**Behavioral Activation Ideas 2022**

**Arts\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Listening to music

Playing guitar

Seeing a student production

Playing piano

Playing music really loud

Making beats

Singing

Drawing

Crocheting or knitting

**Leisure & rest\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Short, intentional break

Playing with a pet

Getting extra sleep

Napping

Reading fiction/for pleasure

Meditating

Watching TV

Online shopping

Going on YouTube

Taking a long shower with music

Board games

Whistling

Check out Remy’s insta

Make a TikTok

Netflix

Do your makeup

Try a new activity, e.g., pottery, rock climbing

Take yourself on a date

Practice gratitude

Read the Bible

Volunteering, service

Leave the Harvard bubble

Go somewhere new

**Nature & outdoors\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Going for a walk

Walking around and taking pictures

Going outside and laying in a hammock

Going to the beach

Going for a bike ride

Going on a hike

Go rollerblading

Kayaking with dog

Go scootering

Surfing

**Social\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Joining friends on errands

Eating breakfast with friends

Watching a movie with friends

Grabbing a meal with friends

Adventures with friends

Mosh pits

Talking with family

FaceTiming a friend

Going to an arcade

Deep conversations

Playing video games with friends

Exploring Boston

Go to the aquarium

Going on a trip

Dungeons & Dragons

Going for a drive

Hang out with friends doing nothing

Call a friend on a walk

Give gifts

Play sports with friends

Write postcards to family, friends

Photography with friends

Go to a party

Do a workout class with friends

Call parents

Meeting new people

**Food\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Drinking a root beer

Getting coffee from a coffeeshop

Going out to eat

Cooking or baking for self or others

Making favorite meal

Having ice cream

Grabbing a drink with friends (21+)

Acai bowl

Go grocery shopping and get a treat

**Athletics\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Playing basketball

Dancing

Field hockey

Weightlifting

Exercising

Swim

Sign up for a new workout class