

## Up and Down Activities

Having tracked a week's worth of activities, or longer, it is now possible to recognize trends in what is causing moods to improve or worsen.

Use the following tables to summarize the patterns and relationships between activities and feelings.

Review the **Tracking Activities and Mood** worksheet to complete the following:

'Up' activities leading to a positive mood	What were the positive emotions felt?
<i>Meeting up with friends</i>	<i>Happiness, positivity, joy</i>

'Down' activities leading to a lowering of mood	What were the negative emotions felt?
<i>For example, excessive alcohol</i>	<i>Melancholy, sadness, anger</i>

The 'up' activities should be scheduled to ensure that they form a regular part of life, leading to a more positive sense of wellbeing.