

TAKE A STEP.

## Activate For Emotional Health.

Activation is a powerful tool for our emotional health.

**So, what is activation?**

**Behavioral activation is taking action, even before we feel like it, to improve our emotional health.** Activation can feel counterintuitive in many ways. Encouraging ourselves to do activities that we likely feel completely unmotivated to do at the moment we do them. That's exactly the point though. Eight areas of our life require activation – learning, helping, accomplishments, fun, work, social, hobbies, self-care.

Research has shown that activation is one of the most powerful strategies for when we're feeling down. It is a technique that seems simple, but when we aren't feeling like ourselves, it can be difficult.

**Activation activities include things like:**

- Calling a relative to encourage them
- Going for a walk around the block
- Washing the dishes
- Listening to a favorite playlist

**For best activation results, keep these tips in mind:**

- Select activities that are new to you or things you haven't done in a while
- Be specific about your activity (e.g., not just exercise or even go for a walk, but go for a 10-minute walk each morning before I eat breakfast)
- Make sure the activity is recurring (daily, weekly, etc.)
- Reward yourself right away for completing your activation

For more activation tools or to learn other ways Learn to Live's confidential, online programs can help you feel more like yourself, take the first step today.

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