

Exercise sheet

I PLAN A PROGRAMME OF ENJOYABLE ACTIVITIES



When we're depressed, we somehow lose the instinct to spontaneously enjoy the little pleasures in life. Planning enjoyable activities helps people suffering from depression to enhance their mood and get back to normal. These efforts are not a substitute for appropriate treatment (psychotherapy and/or medication), but are an effective complement, amplifying their effects.

We begin with a list of enjoyable activities to inspire you, then, a diary in which you can plan your fun activities and note the pleasure they give you.

Control activities involve the mundane tasks of everyday life, such as dealing with administrative formalities, tidying your home, shopping and preparing meals. As we've seen, when we break the difficulties down into sub-steps, it makes them easier to achieve and improves our self-esteem.

- 1 Breathe fresh air
- 2 Eat well
- 3 Go out to eat
- 4 Sleep well at night
- 5 Relax
- 6 Feel at peace
- 7 Have free time
- 8 Laugh
- 9 See a good show or a beautiful landscape
- 10 Sit in the sun
- 11 Wear clothes you like
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- 12 Listen to the radio
- 13 Listen to music
- 14 Read
- 15 Be with animals
- 16 Watch other people
- 17 Smile at other people
- 18 Get to know someone
- 19 Have a pleasant conversation with someone
- 20 Have a useful discussion
- 21 Compliment or congratulate someone
- 22 Get accepted in a group
- 23 Be in the company of happy or cheerful people
- 24 Be with friends
- 25 See old friends
- 26 Have a drink with friends
- 27 See friends or relatives doing well
- 28 Think about people you love
- 29 Be with someone I love
- 30 Hear that someone loves me
- 31 Please someone
- 32 Express my love to someone
- 33 Cuddle, stroke

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- 34 Kiss
- 35 Make love
- 36 Feel the presence of the divine in my life
- 37 Be asked to give an opinion
- 38 Express something clearly
- 39 See someone interested in what I have to say
- 40 Make people laugh
- 41 Plan or organise something
- 42 Prepare an outing, an excursion, a holiday
- 43 Walk, cycle, drive
- 44 Get a job done
- 45 See a project through to completion
- 46 Learn to do something
- 47 Receive a compliment
- 48 Think of something nice that's going to happen

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My personal programme

My weekly activity plan

Specify your pleasure (P) and control (C) activities by giving them a score from 0 to 5 according to the intensity of pleasure and control.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am - 8am							
8am - 9am							
9am - 10am							
10am - 11am							
11am - midday							
midday - 1pm							
1pm - 2pm							
2pm - 3pm							
3pm - 4pm							
4pm - 5pm							
5pm - 6pm							
6pm - 7pm							
7pm - 8pm							
8pm - midnight							