

# Pleasant activities which affect mood for the whole day.

## **Social Interaction**

- 1 being with happy people
- 2 having people show interest in what I have said
- 3 being with or phoning friends/spend more time with children or family
- 4 being noticed as sexually attractive
- 5 kissing
- 6 watching people
- 7 having a frank and open conversation
- 8 being told I am loved
  
- 9 expressing my love to someone
- 10 petting, necking
- 11 being with someone I love
- 12 complimenting or praising someone/giving a small present
- 13 having coffee, tea, a coke and so on with friends/workmates
- 14 being popular at a gathering
- 15 having a lively talk
- 16 listening to the radio
- 17 seeing old friends
- 18 being asked for my help or advice
- 19 amusing people
- 20 having a sexual relationship
- 21 meeting someone new of the same sex

## **Incompatible with Depression and Anxiety**

- 22 laughing/sharing jokes/watching funny films
- 23 being physically relaxed/exercising
- 24 thinking about something good in the future/past achievements or compliments
- 25 thinking about people I like
- 26 seeing beautiful scenery
- 27 breathing clean air/uplifting aromas
- 28 having peace and quiet
- 29 sitting in the sun/shade by a stretch of water
- 30 wearing clean clothes
- 31 having spare time
- 32 sleeping soundly at night
  
- 33 listening to cheerful music and getting in the mood
- 34 smiling at people/sending other positive non-verbal signals
- 35 seeing good things happen to my family or friends
- 36 appreciating a connectedness with something greater than myself
- 37 watching wild animals

## **Self-Efficacy**

- 38 doing a project in my own way
- 39 reading stories, novels, poems or plays
- 40 planning or organising something
- 41 driving skilfully/exercising other physical skills
- 42 saying something clearly
- 43 planning trips or vacations
- 44 learning to do something new
- 45 being complimented or told I have done well
- 46 doing a job well
- 47 meditating - staying in the present moment

**Miscellaneous**

- 48 eating good meals/going to a restaurant
- 49 engaging in sporting, cultural, artistic or learning activities
- 50 being with animals

**Your additions**

- 51 \_\_\_\_\_
- 52 \_\_\_\_\_
- 53 \_\_\_\_\_
- 54 \_\_\_\_\_
- 55 \_\_\_\_\_

**Instructions**

Many depressed people, when asked if they have recently engaged in any activities that give them either a sense of pleasure or a sense of achievement, are hard pressed to think of anything. Or there is a severe imbalance between one type of activity and the other. For example, they may have some achievement-focussed activity, like work, but little or no fun in their lives. Without regular top-ups, their mood reserves run on empty.

Depression levels have been shown to drop measurably and for prolonged periods if you choose and practice a personal list of highly pleasurable activities that you can do every day. This approach works on the principle of 'act differently to feel differently'. It applies an old aphorism in the management of depression "First get the person moving."

Choose any that you have not done in the past 2 weeks. Avoid activities that cause problems like costing too much time or money. They need to fit in with other people e.g. gardening is good for your health and saves money but may reduce time spent with the family. It makes no difference if you do more than 1 extra activity per day. Add to this list if you wish.

Below is a 4 week diary. Write out, at least a few days ahead, the activities you intend to engage in. Often the first half hour or so of an activity may feel hard to get into. Usually though it gets easier and more enjoyable or satisfying after that. Try some "scruff of the neck therapy" to push yourself through that initial lethargy. Or enlist the aid of someone else to get things going.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

More suggested activities follow.

# More Pleasant Things To Do

## **Active things**

Go for a stroll, brisk walk, or bushwalk  
Go jogging  
Go rollerskating  
Hire a bike  
Hire a tandem bike  
Do some aerobics  
Do some weight lifting  
Arrange a game of tennis or squash  
Kick a ball around the oval  
Run up & down stairs for a few minutes  
Join an orienteering club  
Do 10 minutes of gentle stretching exercises  
Play ping-pong  
Have a game of golf  
Go for a swim  
Fly a kite  
Go surfing  
Go fishing

## **Things to do away from home**

Walk along the beach  
Go to a movie  
Visit the zoo  
Go to a local flea market  
Go shopping  
Go to the library  
Visit a bookshop  
Visit the art gallery  
Visit the museum  
Go to a poetry reading  
Watch a game of football or soccer

## **Things to do to pamper yourself**

Have (or give yourself) a facial  
Have a massage  
Give someone else a facial or a massage  
Try different perfumes in a dept. store  
Paint your fingernails  
Have a bubble bath  
Try out new hairstyles  
Have a haircut or get your hair coloured  
Hug your favourite person  
Buy yourself a new piece of clothing or another special gift  
Eat your favourite food  
Buy yourself a bunch of flowers

## **Things to do on your own**

Write a letter to a friend  
Write a short story or poem  
Write in your diary  
Play a computer game  
Learn or practise a musical instrument  
Paint, draw, do some pottery  
Sing  
Knit  
Do some woodwork  
Do a jigsaw puzzle  
Read a good novel

Read an interesting non-fiction book  
Read your favourite magazine  
Read the newspaper  
Study a language  
Buy or make a present for someone  
Look through your favourite photo album  
List things you have enjoyed in the past  
Play a card game (e.g.. Patience)

**Things to do around the house**

Do some gardening  
Do some handiwork around the house  
Rearrange the furniture in the house  
Have a big "spring-clean"  
Do some sewing  
Listen to music  
Dance to some music  
Watch television  
Play with your pets  
Sit in the sun  
Make a cake

**Social activities**

Phone a friend  
Visit a friend or a neighbour  
Prepare a special meal for friends or family  
See a play, ballet, or opera  
See your favourite band  
Go to your favourite restaurant  
Play with your children  
Invite friends over for a video & popcorn  
Hold a Trivial Pursuit, Pictionary, or  
Charades evening  
Ask yourself over to a friend's place