

Behavioural activation activities list

142 small activities for low mood. Pick one, do it even if you don't feel like it, then notice how you feel. Tick the ones you try. Half take ten minutes or less.

● Achievement Getting something done · 24

- ☐ **Tidy one room**
Not the whole house. Just one space · 20 min
- ☐ **Do a load of laundry**
A simple task that genuinely feels good when done · 10 min
- ☐ **Pay a bill or admin task**
Clear the one that's been sitting on the list · 10 min
- ☐ **Organise a drawer or shelf**
Small space, satisfying result · 15 min
- ☐ **Fix something that's been broken**
Repair something you've been living around
- ☐ **Declutter a bag or wardrobe section**
Let go of what you no longer need · 20 min
- ☐ **Make your bed**
Start or end the day with one completed act · 5 min
- ☐ **Wash the dishes**
Clear the sink. A small reset for the kitchen · 10 min
- ☐ **Take out the rubbish**
A quick task that makes the house feel fresher · 5 min
- ☐ **Water the plants**
A small act of care for your space · 5 min
- ☐ **Wipe down the kitchen bench**
A clean surface can shift how a room feels · 5 min
- ☐ **Unsubscribe from 5 emails**
Digital declutter. A few taps, instant relief · 5 min
- ☐ **Sort the mail**
Open, file, or toss whatever's piling up · 5 min
- ☐ **Book an appointment you've been putting off**
Make the call or fill in the form. Just the booking · 5 min
- ☐ **Put clothes away**
From the chair, the dryer, or the pile. Find their home · 10 min
- ☐ **Run an errand**
Pick up something from the shops, post a letter · 20 min
- ☐ **Read something educational**
An article, chapter, or video that teaches you something · 20 min
- ☐ **Complete a work task**
Finish one task that has been lingering
- ☐ **Learn something new**
A YouTube tutorial, podcast, or short course · 30 min
- ☐ **Make a to-do list and tick one off**
Get clear on what's needed, then do one · 10 min
- ☐ **Write in a journal**
Put your thoughts somewhere outside your head · 10 min
- ☐ **Set a goal for the week**
Write down one goal you want to reach · 5 min
- ☐ **Organise your phone apps**
Delete what you don't use, tidy the rest · 10 min
- ☐ **Write down three wins from today**
Acknowledge what you actually accomplished · 5 min

● Connection Time with other people · 33

- ☐ **Call a friend**
Pick up the phone and have a real conversation
- ☐ **Text someone you've been meaning to reach out to**
Send that message you've been putting off · 5 min
- ☐ **Meet someone for coffee**
Arrange to sit down with someone you like
- ☐ **Video call a family member**
Connect face-to-face over the screen
- ☐ **Write a letter or card**
Send something handwritten. Surprisingly powerful · 20 min
- ☐ **Walk with a friend**
Move and talk at the same time
- ☐ **Message a friend a funny meme**
Share something light and playful · 5 min
- ☐ **Have a proper conversation with a neighbour**
A brief but genuine human connection · 10 min
- ☐ **Send a voice message to someone**
More personal than text, easier than a call · 5 min
- ☐ **Reply to a message you've been putting off**
Clear that social backlog. Even one reply counts · 5 min
- ☐ **Phone call to a friend about nothing**
No agenda, just catching up for a few minutes · 5 min
- ☐ **Say hi to someone at the shops**
A small, friendly interaction with a stranger · 5 min
- ☐ **Compliment someone**
Tell someone something genuine you appreciate about them · 5 min
- ☐ **Ask someone how their day is going**
Show interest in someone else's experience · 5 min
- ☐ **Share a meal with someone**
Eat together, even takeaway on the couch · 30 min
- ☐ **Watch something together**
Sit with someone and share a show or movie · 30 min
- ☐ **Sit with someone in comfortable silence**
You don't always need to talk to connect · 10 min
- ☐ **Show someone something on your phone**
A photo, a video, a meme. Instant shared moment · 5 min
- ☐ **Send a thank you message**
Tell someone you appreciate something they did · 5 min
- ☐ **Sit next to someone instead of alone**
You don't have to talk. Just be near people · 5 min
- ☐ **Ask someone for a small favour**
Letting people help you is a form of connection · 5 min
- ☐ **Cook a meal for someone**
Show care through food · 60 min
- ☐ **Join a local class or group**
Find others who share an interest
- ☐ **Play a board game with others**
Friendly competition and shared laughter
- ☐ **Volunteer for something**
Give your time to something that matters
- ☐ **Attend a community event**
Be part of something local and shared

