

Pleasant Activities

When you feel depressed, you do fewer things you enjoy. This will make you feel more depressed, which leads you to do fewer things, and so on. Therefore, when you're feeling depressed or low is the most important time to do something you enjoy, even if you don't feel like it.

It can be hard even to think of something you enjoy when you're feeling low or depressed. That's why it's helpful to make a list of pleasant activities and keep it handy to remind yourself of what you like to do. Circle the activities that you have found pleasant in the past year or so. Feel free to add new ones. Make sure you have at least 10.

Spending time with friends	Getting dressed up	Going to a club meeting
Talking on the phone	Taking a drive or ride	Getting involved in politics
Cooking	Joining a book club	Teaching someone something
Crossword puzzles	Fixing things	Laughing
Reading a book	Going to the desert	Photography
Looking at photos	Playing with a pet	Giving a gift to someone
Playing with grandchildren	Helping someone	Going to a casino
Listening to music	Visiting a museum	Volunteering
Writing a story	Watching a sunset	Reading a magazine
Cooking or baking	Going to the mountains	Lunching with a friend
Prayer	Tai chi or yoga	Holding a baby
Walking on the beach	Having a pedicure	Daydreaming
Having a manicure	Reading the paper	Sitting in the sun
Going to a party	Having a soft drink	Having a quiet evening
Going to the library	Going out to eat	Playing music
Putting on make-up	Cuddling, kissing	Talking
Sitting in the park	Writing letters	Bird-watching
Being outside	Gardening	Camping
Going to a senior center	Singing	Sightseeing
Learning something new	Dancing	Doodling
Eating something enjoyable	Enjoying nature	Golfing

Meditating	Exercising	Sewing
Getting out of the city	Drinking coffee	Relaxing
Hearing a concert	Smelling flowers	Watching sports
Planning a party	Shopping	Going to church
Meeting someone new	Shooting pool	Collecting things
Complimenting someone	Planning a trip	Swimming
Computer activities	Watching clouds	Seeing a play
Taking a walk	Taking a class	Stretching
Doing arts or crafts	Going out	Taking a nap
Getting a massage	Taking a warm bath	Having a picnic
Seeing a movie	Woodworking	Playing cards or games
Reminiscing	People-watching	Fishing
Watching TV	Getting your hair cut	Looking at the stars

Other: Yard Sales, Junk Shops, Craft Fairs

It's hard to do something pleasant when you're feeling down or depressed. You probably won't want to – if you wanted to, you wouldn't be depressed! So how can you make yourself do something enjoyable even when you're feeling low? People are more likely to do something if they make a plan and schedule. Make a clear, specific plan in advance for what, how, when, where, and with whom you will do something you enjoy. Schedule at least one pleasant activity every day. Remember, you don't have to feel like it to do something pleasant. The activity itself will make you feel more motivated and improve your mood.

[illegible]

TOOLS FOR RELEASING STRESS

Walking in the park	Hiking	Walking at twilight or early morning
Having a manicure	Singing	Watching the sunrise or sunset
Being with children	Playing tennis	Making small house repairs
Sharing with a friend	Praying	Going to an outdoor market
Watching a movie	Painting	Taking leisurely, warm baths
Crying at a movie	Volunteering	Buying yourself flowers
Writing your story	Exercising	Getting out of town for a short time
Listening to favorite music	Traveling	Deep breathing for relaxation
Buying favorite music	Planting flowers	Trying out a new restaurant
Writing in a journal	Golfing	Reading something inspirational
Sleeping or napping	Yoga	Spending time with family
Watching television	Bird watching	Eating a favorite dinner by candlelight
Knitting or crocheting	Doing aerobics	Watching a fire in the fireplace
Reading a good book	Going fishing	Giving a hug (you get one back)
Playing the piano	Baking bread	Listening to the radio
Sitting in the backyard	Sewing	Trying out a new recipe
Cleaning the house	Dancing	Cleaning the car
Browsing in a bookstore	Laughing	Playing softball
Buying a book	Flying a kite	Doing genealogy
Reading a mystery	Bowling	Having a massage
Taking photographs	Meditating	Going to a football game
Going for a drive	Going hunting	Going to the symphony
Collecting coins	Quilting	Visiting with a neighbor
Playing with a pet	Playing cards	Playing an instrument in a band
Going to the beach	Holding a baby	Singing with a group
Going to the mountains	Gardening	Pouring out feelings on a tape recorder (then erase)
Buying new clothes	Building models	Doing crossword puzzles
Collecting antiques	Reading poetry	Talking with a trusted friend
Working with clay	Writing letters	Playing on the computer
Decorating a cake	Having a picnic	Starting an herb garden
Arranging flowers	Walking the dog	Saying "I can" to yourself
Browsing in a store	Shopping	Stretching your body (like a cat)
Visualizing a pleasant situation		