



MY BEHAVIOURAL ANTIDEPRESSANTS



Regularly engaging in pleasant activities, and activities that give you a sense of achievement is an important strategy to manage depression. This strategy is often called ‘Behavioural Activation’, but here we call it ‘Behavioural Antidepressants’. This is because research shows that for severe depression, these behaviour changes are as effective as taking antidepressant medication!

You may have been told before that you should “just go for a walk” or “just do something” when you are feeling depressed. This can be very invalidating and frustrating. The idea with Behavioural Antidepressants is not to “just do anything” – it is to be strategic in using the very limited energy you have when you are feeling depressed, and to spend that energy on the things that are most likely to lift your mood.

It is okay if “nothing sounds good” – this is a normal symptom of depression. This is about trying things (even if you don’t feel like it) and seeing what impact this has on your mood. The things that work stay on the list, and the things that don’t can get crossed off. Try to think of some activities you could try. You might think of things you have enjoyed in the past, or you can look at our [‘Fun Activities Catalogue’](#) for some more ideas.

Social / Family / Relationships	Leisure / Hobbies / Fun	Exercise / Self-Care / Health
Other: 		