

MY BEHAVIOURAL ANTIDEPRESSANTS

Social / Family / Relationships	Leisure / Hobbies / Fun	Exercise / Self-Care / Health
<p>Other:</p> <p>To think of a variety, consider the following prompts:</p> <ul style="list-style-type: none">• pleasure, achievement• small, medium, big• day, night, rain, shine• pre-planned, regular commitment, do anytime as required		