

Helpful Behavioral Tips

The following lists of ideas are meant to get you thinking about possibilities for helpful behaviors. The activities do not have to be huge commitments; focus on small baby steps. Choose activities that are do-able for you when you are feeling down. The more success you have in doing the little things, the more likely you will be motivated to try more things.

Ideas for Socializing

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| ☐ Watch a movie with a friend | ☐ Go to a gym class, dance class, martial arts class, etc. |
| ☐ Go to an intramural or CP game | ☐ Go eat free samples at Farmer's Market |
| ☐ Go to the library, UU, or dorm lounge to study | ☐ Plan to eat a meal with a roommate/friend |
| ☐ _____ | ☐ _____ |

Ideas for Pleasant Activities

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| ☐ Play with a pet | ☐ Color/Paint/Draw/Sculpt |
| ☐ Go shopping or window shopping | ☐ Write a poem, music, play, story |
| ☐ Fix/tinker with something | ☐ Read for fun |
| ☐ Listen to music | ☐ Watch the sunset/rise at the beach |
| ☐ _____ | ☐ _____ |

Ideas for Mastery Activities

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| ☐ Wash a dish or two (even if they aren't yours) | ☐ Read a chapter or a page of your homework assignment |
| ☐ Do laundry | ☐ Take out the trash |
| ☐ Return a phone call | ☐ Pay a bill |
| ☐ Write that email to your professor | ☐ _____ |