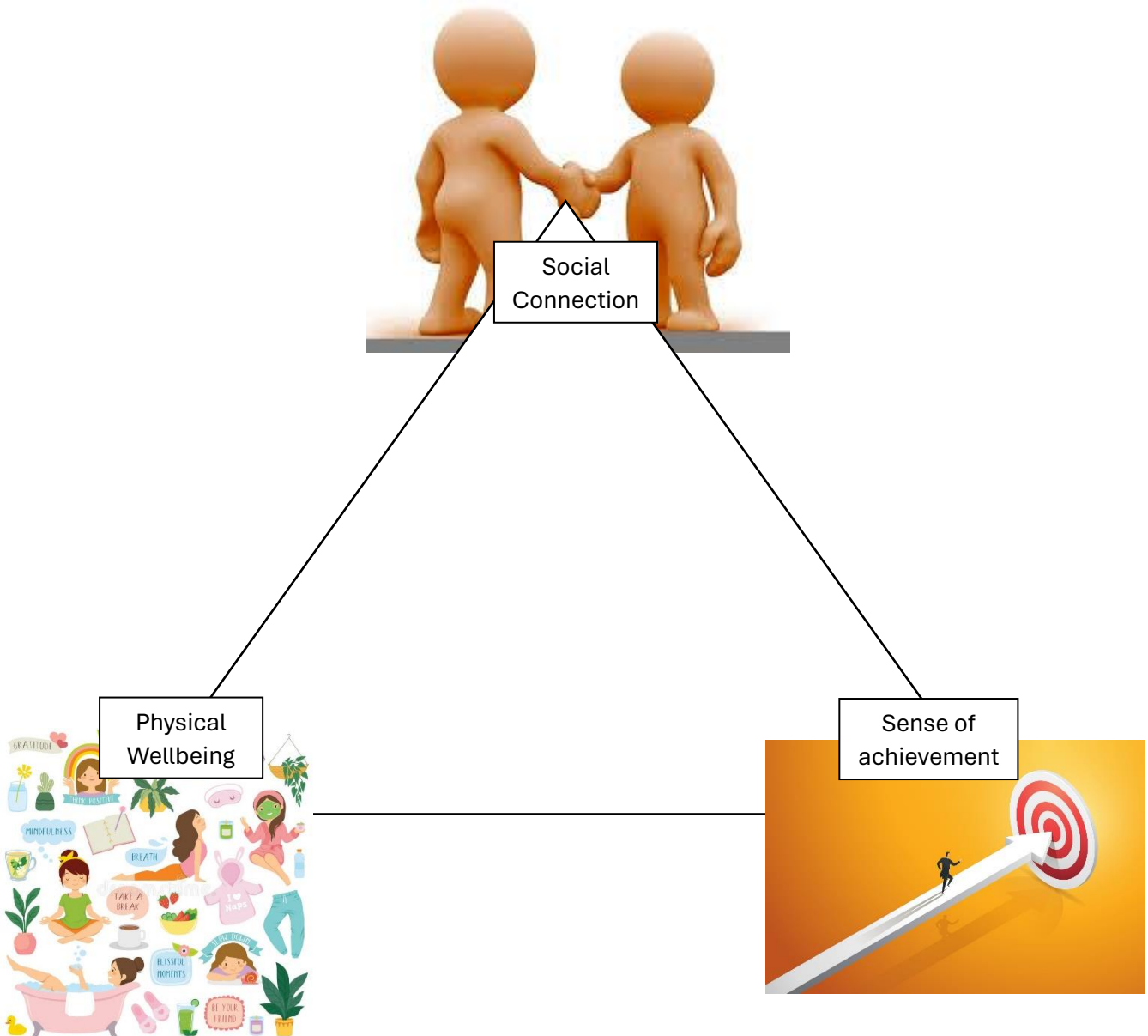


## Low Mood Triad

Our mood, concentration, motivation and wellbeing are significantly influenced by how we behave, what we do and when we engage in different activities.



Low Mood is often maintained by avoidance or withdrawal from activities that provide a sense of physical wellbeing, achievement, connection.

Stress can be experienced when we are solely focused on achievement at the expense of undertaking enjoyable or relaxing activities and connecting with others.

Anxiety is maintained by avoidance of tasks, activities, places, or people that reinforce beliefs about not coping.

Use the table on the next page to plan out and commit to activities that promote a healthy emotional balance.

## Weekly Activity Planner

Week Starting:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical Exercise, Healthy Eating and Sleep							
Achievement Work, Study, Chores and domestic tasks							
Connection Family, Friends, Colleagues and Community							
Enjoyment Play, interests, relaxation and Pleasure							
Mood (Rate 0-100%)							

It can be hard to start new activities – our thoughts can tell us they won't be fun, they are too hard or too scary.

A way around this is to set yourself up an experiment:

- First, scale how much you think you will enjoy the activity /10. Then go and do the activity and scale how much you actually enjoyed it /10 :
- What do you notice about the scores? What does this tell you about your thoughts?