

## PLEASANT ACTIVITIES LIST

Try different activities to distract yourself from pain and improve your mood.

- Go fishing
- Text, email, or call friends/family
- Get your hair cut or nails done
- Take a walk, exercise, or stretch
- Do yard work or gardening
- Read a book or magazine
- Watch or participate in sports
- Video chat with friends
- Go to the park
- Organize
- Woodwork
- Surf the Internet
- Look into classes you'd like to take
- Plan a trip
- Draw or paint
- Walk your dog/play with your pet
- Listen to music
- Watch a movie or your favorite show
- Take pictures

- Repair or fix something
- Start or finish a project
- Go to the pool or beach
- Plan something nice for others
- Go for a drive
- Decorate or re-arrange your home
- Knit or sew
- Sing or play an instrument
- Do hobbies (e.g., building models)
- Visit with family or friends
- Go outside and feel the sun
- Enjoy a hot bath or shower
- Chat with your neighbor
- Write or journal
- Play games or do puzzles
- Go shopping
- Meditate or pray
- Other activities/ideas?

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*Adapted with permission from K.M. Phillips, Ph.D.*

# PLEASANT ACTIVITIES SCHEDULE

**Instructions:**

- 1. Choose at least two pleasant activities that can be scheduled over the course of the week.
- 2. Place an "X" on each day that the activity was accomplished.
- 3. Remember to use proper pacing when engaging in activities.

Activity	Sun	Mon	Tues	Wed	Thu	Fri	Sat
<i>Gardening</i>		X		X		X	