

How to self manage In this COVID-19 period

With Behavioral Activation principles

During the actual COVID- 19 restriction measure period, it is easy for us all to get more anxious, less useful, more helpless and feel less connected with ourself and the world.

Behavioral Activation is a form of treatment which guides people to plan and complete more enjoyable, important and meaningful activities to help their mood, enable their empowerment and promote better self-management.

Here is a little exercise to help you reconnect with what can still be enjoyable, important and meaningful despite the current situation with COVID-19 restriction measures.

Part I : Reinforce what is already in place for you

What enjoyable activities you want and can continue in spite of the situation regarding the actual Coronavirus situation?

For example:

- ➡ I can still walk the dog to the park daily.
- ➡ I can still hold my kids in my arms.
- ➡ I can watch my favourite TV show.
- ➡ I can read the three books I never read because I never had the time.

My ideas:

What meaningful activities you want and can continue in spite of the situation regarding the actual Coronavirus situation?

For example:

- ➡ Even in my mother is hospitalized and she can't receive visitors, I can communicate with her by sending her a post card or calling her.
- ➡ I can get news from my friends.
- ➡ Even if I can't go to the gym, I can do my karate training at home.

My ideas:

Part 2 : Add new enjoyable, important and meaningful activities

Which activities could you plan because they have the potential to help you to:

Stay connected to life

For example:

-  I can pray.
-  I can meditate.
-  I can go into nature or look at pictures of nature.

My ideas:

Which activities could you plan because they have the potential to help you to:

Stay connected to others

For example:

-  I can take time to look at my photos.
-  I can talk to my family and friends on « FaceTime », or by phone.
-  I can play board games at home.

My ideas:

Part 2: Add new enjoyable, important and meaningful activities

Which activities could you do because they have the potential to help you to:

feel useful

For example:

- ➡ Even if I don't work, I can write my business plan in order to be ready in the future.
- ➡ I can do my spring cleaning.
- ➡ I can do my income tax reports.
- ➡ I can prepare meals in advance.
- ➡ I can build something.
- ➡ I can watch a documentary.

My ideas:

Which activities could you do because they have the potential to help you to:

take a step back

For example:

- ➡ I can take time to think about what is important for me, what I wish and what are my future projects.
- ➡ I can keep a personal diary.
- ➡ I can take time to talk to my family about meaningful issues.
- ➡ I can take time to write a « to do list ».

My ideas:

Part 2: Add new enjoyable, important and meaningful activities

Which activities could you do because they have the potential to help you to:

Repair strength

For example:

-  I can sleep more than usual and forget the alarm clock.
-  I can watch a comedy show instead of the news.
-  I can close my phone and computer few hours each day to take a break.

My ideas:

Which activities could you do because they have the potential to help you to:

Be secure

For example:

-  I can talk to a profesional or a relative.
-  I can cook a confort meal.
-  I can follow a regular daily schedule.
-  I can take a long bath.

My ideas:

Following this brainstorming exercise, you can choose and do the activities that you think can help you. When you choose, be careful not to overachieve.

Good activation!



Developed by Dominic Pesant, clinical support psychologist at CIUSSS NIM. English translation by Dr Pierre Rondeau.