



What am I not doing?

When we are feeling low it is natural for us to want to do less. This might be because we feel tired or lack motivation, or because we don't want to see other people. In the spaces below try to write down the activities that you have stopped doing, or are doing less of, because of how you are feeling. You might also want to record activities that you want to do, but feel you currently can't because of your mood. These activities can be categorised into Routine, Necessary, and Pleasurable activities.

Routine Activities

These are activities that we do regularly as part of your day to day routine, such as cooking, showering, cleaning, going to bed at a certain time, and looking after pets.

Necessary Activities

These are activities that are very important, and if not done will result in a significant negative consequence, such as paying bills, taking prescribed medication, and purchasing car insurance.

Pleasurable Activities

These are activities that bring us pleasure and enjoyment. These activities vary greatly between people, so try to think about what you enjoy doing. Examples could include seeing friends, engaging in hobbies, and exercising.
