

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

