

Pleasant Activities

You can use the List of Pleasant Activities to help you plan something that you used to enjoy before you were depressed, or feel free come up with your own activities. Start with something small. Rate your mood on a 0-100 scale before and after you do the activity to see if there is any effect on your mood.

Some tips to keep in mind when scheduling pleasant activities:

- Keep it simple: it's not just a matter of "going out and having fun" - you probably wouldn't be here if it was that easy
- Repeat the activity: this will allow you to really notice whether it has an affect on your mood
- Be prepared to notice small positive changes: hold on to that feeling of "a little better" and work hard to t ry to experience feeling more often.
- Give it a try and see what happens: just try with a few small activities this week and see how you're feeling

0	10	20	30	40	50	60	70	80	90	100
< Least Depressed				Medium Depressed			Most Depressed >			

Date	Activity (Where, Who, What)	Mood Rating before 0 - 100	Mood Rating after 0 - 100