

Building a Routine for Mood Stability

(CBT, Behavioral Activation, Mindfulness)

Objective: Participants will create a simple, balanced daily routine to support mood stability.

Introduction (5 min):

- Talk about how irregular routines can trigger episodes.
- Prompt: “What does a good day look like for you?”

Psychoeducation (10 min):

- Explain the connection between daily habits and mood regulation.
- Cover importance of sleep, eating, movement, and rest.

Skill Building (20 min):

- Activity: Build a morning, midday, and evening routine using a worksheet.
- Discuss anchors (consistent daily habits) and flexibility.
- Therapist Prompt: “What’s one routine that already helps you stay steady?”

Reflection & Discussion (5 min):

- Share one piece of the routine participants will commit to.

Homework Options (5 min):

1. Try out the new routine for 3 days and track mood changes.
2. Adjust routine each day and reflect on what works.
3. Practice mindful transitions between daily activities.

Worksheet:

- Morning routine: _____
- Midday routine: _____
- Evening routine: _____
- Which part of your day needs the most structure?

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- One anchor habit you'll try this week: