

Chapter 11: Support and activity strategies when becoming depressed

My pleasant things to do: downloadable chart

Purpose of this chart: Provides you with things to do that can help you to get going when you are feeling down and break the lethargy cycle.

Tips for using this chart:

- Check off the things you know are useful when feeling down
- Include some relaxing activities which you can include as part of a healthy lifestyle
- Add any of your own ideas to the list.

For more explanations about this chart see pp. 134 of *Living with Bipolar*.

My Pleasant Things to Do

<u>Things to do at home</u>	Watch a game of sport	<input type="checkbox"/>
Watch TV <input type="checkbox"/>	Buy yourself flowers	<input type="checkbox"/>
e-mail a friend <input type="checkbox"/>	Find a spot in nature and listen to the sounds and observe the colours	<input type="checkbox"/>
Surf the Internet <input type="checkbox"/>	<u>Social activities</u>	<input type="checkbox"/>
Listen to music <input type="checkbox"/>	Call a friend or relative	<input type="checkbox"/>
Draw, paint, sculpt <input type="checkbox"/>	Things to do together:	<input type="checkbox"/>
Write prose or poetry <input type="checkbox"/>	• Watch TV/DVD	<input type="checkbox"/>
Write your feelings in a diary <input type="checkbox"/>	• See a movie, theatre, music, sport	<input type="checkbox"/>
Play a musical instrument or sing <input type="checkbox"/>	• Go for a walk	<input type="checkbox"/>
Play computer or other electronic game <input type="checkbox"/>	• Go for a drive	<input type="checkbox"/>
Walk around or sit in the garden <input type="checkbox"/>	• Go on an outing e.g. gallery, zoo	<input type="checkbox"/>
Knit or sew <input type="checkbox"/>	• Have tea	<input type="checkbox"/>
Gardening <input type="checkbox"/>	• Play a board game, cards	<input type="checkbox"/>
Fix or build something <input type="checkbox"/>	• Listen to music	<input type="checkbox"/>
Do woodwork <input type="checkbox"/>	• Have an interesting discussion	<input type="checkbox"/>
Do a puzzle <input type="checkbox"/>	Take the kids to the park or mall	<input type="checkbox"/>
Read a book, newspaper or magazine <input type="checkbox"/>	Attend a meeting at your local bipolar support group	<input type="checkbox"/>
Take photos or look at an old album <input type="checkbox"/>	Play with your children	<input type="checkbox"/>
List things you have enjoyed in the past <input type="checkbox"/>	Do something to help someone	<input type="checkbox"/>
Play a card game e.g. patience <input type="checkbox"/>	Hug your favourite person	<input type="checkbox"/>
Have a bubble bath or long shower <input type="checkbox"/>	Go to your community centre	<input type="checkbox"/>
Do some spring cleaning <input type="checkbox"/>	Go dancing	<input type="checkbox"/>
Play with your pets <input type="checkbox"/>	<u>Exercise</u>	<input type="checkbox"/>
Do some spring cleaning <input type="checkbox"/>	Run up and down the stairs	<input type="checkbox"/>
Cook or bake <input type="checkbox"/>	Walk the dog	<input type="checkbox"/>
<u>Things to do away from home</u>	Walk in your area, at the river, park, beach, or bushwalk	<input type="checkbox"/>
Have a facial or massage <input type="checkbox"/>	Go running or to the gym	<input type="checkbox"/>
Go for a drive or a ride <input type="checkbox"/>	Go roller-skating, bowling, horse riding, swimming, fishing	<input type="checkbox"/>
See a movie <input type="checkbox"/>	Cycle	<input type="checkbox"/>
Eat out <input type="checkbox"/>	Play your favourite sport	<input type="checkbox"/>
Go to a market <input type="checkbox"/>	Kick a ball in your yard	<input type="checkbox"/>
Browse at your favourite shop <input type="checkbox"/>	Join a rowing club	<input type="checkbox"/>
Go shopping <input type="checkbox"/>	Play ping-pong	<input type="checkbox"/>
Visit the zoo, museum, art gallery <input type="checkbox"/>	Play golf	<input type="checkbox"/>
Attend a club meeting <input type="checkbox"/>	Fly a kite	<input type="checkbox"/>
Go to a poetry reading, play or concert <input type="checkbox"/>	Go surfing	<input type="checkbox"/>