

Tips for Behavioral Activation

Everyone is an individual, but generally speaking we want to:

- **Energy Management**

- Spoon theory/ traffic light energy systems can be both validating and useful. Day to day tasks may use a lot more spoons, as may socialising

- **Values Based**

- They *why* is important. Explore goals and values as these may be different than the neurotypical 'norm'. Don't be afraid to discuss existing commitments and if they are important to the client.

- **Incorporate PINCH**

- Passion, interest, novelty, challenge or hurry (time pressure) can be useful task motivators to client's that struggle with motivation (see workbook: PINCH)

Use energy management tools to identify tiring activities, and build in rest

Build in regulating activities, eg sensory soothing time or time in engage in a special interest

Help identify activities that can be switched depending on energy levels

Use reminders, like alarms or visual cues

Routine might be harder to establish, but tends to be **very** helpful



Break activities down, consider a slower pace of BA

When selecting a type of activity (eg, routine), ask client to pick between two options instead of the full 'list'

Enlist supportive others for accountability & body doubling

Habit stack: new behaviours can be linked to existing routine, like taking medication after brushing teeth