

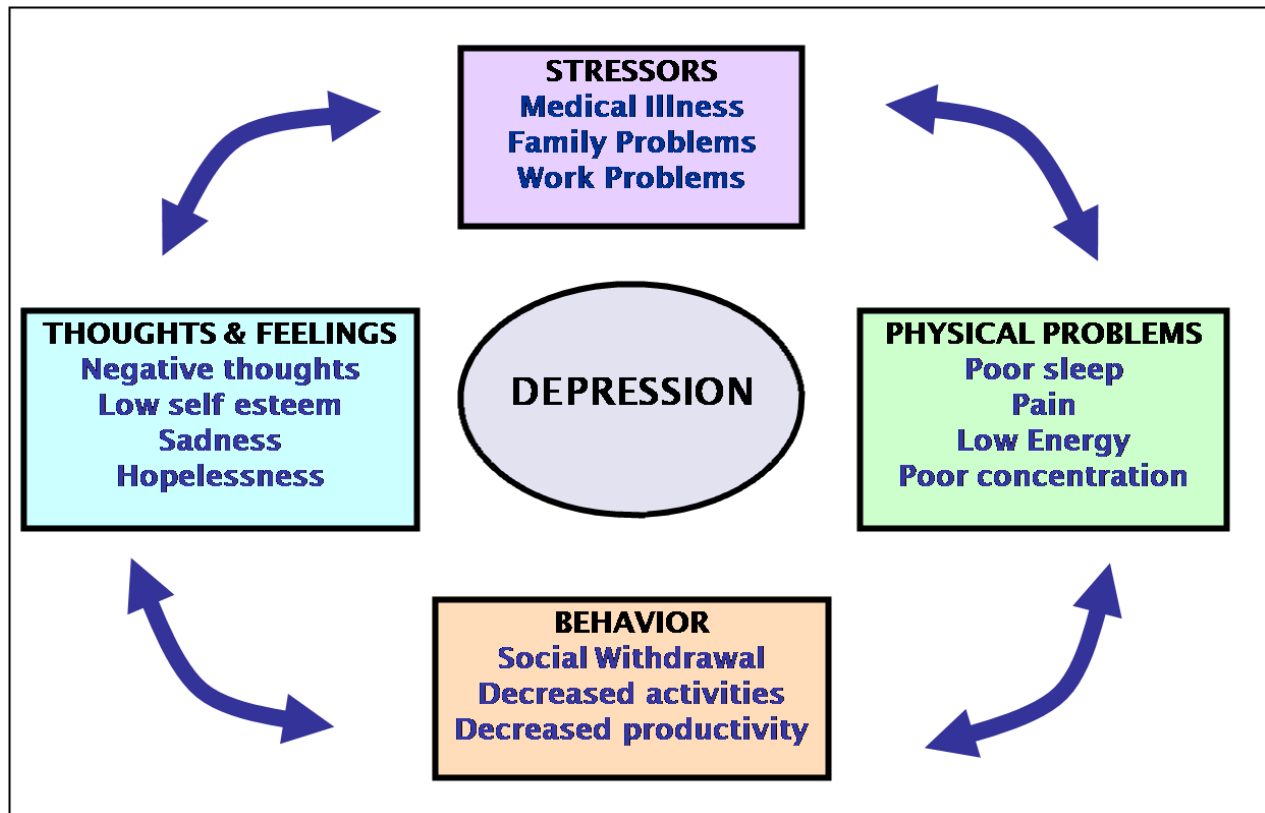


Why scheduling activities is important

- 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.

