

Positive Activity Scheduling

ITS IMPORTANT THAT WE REGULARLY DO THE THINGS THAT MAKE US FEEL GOOD EVEN IF WE DON'T FEEL UP TO IT. GIVE IT A GO! HERE'S A LIST OF IDEAS TO START YOU OFF...

- Have a Bath
- Go On A Holiday
- Watch a movie
- Go For a walk
- Listen to music
- Sit in the sun
- Go for a run
- Read something
- Spend time with friends
- Play a board game
- Go to the gym
- Eat something yum
- Draw
- Go swimming
- Go for a drive
- Buy or pick some flowers
- Go out to a bar
- Learn something new
- Play sport
- Go camping
- Watch tv
- Go the beach
- Get a coffee
- Play with your pets
- Go window shopping
- Do some volunteer work
- Do something new
- Take photos
- Go out to dinner
- Plan a holiday
- Work in the garden
- Go dancing
- Work on your car
- Learn another language
- Dress up and look nice
- Think about happy moments
- Write in a diary
- Get your nails done
- Have a massage
- Play cards
- Phone a friend
- Visit family
- Make something
- Listen to a relaxation recording
- Go for a bike ride
- Meditate
- Tidy the house
- Visit your favourite shop
- Star gaze
- Go to a concert
- Join a club
- Have a quiet night

3 activities I am going to do are & WHEN:

1. _____ on _____
2. _____ on _____
3. _____ on _____

When you can't do great things, do small things in a great way