

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
- Work on your car
- Watch or participate in sports
- Skype or Facetime 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
- Read a book or magazine

- Go to the pool or beach
- Start or finish a project
- Repair or fix something
- 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?
