



Get Active

Staying active is one of the most effective ways to stay mentally healthy and to cope with worry, sadness, and isolation. If you are not used to being physically active or if you have health conditions that make it difficult, physical activity may feel hard. It's okay if you can do only a little bit – this is not a competition with anyone. Setting and tracking goals for physical activity can help you get started, and achieving even small goals can be empowering.

How do I incorporate more activity into my day?

- **Start where you are, recognizing that your resources and energy may be depleted.** The purpose of physical activity is to get your heart rate up for 15-30 minutes day, not to compete with anyone else.
- **Don't wait to feel motivated.** Stress and worry can create fatigue and lower motivation, making exercise feel impossible. Commit to your physical activity each day, knowing in advance that you might not feel like doing it. Trust that once you get going, the energy will find you and you will feel better!
- Identify a time and space that you can realistically dedicate to physical activity. **Don't let perfect be the enemy of good enough:** even 15 minutes of movement right at home is beneficial.
- **Get creative.** You can't go to the gym, but you can go outside! Home exercise programs and virtual yoga and dance classes are also widely available right now and many of them are free.
- **Be consistent.** What we do every day is more important than what we do on any one day. Stick to your plan 5 to 10 times and you will see that it starts to feel more like a habit!

Resources

To plan activities:

- [TRAILS Behavioral Activation Planning Worksheet](#)

More resources on getting active:

- [Behavioral Activation](#): Rationale for physical activity
- [25+ Free Live-Stream Fitness Studios and Gyms offering Live-Stream Workouts](#)
- [Hundreds of workouts from celebrity trainers and fitness experts streaming free](#)



“Each morning we are born again. What we do today is what matters most.”

- Buddha