

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 |

