



6. Activity plan to help manage moods

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<p>Activity Plan</p>	<p>How to use an Activity Plan</p> <p>Track your activities through the day and night. Write them down and rate how much:</p> <ul style="list-style-type: none"> • satisfaction or sense of achievement, with the scale range A = 0, no achievement, and 5 = maximum achievement; • enjoyment or pleasure, with the scale range P = 0, no pleasure at all, and 5 = extremely pleasurable. <p>TIP: When planning new activities, use a new sheet and focus on planning into each day:</p> <ul style="list-style-type: none"> • a balance between getting necessary things done; • doing enjoyable or pleasurable activities that make you feel connected with others; • doing things that are an achievement or give you satisfaction; • pace yourself and the changes.  : page 125.
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OVERCOMING CHRONIC PAIN

Time of the day or night	Mon	Tue	Wed	Thu	Fri	Sat	Sun
a.m.							
p.m.							
evening							
night							