

What about things you've stopped doing?

What activities did you used to enjoy but haven't felt like doing lately?

Fun/pleasure

- Enjoying sport (watching or taking part)
- Listening to music/going to a concert/show
- Watching a film/going to the cinema
- Doing a hobby
- Watching TV
- Going for a walk/getting some fresh air
- Doing exercise/swimming/running/gym
- Reading a good book, magazine or podcast
- Practicing relaxation techniques/yoga/pilates

Getting things done/achievement:

- Learning something new/class
- Learning to play a new musical instrument
- Planning and cooking regular meals
- Making your house look good (ironing, cleaning, tidying)

Spending time with people you like/Closeness:

- Seeing your friends, relatives or people you like
- Phoning or texting friends/keeping in touch with others
- Going to church, mosque, temple or synagogue if that's important to you
- Going to a club or supporting your team with others

Routine:

- Spending time with your pets (e.g. walking the dog)
- Keeping to regular mealtimes
- Keeping up with the garden/looking after house plants that give colour to your life

Balance all the above activities that are good for you across the day and the week.

Things that make you feel good

Now make a list of things that help you feel better. Use the Happy list and this checklist and pick out the things you do/did that you enjoyed, that you felt were a job well done, or helped you feel close to others. Write them down here: