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Pleasant Activities List

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- Recycle old items
 - Laugh
 - Go out with friends or family
 - Watch something funny or enjoyable
 - Do something relaxing
 - Engage in a hobby
 - Exercise
 - Play a sport
 - Jog, run or walk
 - Watch a sport
 - Listen to music
 - Go camping
 - Play a musical instrument
 - Go hiking
 - Sing alone in the shower or in the car
 - Take a walk on the beach
 - Come up with a list of positive things about yourself
 - Organize a room or a drawers or closet
 - Pick up a new activity
 - Wear wild clothing
 - Do arts and crafts
 - Journal
 - Make a gift for someone
 - Read a children's book
 - Cook or bake
 - Talk on the phone or through Facetime or Zoom
 - Writing – poetry, fiction, historical, autobiographical
 - Take yourself out for a coffee or meal
 - Join a book club or create your own
 - Start or finish a project you have wanted to tackle
 - Say “I love you” to yourself or to someone you love
 - Teach someone something you do well
 - Play games by yourself or with others
 - Go to the library
 - Look up at the stars, watch the sunset or look at the moon
 - Read spiritual works
 - Learn a new language
 - Soak in the tub
 - Fight for a cause
 - Learn a new skill
 - Work/play in the garden
 - Take care of my pets
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Pleasant Activities List

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- Volunteer
- Sell or trade something
- Try out a new hairstyle
- Go thrift store shopping
- Reach out to friends through social networking, texts, phone, or video
- Gather objects from nature (rocks, driftwood, flowers)
- Put on your favorite clothes
- Remind yourself of positive times
- Rearrange a room in your house
- Take pictures of interesting things
- Take off your shoes
- Draw or paint
- Give yourself a massage
- Play hopscotch
- Get a massage/give a massage
- Find free opportunities to see a play or concert
- Go for a drive
- Go to a nature reserve, garden, or park
- Start attending spiritual/religious services
- Put together a photo montage of favorite memories
- Make some favorite family recipes
- Do someone a favor
- Listen to nature sounds
- Dance to your favorite music
- Give someone an honest compliment
- Plan a day trip or a longer vacation
- Compliment yourself
- Clean out the clutter in one room
- Paint your nails
- Read some poems
- Soak up the sun
- Write a poem
- Walk in the rain just for fun
- Do crossword or Sudoku puzzles
- Read "Dear Ann" letters and come up with better advice
- Learn a new skill
- Sing with a group
- Celebrate your unique culture
- Bring your true and whole self into your interactions
- Practice receiving help