

Coping & Wellness: Behavioral Activation

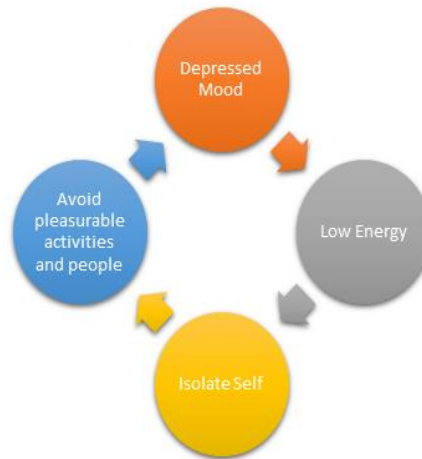
Updated June 2018



The Mecca of Black Wellness



Behavioral activation is a coping strategy that helps to improve depression or anxiety. Many times, depression and anxiety may lead to increased isolation or disengagement from activities that were previously enjoyable.



If this pattern continues, you may start to notice that instead of engaging in activities that were once rewarding and pleasurable, you are now engaging in unrewarding behaviors such as spending more time alone, increasing risky behaviors (e.g., drinking), and detachment from other people. This cycle further contributes to and unfortunately helps to maintain your low mood and anxiety.

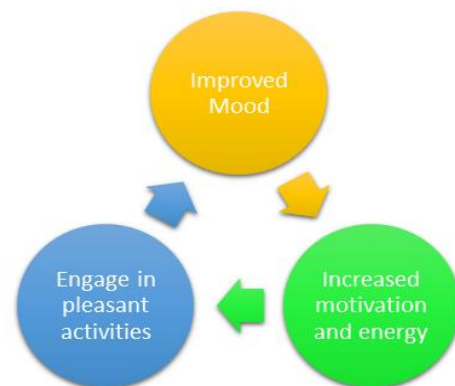
There is a connection between participating in pleasurable activities and improving your mood. The goal of behavioral activation is to increase your engagement in more pleasurable activities and positive social connections.

Examples of Positive Behaviors

- Connection with others
- Exercise
- Prayer
- Church Activities
- Creative Outlets

Examples of Negative Behaviors

- Isolation
- Detachment from others
- Avoiding social activities
- Staying in bed all day



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Resources During Crisis or Distress

The National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Visit, <https://suicidepreventionlifeline.org/> or dial 1-888-628-9454 to speak to someone.

Psychology Today

www.PsychologyToday.com

Psychology Today's Therapy Directory lists clinical professionals, psychiatrists and treatment centers who provide mental health services in the US and internationally.

Therapy for Black Girls

www.TherapyForBlackGirls.com

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

Zoc Doc

www.ZocDoc.com

With Zocdoc, you can see doctors' open appointment times and book instantly online, make informed choices with verified reviews, and stay on top of important checkups with tailored reminders.

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