# Activity and mood

An Everyday Insight tool
myactivityrecord.com

For a 50-minute group session. Activity and mood, adapted from the Activity Record.

NAME _____ DATE _____

Activity and mood push on each other. When you feel low or anxious, it makes sense to do less. You skip the walk, put off the call, stay in. But doing less usually leaves you feeling worse, and then doing anything gets harder. It works the other way too. Doing something that matters, even something small, often changes how a day feels.

This handout looks at one ordinary day, honestly and without judgment, and then plans something for the week ahead. You don't have to wait until you feel like it. Planning the activity and doing it anyway is the method.

## How it works

1. **Rebuild yesterday.** Hour by hour, write what you were doing and rate the feeling you're following.
2. **Look for what stands out.** Describe your best and hardest hours without grading the day.
3. **Plan one activity.** Choose one small thing for this week, with a day and a time, and a plan for what might get in the way.

## Before you start

- There's no good or bad day to bring. An ordinary day works best.
- Nobody has to see your page. If you talk in the group, you can talk about what this was like without saying what you did.
- Rate the hour, not the whole day. If one hour was hard, that doesn't make the next one hard too.

## An example morning, following feeling low

| TIME | WHAT I WAS DOING | LOW | PLEASURE | MASTERY |
|---|---|---|---|---|
| 7 am | Woke up, stayed in bed scrolling | 70 | 10 | 0 |
| 8 am | Showered and got dressed | 60 | 20 | 40 |
| 9 am | Walked to the store | 45 | 30 | 50 |
| 10 am | Back home, TV on | 65 | 15 | 0 |
| 11 am | Called my sister | 35 | 60 | 30 |
| 12 pm | Lunch, washed the dishes | 50 | 20 | 40 |

Feeling low was strongest in bed and in front of the TV. It eased when this person got out, got something done, or called their sister, even though nothing about the morning was special. That kind of pattern is what the log is for.

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## 1 Yesterday

Pick one feeling to follow, like low, anxious, or calm. For each hour from when you woke up to when you went to bed, write a few words about what you were doing and rate the feeling from 0 to 100. If your group is using them, also rate pleasure, how much you enjoyed the hour, and mastery, how much it felt like an accomplishment given how things are right now, each from 0 to 100. Blank hours are fine.

THE FEELING I'M FOLLOWING

| TIME | WHAT I WAS DOING | FEELING | PLEASURE | MASTERY |
|---|---|---|---|---|
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## 2 What stands out

Look at your best and hardest hours. What were you doing? If you rated pleasure and mastery, where were they highest? Describe what you see without grading the day.

WHEN THE FEELING WAS AT ITS BEST, I WAS

WHEN IT WAS AT ITS HARDEST, I WAS

SOMETHING I NOTICE

## 3 One activity for this week

Choose one thing that would bring some enjoyment, a sense of accomplishment, or time with people. Make it small enough that you'll do it. Afterward, rate the feeling before and after.

### My activity

WHAT I'LL DO

DAY AND TIME

IF THIS GETS IN THE WAY

THEN I WILL

FEELING BEFORE, 0 TO 100

FEELING AFTER, 0 TO 100

## Keep going

Log a day whenever you want to see how your days and your mood fit together. The Activity Record has free printable sheets and an online version at myactivityrecord.com. Nothing you enter leaves your device.

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