

Behavioral Activation Ideas

Want to be more active, but not sure where to start? Here is a list of active coping ideas you can consider building into your schedule. Some are easy, others may take more planning. Some are free; others may cost money. Try to pick a range of activities so that you have options. None of these options seems to suit you? Feel free to tweak them or brainstorm new ideas.

Playing a sport competitively	Climbing a tree	Going for a swim
Walking my dog	Practicing yoga (a class or video)	Playing tennis or racquetball
Joining a local gym	Volunteering to walk dogs at a shelter	Making up a new sport
Participating in a charity walk/run	Babysitting young children	Taking a dance class
Taking a friend/relative to the park	Touring someone around town	Getting up early for sunrise
Making my own workout video	Bicycling, skateboarding, or rollerblading	Window shopping
Playing charades	Going for a run	Weight lifting
Ice skating or sledding	Trying a new fitness program	Playing a pick-up sport with friends
Using cardio machines at the gym	Singing in a choir	Taking a dance or acting class
Playing an instrument	Going for a hike	Going to a local museum
Walking laps around the track (with friends, while listening to a podcast, etc.)	Starting a fitness challenge (e.g. 30 days to 5-minute plank; 22 push up challenge for veterans)	Turning up my favorite song and dancing (by myself or with friends)
Playing laser tag	Woodworking	Going to the zoo
Doing a workout video online	Going rock-climbing	Jumping rope
Sailing, canoeing	Stretching my muscles	Helping a neighbor with yardwork
Bowling	Learning how to fix cars	Cleaning my room
Joining a sports team	Taking a martial arts class	Offering to do family chores
Setting up a scavenger hunt	Playing with a pet outside	Volunteering to pick up litter
Visiting a nursing home or hospital	Going to a museum	Playing at a park
Drawing or painting	Trying on new outfits	Baking
Cooking dinner	Teaching yourself magic tricks	Visiting family members
Making a collage or DIY project	Taking yourself on a picnic	Writing a story
Other ideas:		