- ☐ **Pet an animal**
Time with animals can be wonderfully grounding · 5 min
- ☐ **Plan a trip with someone**
Looking forward to something together boosts mood
- ☐ **Join an online community**
Find your people in a forum, group, or server · 15 min
- ☐ **Go to a dog park**
Dogs and their humans are an easy social setting · 20 min

● **Enjoyment** Doing what you like · 36

- ☐ **Draw or doodle**
Sketch freely without any goal or pressure · 15 min
- ☐ **Creative writing**
Write a short story, poem, or journal entry · 30 min
- ☐ **Photography walk**
Take a stroll and photograph whatever catches your eye · 30 min
- ☐ **Bake something**
Make something delicious to enjoy or share · 60 min
- ☐ **Colour in a colouring book**
Simple, repetitive, oddly calming · 15 min
- ☐ **Play a musical instrument**
Even a few minutes of noodling counts · 15 min
- ☐ **Sing along to music**
Belt out a favourite song. No audience needed · 5 min
- ☐ **Make a playlist**
Curate songs for a mood, memory, or moment · 10 min
- ☐ **Try hand lettering or calligraphy**
Slow, intentional writing as a creative act · 15 min
- ☐ **Garden or tend plants**
Nurture something living, indoors or out · 15 min
- ☐ **Visit a cafe**
Sit with a drink, watch the world go by · 30 min
- ☐ **Watch the sunset or sunrise**
Step outside and take in the sky for a few minutes · 5 min
- ☐ **Sit in a park**
Find a bench and just be somewhere green · 15 min
- ☐ **Watch birds or clouds**
Look up and notice what's happening above · 5 min
- ☐ **Smell flowers or herbs**
Engage your senses with something fragrant · 5 min
- ☐ **Visit a farmers market**
Browse seasonal produce and local goods · 30 min
- ☐ **Listen to music**
Put on an album you love or discover something new · 5 min
- ☐ **Watch a film**
Choose something you've been meaning to watch · 120 min

● **Body** Moving and looking after yourself · 25

- ☐ **Go for a walk**
Even 10 minutes outside counts · 10 min
- ☐ **Exercise for 20 minutes**
Any movement that gets your heart going · 20 min
- ☐ **Attend an appointment**
Medical, therapy, or any commitment you've been putting off
- ☐ **Prepare a healthy meal**
Cook something nourishing for yourself · 30 min
- ☐ **Do 10 push-ups or sit-ups**
A quick burst of effort, done in under a minute · 5 min
- ☐ **Walk to the shops instead of driving**
Build movement into something you're already doing · 20 min

- ☐ **Take a group fitness class**
Move your body in the company of others · 45 min
- ☐ **Visit a library**
A quiet, shared space with no pressure to interact · 30 min
- ☐ **Do a favour for someone**
Help with a small task. It benefits you both · 10 min

- ☐ **Read a book**
Fiction, non-fiction, whatever calls to you · 30 min
- ☐ **Play a video game**
Engage in some digital fun and exploration · 30 min
- ☐ **Do a puzzle**
Jigsaw, crossword, or any puzzle you enjoy · 20 min
- ☐ **Watch comedy**
A funny show, stand-up, or clips that make you laugh · 30 min
- ☐ **Browse a bookshop**
Wander the shelves with no particular agenda · 30 min
- ☐ **Listen to a podcast**
Pick an episode on something you're curious about · 20 min
- ☐ **Watch a short YouTube video**
Something funny, interesting, or comforting · 5 min
- ☐ **Look through old photos**
Revisit happy memories on your phone or in an album · 10 min
- ☐ **Play a card game**
Solitaire or patience. Just you and the cards · 15 min
- ☐ **Go to the cinema**
The big screen makes an ordinary film feel like an event · 120 min
- ☐ **Cook a new recipe**
Try something you've never made before · 60 min
- ☐ **Do nails/self-care**
A small act of care for your body · 15 min
- ☐ **Visit a gallery or museum**
Wander through art, history, or science · 90 min
- ☐ **Make a nice cup of tea or coffee**
Slow down and enjoy the ritual of preparing a drink · 5 min
- ☐ **Light a candle**
A small sensory act that changes the mood of a room · 5 min
- ☐ **Give yourself a face mask**
A few minutes of doing something kind for your skin · 15 min
- ☐ **Eat a meal slowly and mindfully**
Focus on taste and texture instead of rushing · 15 min
- ☐ **Buy yourself flowers**
A small gift to yourself that brightens the room · 10 min

