

Boosting Your Mood

Begin by brainstorming activities that could be relaxing or help connect you with others. Try to think of several activities. Even if an activity feels very small, or impossible to do, write it down.

Step 1: Brainstorm

Enjoyable activities are those that you do for fun. See the “Boosting Your Mood” section on the website for examples.

List of potential enjoyable activities:

- _____
- _____
- _____
- _____
- _____

Mastery-focused activities are activities that make you feel satisfied and accomplished, and often involve skill development. Sometimes these can be tasks for yourself and others, and sometimes these activities can include long-term goals. See the “Boosting Your Mood” section on the website for examples.

List of potential mastery-focused activities:

- _____
- _____
- _____
- _____
- _____

Step 2: Prioritize

Which activities could you do this week? Of the activities you’ve listed, select the ones you could do this week and circle those. You can’t do it all at once—it’s OK to save some of these for the future. Consider: (1) Your schedule this week (2) Do you have a plan in place and/or the materials needed to make this activity happen?

Step 3: Check it off

We recommend that you schedule a time to complete each of the activities you’ve selected for the week. Make a commitment now by writing them down on your calendar or in your phone. Check the activity off when completed!