Getting Active!

Taking Positive Action, even when you are feeling down, can be the first step to feeling better.

MOOD-DIRECTED BEHAVIOR:

Feeling good → Do something fun, because you feel good → Feel even better!

MOOD-DIRECTED BEHAVIOR:

Feeling bad → Do nothing much, because you feel bad → Feel even worse

GOAL-DIRECTED BEHAVIOR:

Feeling bad → Do something fun, because you set a goal! → Feel better

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