

### **Week 3/Video 7: Mastery Activities**

If we can lose interest in doing fun things that we usually like to do when we're depressed, what do you think happens to our interest level and motivation for doing everyday tasks and things we just need to get done? It goes down! When depressed, doing everyday tasks like cleaning or homework can seem like monumental hurdles. So people stop accomplishing the things they need to do.

One way to address this is to start by doing things, even little things that evoke a sense of accomplishment or achievement; these are called mastery experiences. Something as small as washing a dish or taking out the trash can provide a sense of mastery that contributes to feeling better.

One great example of a mastery experience is productive procrastination, which involves doing something productive, even if it's not the original task you wanted to accomplish. Do anything on your to-do list. Once you start being productive, you will likely have more energy and motivation to do the thing you really need to do. Let's be clear, we are not encouraging you to procrastinate; we are saying do something that brings a sense of accomplishment. I like to think of this as finding the actions that will tip you over into movement – so if I am having a hard time getting out of bed, a tipping point that gets me moving is if I get up wash my face and brush my teeth – those things are done. I can get back in the bed, but now that I am up and clean I am more likely to keep moving.

At the bottom of **page 32**, there are sections for identifying mastery activities. Please mark a few do-able activities that you feel like would help you get active when you're having a hard time motivating. There are also blank spaces for you to list your own ideas.