

Pleasant Activities

This activity can help you when you are feeling down or when you have been unable to engage in self-care. Incorporating pleasant activities increases positive emotion and reduces stress overtime. Choosing one behaviorally activating (i.e. going for a hike, exercising, walking in your neighborhood, etc.) activity is important, especially if you've been feeling down. Keep in mind that it can take time for positive feelings to begin to develop, give it a try for a few weeks before re-evaluating!

First take a moment to circle all of the activities you are interested in. Next, pick 2-3 activities to incorporate into the coming week. Then, choose a day and time to do each activity. Finally, problem solve for any difficulties which may come up. For example, many people expect that they may not remember to do the activity! One way to solve this would be to set a reminder in your phone.

1. Call a friend
2. Smelling candles
3. Listen to music or the radio
4. Eat a good meal
5. Be outdoors
6. Go swimming
7. Take a walk
8. Reconnect with an old friend
9. Watch/go to a movie
10. Go to a museum
11. Play a game
12. Do artwork or crafts
13. Learn something new
14. Collect things
15. Spend time with family
16. Write a gratitude letter
17. Help someone
18. Rearrange furniture
19. Do volunteer work
20. Play sports
21. Dance
22. Go shopping
23. Go camping
24. Go to a concert or play
25. Go to a sports game
26. Participate in extra-curricular activities (e.g. join a club or sport)
27. Hang out with friends
28. Take a shower/bath
29. Cook
30. Write in a journal
31. Doodle or sketch
32. Solve a puzzle, crossword, etc.
33. Go to a party
34. Go out to eat or for a treat
35. Play a musical instrument
36. Play with or walk pets
37. Sing to yourself
38. Play soccer
39. Photography
40. Painting
41. Ride a bike or motorbike
42. Do a job well
43. Read books or magazines
44. Participate in religion
45. Go skating, skateboarding, or rollerblading
46. Look at old photos
47. Write stories or poetry
48. Watch funny videos
49. Exercise
50. Do outdoor work
51. Play a card game
52. Play a musical instrument
53. Sightseeing
54. Go out to dinner
55. Fishing
56. Read fiction
57. Plan a party
58. Go hiking
59. Early morning coffee and newspaper
60. Buy a small gift for someone

61. Go for a drive
62. Play tennis
63. Get a haircut
64. Sit in the sun
65. Cloud watch
66. Get a massage
67. Plan a day trip
68. Go for a walk in your neighborhood
69. Have a sleep over
70. Have a movie-watching night
71. Play cards
72. Express love to someone
73. Go to the library
74. Go to a park, fair, or zoo
75. Go to the mall
76. Play in the sand, water, leaves, snow, grass, etc.
77. Make a collage
78. Engage in political activism
79. Plan a vacation
80. Read a comic
81. Learn to speak a foreign language
82. Thrift store shopping
83. Meditating/Yoga
84. Make a playlist (iTunes, Spotify)
85. Do something new
86. Plan future goals

87. Go to the beach
88. Clean
89. Put on makeup, fix hair
90. Listen to or read jokes
91. Meet new people
92. Repair things around the house
93. Work on your vehicle
94. Write a diary entry
95. Go skiing
96. Dress up in fancy clothes
97. Go bowling
98. Sit in a sidewalk café
99. Make a smoothie
100. Play videogames
101. Get a massage
102. Buy a new book to read
103. Watch comedy skits
104. Play a board game
105. Play a game of golf
106. Look at the stars
107. _____
108. _____
109. _____
110. _____
111. _____