

Activity Planner

When we are feeling low, it is important to plan and do activities that we know help to lift our mood. This way we can start to break the negative cycle and change it to a more positive one. Make some realistic and achievable plans using the table below.



Day Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Remember!
Follow the plan, not the mood!