





# BEHAVIORAL ACTIVATION: Be sure to cover your BASEs!

|   | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--------|---------|-----------|----------|--------|----------|
| <p><b>Body care</b></p> <p>Exercise<br/>Take a bath<br/>Eat healthy</p>                                  |        |        |         |           |          |        |          |
| <p><b>Accomplish</b></p> <p>Set a goal!<br/>Do something you're good at<br/>Contribute to community</p>  |        |        |         |           |          |        |          |
| <p><b>Social</b></p> <p>Friends<br/>Family time<br/>Connection with others</p>                         |        |        |         |           |          |        |          |
| <p><b>Enjoy</b></p> <p>Do something just for FUN!</p>    |        |        |         |           |          |        |          |

# Behavioral Activation can help improve mood and motivation!

**Screen Time & Social Media:** A little bit of television (1 episode of a television show or 20-30 minutes of video games) can definitely be a source of enjoyment/fun, but too much can cause us to “check out” from life and make our depression worse. Before you select screen time as a BASE, consider these things:

- ♥ Watch shows that leave you feeling good, not anxious or bad about yourself.
- ♥ Limit how long you watch—no more than 30 minutes at a time is best.
- ♥ If you’re going to watch a screen or play a video game, make it social!
- ♥ Social media can be uplifting, but for many teens is a source of stress. Many teens have found that taking a break from social media dramatically improves their mood.

**Hey parents! Here are some ways YOU can help:**

1. Track your BASEs too!
2. Model behavioral activation and positive thinking.
3. Reward your child or teen for scheduling and tracking BASEs. Focus on what they are doing, rather than dwelling on what they’re not.
4. Schedule daily connection time with your child.
5. Take your child/family outside!