- ☐ **Get dressed and leave the house**
Sometimes the hardest step is the first one out the door · 5 min
- ☐ **Stretch for 10 minutes**
Gentle movement to release tension in your body · 10 min
- ☐ **Step outside for fresh air**
Stand on the porch, walk to the letterbox. Just be outside briefly · 5 min
- ☐ **Do yoga or gentle movement**
Connect with your body at whatever pace feels right · 20 min
- ☐ **Go for a swim**
Water has a uniquely calming effect on the body · 45 min
- ☐ **Dance to one song**
Put on a track and let your body move · 5 min

☐ **Walk barefoot on grass**

A brief sensory grounding exercise · 5 min

☐ **Shake your body for 30 seconds**

Tension release. Shake hands, arms, shoulders, legs · 5 min

☐ **Drink enough water today**

Set a small intention to stay hydrated · 5 min

☐ **Cook a nutritious meal**

Prepare something that genuinely nourishes you · 30 min

☐ **Take your medication / vitamins**

A small, consistent act of self-care · 5 min

☐ **Eat breakfast**

Even something small. Toast, fruit, a smoothie · 10 min

☐ **Have a glass of water right now**

Not later. Right now, while you're thinking about it · 5 min

● **Rest** Slowing down on purpose · 24

☐ **Go to bed at a consistent time**

Anchor your sleep rhythm with a regular bedtime

☐ **Rest without screens for 30 minutes**

Give your nervous system a genuine break · 30 min

☐ **Take a 20-minute nap**

A short rest to recharge. Set an alarm so you don't worry · 20 min

☐ **Put your phone in another room before bed**

Remove the temptation and help your brain wind down · 5 min

☐ **Take a relaxing bath or shower**

Use warmth and sensation to soothe your body · 15 min

☐ **Do a breathing exercise**

A few minutes of intentional breath to calm the nervous system · 5 min

☐ **Hold something warm**

A mug, a heat pack, a warm towel. Comfort through temperature · 5 min

☐ **Do nothing for ten minutes**

No phone, no task. Sit or lie somewhere comfortable · 10 min

☐ **Close your eyes and listen to one song**

Let one song play all the way through without doing anything else · 5 min

☐ **Listen to rain or ocean sounds**

Put on a recording of rain, waves or wind and let it play · 10 min

☐ **Do a body scan**

Notice each part of your body from your feet up, without changing anything · 10 min

☐ **Eat a piece of fruit**

Something fresh and simple · 5 min

☐ **Spend time in natural light**

Step outside or sit near a window in daylight · 10 min

☐ **Apply body lotion or hand cream**

A small act of physical care that engages touch · 5 min

☐ **Brush your teeth mindfully**

Turn an automatic habit into a moment of presence · 5 min

☐ **Change into clean clothes**

A fresh outfit can shift how you feel physically · 5 min

☐ **Open the curtains or blinds**

Let light in. A tiny reset for the room and for you · 5 min

☐ **Follow a guided relaxation**

Find a short recording and follow along · 15 min

☐ **Lie with your legs up the wall**

Lie on your back with your legs resting up against a wall · 10 min

☐ **Get under a blanket in comfy clothes**

Change into something soft and stay put for a while · 15 min

☐ **Go to bed 30 minutes earlier**

Start winding down a little earlier than usual · 30 min

☐ **Stretch in bed before getting up**

A few slow stretches before your feet touch the floor · 5 min

☐ **Sit in the sun with your eyes closed**

Find a sunny spot and stay still for a few minutes · 10 min

☐ **Lie on a blanket outside**

Spread a blanket on the grass and look up at the sky · 20 min

☐ **Walk slowly with nowhere to be**

A walk where the pace matters more than where you end up · 15 min

☐ **Take a lunch break away from screens**

Eat somewhere other than your desk, without your phone · 30 min

☐ **Turn off notifications for an hour**

Put your phone on Do Not Disturb and leave it · 60 min

☐ **Leave one chore until tomorrow**

Pick one that can wait, and let it wait

☐ **Say no to one request**

Turn down a plan you don't have room for

☐ **Finish work at a set time**

Pick a time to stop and keep to it