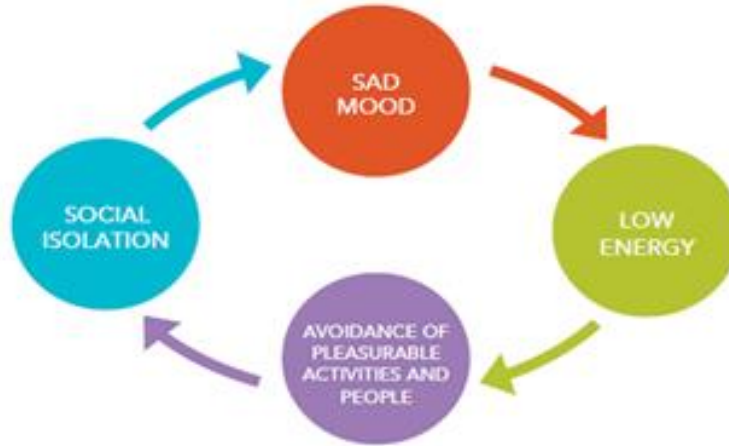


# Behavioral Activation to Break the Cycle of Depression

Behavioral activation is an effective evidence-based treatment for depression that can help patients learn how to reengage in their lives. Individuals experiencing depression have a tendency to withdraw, creating a cycle in which symptoms are maintained or further exacerbated.



The goal of behavioral activation is to **decrease avoidance and increase engagement**. Research shows that increased engagement in meaningful activities reduces symptoms of depression and has long-lasting positive effects.

The key message of behavioral activation is: **When you're down, don't wait until you "feel" like doing something. Changing what you DO can change how you FEEL.**

Individuals with depression may need support and encouragement in setting small achievable goals for participating in activities, as well as reminders to celebrate their successes.

You can encourage patients to create a schedule of positive activities for themselves.

Weekly Plan of Positive Activities			
Make a weekly plan of activities that give you positive things to do in your day. If you feel depressed or not motivated, it may be difficult to finish large or complex tasks. Start with simple goals and work your way up to more challenging activities.			
<b>For Example:</b>			
	Morning	Afternoon	Evening
Monday	<ul style="list-style-type: none"> <li>Wake by 8 AM</li> <li>Eat a full breakfast</li> </ul>	Go for a 15-minute walk	<ul style="list-style-type: none"> <li>Call a friend</li> <li>Practice guitar</li> </ul>
	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			