

PACE Activity Exercise

Our mood, concentration, motivation and wellbeing are significantly influenced by how we behave, what we do and when we engage in different activities. We can use the acronym “**PACE**” to identify and organise activities that can help to create and sustain improvements in emotional wellbeing and motivation.

Physical

Exercise, healthy eating / drinking, rest and sleep.

Achieve

Work, study, domestic tasks and caring for children / other dependents.

Connect

Friends, family, social groups and community.

Enjoy

Play, fun, interest, relaxation and pleasure.

Depression is often maintained by avoidance or withdrawal from activities that provide a sense of physical wellbeing, achievement, connection or enjoyment. Stress can be experienced when we are solely focused on achievement at the expense of undertaking enjoyable or relaxing activities and connecting with others. Anxiety is maintained by avoidance of tasks, activities, places or people that reinforce beliefs about not coping.

Neurotransmitters

The way we act and engage in different activities directly influences our brain chemistry by causing the release of neurotransmitters, promoting emotional wellbeing and providing a natural anti-anxiety and anti-depressant affect. These neurotransmitters include Glutamate, GABA, Dopamine, Epinephrine, Oxytocin, Serotonin and Acetylcholine. Whilst the brain science is complex, committing to and engaging in activities that promote **Physical**, **Achievement**, **Connection** and **Enjoyment** related activities directly influences the levels and performance of these important brain chemicals.

Use the table on the next page to plan out and commit to activities that promote a healthy emotional balance. Emotions continuously change according to daily experiences. Remember that an overall improvement in mood first requires a shift in the balance of behaviour. *If you want to change how you feel, you have to start by changing what you do.*

Weekly Activity Planner

Week Starting:	Physical Exercise, Healthy Eating and Sleep	Achievement Work, Study, Chores and domestic tasks	Connection Family, Friends, Colleagues and Community	Enjoyment Play, Interests, relaxation and Pleasure	Mood (Rate 0-100%)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					