Table of Contents

- 1. Introducing Activity (Therapy) for Mental Health
 - 2. Physical Activity
 - 3. Social Activity
 - 4. Nature Activity
 - 5. Cognitive Activity
 - 6. Art/Hobby Activity
 - 7. Music Activity
 - 8. Behavioral Activation Therapy
 - 9. Activity Therapy for Mental Health: True Outcome and Rationale