



Week 4: Behavioral Activation II

Scheduling for Mood

Now that you've tracked your baseline, it's time to intentionally schedule activities that boost your mood. We focus on two types of activities:

Pleasure Activities

Things you do purely for enjoyment or relaxation.

- Listening to music
- Taking a hot bath
- Calling a friend
- Walking in nature

Mastery Activities

Things that give you a sense of accomplishment or achievement.

- Paying a bill
- Cleaning one drawer
- Finishing a work task
- Exercise

The "Action Before Motivation" Rule

Important: Do not wait until you "feel like" doing it. In depression, motivation often comes after the action, not before. Schedule it like an appointment and show up for yourself.

Weekly Schedule

Plan **one** Pleasure (P) and **one** Mastery (M) activity for each day. Keep them small and achievable.

Mon	Tue	Wed	Thu	Fri	Sat	Sun