

## **Pleasant activities which affect mood for the whole day.**

### **Social Interaction**

- 1 being with happy people
- 2 having people show interest in what you 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 feeling the presence of the Lord in my life/appreciating a connectedness with nature
- 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

*Stress / 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. Choose ones 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 2 or 12 extra activities. Add to this list if you wish.*

Your choices: .....

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