One Small Step for Low Mood

Plan one small activity connected to enjoyment, connection, or accomplishment. The aim is to experiment, not to force a better mood.

Educational practice | Self-guided or with a counselor

When mood is low, starting can be hard. Behavioral activation includes taking manageable actions and noticing their effects. Adjust the task to your health, energy, access, and circumstances. Write by hand, or type and save a copy.

1. Choose something worth trying

Examples: send a friendly text, sit outside briefly, wash one dish, or return to a small part of a hobby.

An activity connected to enjoyment, connection, or accomplishment:

The smallest workable version for today:

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2. Make it easier to begin

Choose a realistic time and arrange one helpful condition.

When and where:

What I need ready, or who could help:

A likely barrier and one adjustment:

3. Try and notice

You do not need to feel motivated first, and an immediate mood change is not required. Stop or modify activities that are physically unsafe.

Before: What was my energy or mood like?

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What did I try?

After: What did I notice about mood, connection, or accomplishment?

4. Learn rather than grade

If it did not happen, use that information to make the next step smaller or better supported.

What helped or got in the way?

My next choice: repeat / make smaller / change / ask for support.

This is one practice tool, not a complete treatment for depression. Seek professional support if low mood persists, worsens, or interferes with daily life.