

Activity Scheduling

Sometimes we notice when we feel a bit sad, lack a bit of motivation, have a case of the 'couldn't be bothered' then we need to actually structure pleasant activities.

To do this, write out a list of all the activities you enjoy. Some examples are listed as follows:

- Go for a walk
- Watch a funny movie
- Call a friend
- Meet a friend for coffee
- Play with the dog
- Sit in the sun
- Read a magazine or book
- Take a hot bath
- Go to the hairdresser
- Go for a drive
- Go out for lunch
- Do a crossword or Sudoku
- Buy yourself something you have wanted for a long time
- Wear something that makes you feel good
- Go to the gym

Sit down and then plan your week, make sure you schedule in a fun activity or something you enjoy doing every day. Make a commitment to undertake the activity by telling someone else about your plans or pinning it up somewhere obvious like the fridge door.

When you are feeling depressed even the smallest tasks can seem overwhelming. Break down your tasks into smaller parts to make them more manageable.

Find someone to be your activity buddy, everything is always easier if you do it with someone else.