## **Activity diaries**

This is a useful activity to complete and can show clearly where you are spending all your energy. There are two examples attached, example one that highlights that the patient is using all their energy up during work hours, and then having a huge crash at the weekend. This patient would benefit from seeing an occupational therapist who could help them to work out how to pace their activities and incorporate rest and chillout time. The second example shows a lot of blue areas throughout the day. This may be a sign of depression and would be good to talk to your GP for advice.

#### Instructions for use

High Energy Activity	- Colour Red
Low Energy Activity	- Colour Yellov
Rest/Chill Out Time	- Colour Green
Sleep	- Colour Blue

### **Examples of High Energy Activity may be:**

Work / Housework Walking Looking after children or grandchildren Having a shower Meeting a group of friends Using a computer

### **Examples of Low Energy Activity may be:**

Reading easy magazines Playing board games Chatting with a friend TV that you are not really interested in

### **Examples of Rest may be:**

Listening to music Use of structured relaxation techniques

However, whether they are low or high really depends on you and how involved you get with these activities

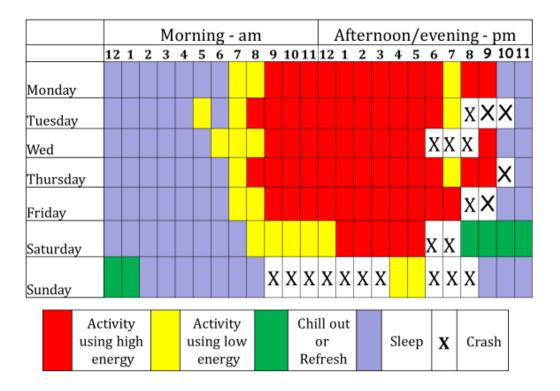




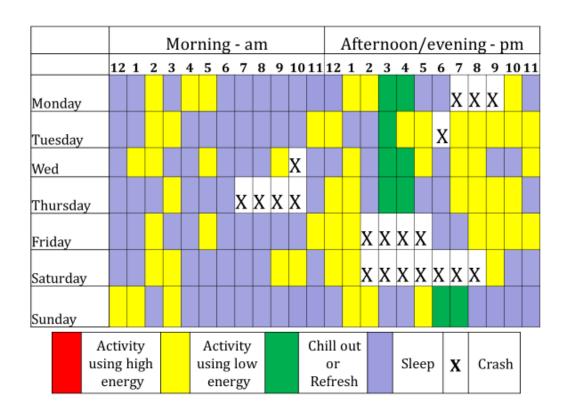


# **Activity Diaries**

### **Example one:**



## **Example two:**



		Morning - am											Afternoon/evening - pm												
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