



UNIVERSITY OF CENTRAL FLORIDA

UCF RESTORES®

Lives | Families | Communities

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Behavioral Activation Tips

Behaving in certain ways can change your mood. Given all the changes that have occurred during this global pandemic, making sure to engage in behaviors that can reduce your stress is particularly important. Specifically, scheduling activities that are enjoyable will help elevate and balance your mood.

Step one:

Review this list of life areas and pick two or three that are important to you.

- Life areas to consider when thinking of activities
 - Family
 - Romantic Relationships
 - Work
 - Education
 - Friendships
 - Health
 - Responsibilities
 - Hobbies
 - Charity/volunteering
 - Spirituality

Your goals must be more than a general statement. Use the SMART word to make sure that you have a goal that you can achieve.

- Setting SMART goals for activities
 - **S**pecific
 - **M**easurable
 - **A**chievable
 - **R**elevant
 - **T**ime-limited

The likelihood that you will complete your goals will increase if you commit to a specific time that you will complete the activities and make commitments to others to help you be accountable for engaging in the activities.

- So, rather than 3 times per week, you should say “Monday, Wednesday, and Friday” and telling others means that you are now committed to doing it.

For example: Actually schedule “play a game with my partner and children two evenings per week.” To get that scheduled, you would want to identify specific evenings and talk your family to get everyone on board.

Identifying the life activities that are important to you, making your plans to do them actionable and specific, and committing to a specific time will increase the likelihood that you will do them. And, as you engage in more and more of these activities, you will find that your mood will improve.