

Enjoyable Activities

What we do during the day affects how we feel.

People who have recently experienced psychosis often stop doing many of the activities that they usually enjoy. There are many reasons why somebody might stop doing enjoyable activities. Some people might stop doing things they enjoy because they have low energy or feel sad. But when we stop doing the things we enjoy, this can actually make these same things worse – we end up losing even more energy and feeling even sadder. To stop this downward spiral, you'll need to start doing things you enjoy again.

To get started doing things you enjoy again, first take a look at the list of Suggested Enjoyable Activities. Are there any ideas here of activities you would enjoy? Do you have other ideas about things you could do?

Try to come up with 10 different activities that you would enjoy. Try to think of things that are easy to do. Make sure you include some activities you can do by yourself and that don't cost money. Write these activities down.

Over the next week, try to do one of these activities every day. It may be quite a bit of effort at first, but stick with it and soon you may find that you start to have more energy and feel better.

Suggested Enjoyable Activities

Go for a walk in the park

Play sports (e.g., tennis)

Have a picnic

Go hiking

Do a craft project

Go out to the movies

Play a musical instrument

Make yourself a special meal

Listen to music and dance

Go to the museum

Go shopping

Paint a picture

Read a good book

Go to a new restaurant

Go out in a canoe

Go for a swim at the gym

Play a board game with a friend

Play Frisbee or catch with a friend

Do crossword puzzles

Try a new hairstyle

Go to a play

Write a poem or a short story

Bake cookies

Go to a garage sale

Go to the zoo

Ride a bike

Gardening

Phone a friend

Take some interesting photos