

Tip Sheet: Participate in an Activity or Event You Used to Enjoy

When you are feeling depressed, it is hard to imagine enjoying any of the activities that used to give you pleasure, such as going for a walk, having coffee with a friend, taking in a movie or going to a ballgame.

But research shows that if you can include at least ONE activity that you used to enjoy in your day-to-day routine, your mood is likely to improve, at least for part of the day.

The activity you choose each day can vary, but it should be something active, like going for a walk, rather than passive, like taking a nap.

Use the space below to list some of the activities you used to enjoy.

Activities I used to enjoy:

Put a checkmark next to the activities you will try to add back into your life during the coming days and weeks. Remember, you don't have to do the same activity every day, but every day should include at least ONE activity you enjoy.