

Relaxing

1. What activities help you relax? (use the list of pleasurable activities at the end of these worksheets)

2. What are some internal barriers that prevent you from relaxing (e.g. negative beliefs)?

3. How can you overcome these internal barriers? What would you say to a friend with the same internal barriers?

4. What are some external barriers that prevent you from relaxing?

5. How can you overcome these external barriers?

List Of Pleasurable Activities

Check the ones you're willing to do, and then add any activities that you can think of

- Talk to a friend on the telephone.
- Text-message or email your friends.
- Call a family member you haven't spoken to in a long time.
- Go out and visit a friend.
- Invite a friend to come visit you.
- Go to a party.
- Exercise.
- Lift weights.
- Do yoga, tai chi, or Pilates, or take classes to learn.
- Dance
- Do stretching exercises.
- Go for a long walk in a park or someplace that's peaceful.
- Go outside and watch the clouds drift by.
- Lie in the sun.
- Feed the birds
- Go jog.
- Ride your bike.
- Go for a swim.
- Go hiking.
- Go to your local playground and join a game being played or watch a game.
- Go ice skating, roller skating/blading
- Go to a sporting event, like a baseball or football game.
- Get out of your house, even if you just sit outside.
- Go for a drive in your car or go for a ride on public transportation.
- Go fishing.
- Get a massage.
- Plan a trip to a place you've never been before.
- Sleep or take a nap.

- Eat chocolate or eat something else you really like.
- Eat your favorite ice cream.
- Cook your favorite dish or meal.
- Cook a recipe that you've never tried before.
- Bake something to share with others (neighbors, friends, family, work colleagues).
- Make jams or preserves.
- Take a cooking class.
- Go out for something to eat.
- Go outside and play with your pet.
- Offer to walk friend's or neighbor's dog.
- Give your pet a bath.
- Watch a funny video on YouTube.
- Watch a funny movie.
- Watch television.
- Listen to the radio.
- Listen to a podcast.
- Play video games.
- Go online to chat.
- Visit your favorite websites.
- Research a topic of interest.
- Create your own website.
- Clear your email inbox.
- Join an Internet dating service.
- Sell something you don't want on the Internet.
- Buy something on the Internet (within your budget).
- Buy gifts for your loved ones (within your budget).
- Write down a positive feedback about a product or a service you liked.
- Do a puzzle with a lot of pieces.
- Call a crisis or suicide hotline if you're feeling suicidal and talk to someone.
- Go shopping.
- Go get a haircut.
- Go to a spa or sauna.
- Go to a library.
- Go to a bookstore and get a new book.
- Go to your favorite café for coffee or tea.
- Visit a museum or local art gallery.
- Go to the opera or ballet.

- Go to the park and watch other people; try to imagine what they're thinking.
- Pray or meditate.
- Go to your church, synagogue, temple, or other place of worship.
- Join a group at your place of worship.
- Volunteer for a cause you support.
- Sign up for a class that excites you at a local college, adult school, or online.
- Learn a new language.
- Sing or learn how to sing.
- Play a musical instrument or learn how to play one.
- Write a song.
- Write a poem.
- Write a short story.
- Read your favorite book, magazine, paper, or poem.
- Draw a picture.
- Paint a picture with a brush or your fingers.
- Flip through old photo albums.
- Listen to some upbeat, happy music (start collecting happy songs for times when you're feeling down).
- Turn on some loud music and dance.
- Make a movie or video with your smartphone.
- Take photographs.
- Join a public-speaking group and write a speech.
- Join a club.
- Plant a garden.
- Work on your car, truck, motorcycle, or bicycle.
- Repair things around the house.
- Knit, crochet, or sew—or learn how to.
- Upcycle or creatively reuse old items.
- Make a scrapbook with pictures.
- Organize your wardrobe.
- Do arts and crafts.
- Paint your nails.
- Change your hair color.
- Take a bubble bath or shower.
- Have a warm drink.

Write a letter to a friend or family member.

Write a letter to someone who has made your life better and tell them why. (You don't have to send the letter if you don't want to.)

Write things you like about yourself on a picture of your body or draw them on a photograph of yourself.

Write in your journal or diary about what happened to you today.

Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset.

Make a list of ten things you're good at or that you like about yourself when you're feeling good, and keep it with you to read when you're feeling upset.

Make a list of the people you admire and want to be like and describe what you admire about these people.

Create your own list of pleasurable activities.

Other ideas:
