



THE COMPONENTS OF ACTIVITY

- **PHYSICAL**- using your body i.e. your muscles, your heart and lungs. Also using your senses such as touch, sight, hearing.
Activities requiring physical effort e.g. lifting, moving, carrying, walking, swimming
Repetitive movements' e.g. chopping, cutting, computer work
Static movements e.g. sitting, standing, bending
- **COGNITIVE**– does it require planning, making decisions, remembering or concentrating?
- **THOUGHTS and FEELINGS** – What thoughts enter your mind about the activity? Do you conjure up images? What happens in your imagination? Are you getting 'hooked in' by unhelpful automatic thoughts and images?
Is the activity likely to provoke strong emotions such as anger, anxiety, sadness or frustration?
Do you VALUE the activity.
- **INTERACTION and COMMUNICATION** – will you have to deal with other people? Is it easy or hard to communicate with them. Do they offer the level of support that is appropriate.



Housework



Appointments



Work



TV Programmes



Shopping



Gardening