

DOING POSITIVE THINGS AT HOME (IN LOCKDOWN)! [supplement for BA]

An important idea in Behavioural Activation is to build up pleasurable activities – activities that you enjoy and make you feel good. During the COVID pandemic and lockdown, it may be hard to do some of the pleasurable things you would normally do because you can't leave your home or meet others. Here is a list of pleasurable activities you can do at home.

Read through the list of activities that some people find fun on the next few pages.

Check off as many things as you see on the list that would be pleasurable for you. If you think of more ideas, add your own to the list. Especially focus on new activities that you are not already doing on a regular basis.

Choose at least one thing from the list to try this week. See if you can try one new thing each day!

Activities in and around the home

- Finishing a project or task
- Getting a hug
- Learn about something new – a new language, history, geography, story writing, building a website
- Sleeping late
- Taking a bath
- Doing garden work
- Making/posting gifts
- Taking a walk
- Getting or sending letters, cards, or notes
- Seeing good things happen to people
- Throwing an online party/quiz/catch up
- Exercising indoors – YouTube HIIT, Yoga, Pilates, Weights
- Getting a haircut
- Watch movies (make a movie playlist)
- Sitting in the sun
- Being honest with someone
- Watching the sky, clouds, or a storm
- Solving a personal problem
- Having lunch with friends online
- Having peace and quiet
- Taking a shower
- Having an original idea
- Smiling at people
- Writing short stories, poetry, or plays
- Looking at the stars or moon
- Hearing jokes
- Listening to music
- Playing cards or learning a new card game/card trick
- Meditating or doing yoga
- Helping someone
- Photography
- Playing a musical instrument
- Go on a virtual tour
- Organise your photo's or create a scrapbook
- Calling friends or family
- Do a craft
- Do a hobby
- Having a video-conference with friends or family
- Paint or draw
- Read a book
- Write a journal
- Cook
- Bake
- Do some home improvement
- Post on social media
- Learn a new skill
- Dancing to music
- Relaxing
- Listen to podcasts
- Coding or programming
- Walking the dog
- Playing a board game
- Playing with my children or grandchildren (in person or online)
- Playing with my pet

You can also talk through these ideas with your therapist or PWP – and use these ideas to add to your activity scheduling plans.

This week I will have more fun by:

What will you do: _____

When will you do it? _____