

100 Ideas for Behavioural Activation

Psychologist Peter Lewinsohn conceptualized Behavioural Activation in 1974. It helps people increase the frequency of pleasurable experiences, reduce avoidance, solve problems, do things to feel mastery and accomplishment, and helps people act in ways that are consistent with their values (Kanter et al., 2012). The goal of Behavioural Activation is to improve mood, reduce unpleasant symptoms like depression, and increase one's quality of life. Try something on this list to improve your mood! To watch a video of these activities click [here](#).

1. Visit an art gallery or museum	35. Chat with people online	69. Get a haircut, manicure, or pedicure
2. Paint something	36. Get intimate or explore sexuality	70. Try something new with your style
3. Sketch something	37. Complete your To-Do list	71. Practice religion or spirituality
4. Sculpt, carve, or do origami	38. Make a schedule or daily routine	72. Volunteer or help someone
5. Make models or crafts	39. Plan your career or job hunt	73. Support a good cause
6. Watch a movie or show	40. Plan your retirement	74. Learn or practice meditation
7. Listen to music your love	41. Plan your finances or save money	75. Fantasize or remember good times
8. Find new music	42. Buy groceries or household items	76. Play a card game
9. Sing or join a choir	43. Make home repairs	77. Play board games
10. Sing karaoke	44. Work on your car or bike	78. Play pool or billiards
11. Learn or play a musical instrument	45. Renovate furniture or home decor	79. Do sudoku or crossword puzzles
12. Dance	46. Do some woodworking	80. Play video games
13. Explore your city or town	47. Reorganize or redecorate	81. Work on a jigsaw puzzle
14. Visit someone or travel	48. Clean and declutter	82. Dine out or eat your favorite food
15. Take a vacation	49. Recycle	83. Visit a cafe or coffee shop
16. Take a scenic drive	50. Knit, Crochet, or Quilt	84. Cook something
17. Ride a bike or scooter	51. Learn to sew	85. Bake something
18. Get on a boat	52. Care for a garden or plants	86. Have a barbecue
19. Hit the beach	53. Pick or arrange flowers	87. Write a book, story, poem, or song
20. Take a walk or forest bathe	54. Collect stamps, coins, or cards	88. Write in a journal or diary
21. Go bird watching	55. Go to the gym	89. Take photos or make videos
22. Go fishing	56. Exercise or stretch at home	90. Take portraits
23. Go camping	57. Learn or practice yoga	91. Make a photo album or scrapbook
24. Have a picnic	58. Go swimming	92. Visit a bookstore or library
25. Fly a kite	59. Go skiing or snowboarding	93. Read a good book
26. Look at the stars	60. Go bowling	94. Read a magazine, newspaper, or blog
27. Spend time with friends	61. Play golf	95. Watch a lecture or take a course
28. Spend time with family	62. Play, soccer, basketball, or baseball	96. Learn computers, apps, or coding
29. Play with your kids	63. Play pickleball, tennis, or badminton	97. Learn the stock market or invest
30. Go on a date	64. Ice skate, roller skate, or skateboard	98. Start an aquarium
31. Meet new people or network	65. Learn or practice martial arts	99. Get on a horse
32. Send texts or emails	66. Climb a wall or mountain	100. Snuggle with your adorable pet
33. Talk to someone on the phone	67. Take a bubble bath	
34. Go to a party or special event	68. Get a massage or spa treatment	

Centre for Clinical Interventions Fun Activities Catalogue <https://www.cci.health.wa.gov.au/>

Kanter JW, Puspitasari AJ, Santos MM, Nagy GA. Behavioural activation: history, evidence and promise. *British Journal of Psychiatry*. 2012;200(5):361-363. doi:10.1192/bjp.bp.111.103390.

Lewinsohn, P. M. (1974). A behavioral approach to depression. In R. J. Friedman & M. M. Katz (Eds.), *The psychology of depression: Contemporary theory and research*. John Wiley & Sons.



<https://www.wellnessview.ca/>