Why scheduling activities is important
- When people are stressed or depressed they often stop doing activities that they used to enjoy and that helped them feel good.

Spiraling Down
- It works both ways – the less you do the more depressed you feel and the more depressed you feel the less you do.

Spiraling Up
- By doing more pleasant activities, even if you don’t initially feel like it, you can break the vicious cycle of depression.

Types of pleasant activities
- Pleasant activities are ones that make you feel better because they are rewarding, meaningful, inspiring, relaxing or fun.
- They don’t have to be special activities. In fact, most are everyday activities.

Remembering pleasant activities
- When a person is depressed, it’s hard for them to remember that any activities have ever been pleasant.
- Ask them what it is that they used to enjoy, no matter how long ago.