

Behavioral Activation Ideas

Want to be more active, but not sure where to start? Here is a list of active coping ideas you can consider building into your schedule. Some are easy, others may take more planning. Some are free; others may cost money. Try to pick a range of activities so that you have options. None of these options seems to suit you? Feel free to tweak them or brainstorm new ideas.

Ideas

Making a collage or DIY project	Baking	Going for a swim
Walking my dog	Practicing yoga (a class or video)	Playing tennis or racquetball
Setting up a scavenger hunt	Teaching yourself magic tricks	Making up a new sport
Doing a workout video online	Visiting family members	Taking a dance class
Drawing or painting	Joining a sports team	Helping a neighbor with yardwork
Stretching my muscles	Bicycling, skateboarding, or rollerblading	Playing a pick-up sport with friends
Playing charades	Going for a run	Bowling
Ice skating or sledding	Going to the zoo	Playing with a pet outside
Jumping rope	Singing in a choir	Taking a dance or acting class
Playing an instrument	Going for a hike	Going to a local museum
Walking laps around the track (with friends, while listening to music, etc.)	Starting a fitness challenge (e.g. 30 days to 1-minute plank)	Turning up my favorite song and dancing (by myself or with friends)
Playing laser tag	Taking a martial arts class	Cleaning my room
Other Ideas:		

