

WAYS TO NURTURE YOURSELF

When people are feeling depressed, they often fail to engage in activities that would enhance their mood and affirm their self-worth. You may have to force yourself to implement these activities, but avoidance will only cause you to focus more on your negative feelings rather than taking steps to help yourself climb out of the pit. Below are listed 77 pleasurable activities that you may review and consider for implementation into your regular schedule.

1. Listen to my favorite music.
2. Enjoy a long, warm bubble bath.
3. Go for a walk.
4. Share a hug with a loved one.
5. Do stretching exercises.
6. Exercise (of my choice.)
7. Attend a caring support group.
8. Take time to smell the roses (and



9. Pray
10. Take deep breaths.
11. Relax outside.
12. Reflect on my positive qualities: "I am..."
13. Laugh.
14. Enjoy a relaxing nap.

15. Concentrate on a relaxing scene.
16. Create a collage representing "The Real Me."
17. Receive a massage.
18. Reflect on: "I appreciate..."
19. Write my thoughts and feelings in a journal.
20. Attend a favorite athletic event.
21. Do something adventurous.
22. Read a special book or magazine.
23. Sing/ hum/ whistle a happy tune.
24. Swing/ slide/ use a see saw.
25. Play a musical instrument.
26. Meditate.
27. Plant a flower/ garden.
28. Learn a new skill.
29. See a play, movie or concert.
30. Work out with weights/ equipment.



31. Make a nutritious meal.
32. Draw/ paint a picture.
33. Relax in a pool/ on the beach.
34. Do aerobics/ dance.
35. Visit a special place I enjoy.
36. Smile/ say: "I love myself."
37. Practice positive affirmations.
38. Imagine myself achieving my goals and dreams.
39. Concentrate on a relaxing scene.
40. Go horseback riding.
41. Reflect on: "My most enjoyable enjoyable memories."
42. Watch the sunrise/ sunset.
43. Visit a museum/ art gallery.
43. Ride a bicycle/ motorcycle.
44. Practice yoga.
45. Relax in a whirlpool/ sauna.
46. Enjoy a cool, refreshing glass of water or fruit juice.
47. Enjoy the beauty of nature.
48. Count my blessings: "I am thankful for ..."
49. Play as I did as a child.
50. Stargaze.
51. Window shop.
52. Daydream.
53. Tell myself the loving words I want to hear from others.
54. Attend a special workshop.
55. Go sailing/ paddle-boating.
55. Reward myself with a special gift (that I can afford).
56. Take myself on a vacation.
57. Create with clay/ pottery.



