

## Activity Planning to Boost your Mood

Plan what you are going to do the next day

Plan activities that are absorbing and not too difficult

Plan a mixture of activities that have a balance between duty and pleasure

Break tasks down into smaller steps

If you can, plan activities that increase your physical activity levels

Be flexible

Increase frequency of activity slowly from day to day

Rate out of 10 and record your sense of pleasure (P) and achievement (A) for each activity

### TIMETABLE OF ACTIVITY

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9am							
10							
11							
12							
1pm							
2							
3							
4							
6							
8							
7							
8							
9							
10pm							

# Activity Planning

## Ideas for pleasant activities to put into your timetable

### Social activities

Visit somebody  
Write a letter or a card  
Go out for a social drink  
Contact someone on social media  
Go to a restaurant  
Invite a friend round  
Buy a present for someone  
Ask for a cuddle  
Be with children  
Do something for somebody  
Have a good conversation  
Be with my family  
Give a party  
Go to a party  
Make a new friend  
Compliment or praise someone  
Be with someone you love

### Recreational activities

Go to church  
Go to the zoo, fair or circus  
Go for a walk  
Read a novel, magazine or newspaper  
Listen to music  
Go to the cinema  
Go for a jog  
Gardening  
Go swimming  
Play a sport  
Have a sauna  
Watch a sports event  
Play a game  
Visit a place of interest  
Visit the countryside  
Plan a holiday  
Sit in the garden/park  
Go fishing  
Play a board game  
Plan a day out  
Go to a health club  
Go on a nature walk  
Clean out a cupboard  
Be with animals

### Self-care activities

Buy something for myself  
Wear something nice  
Relax in a warm bath  
Have a massage or sauna  
Watch a favourite television programme  
Go to the hairdresser  
Put on make up do hair  
Take a nap  
Set a goal, make a plan  
Talk about something I like  
Sleep in late

### Education activities

Go to the library  
Go to the museum  
Enrol on a course  
Read a non-fiction book  
Do a crossword or puzzle  
Learn something new  
Learn a foreign language  
Learn to play a musical instrument  
Go to a lecture  
Buy a book

### Creative activities

Write a poem  
Paint a picture  
Cook a meal  
Decorate a room  
Play an instrument  
Do some DIY  
Sewing or knitting  
Make a model  
Write a diary  
Sing a song  
Pick flowers  
Sit in the sun  
Rearrange the furniture  
Dance  
Restore an antique