# How Does What I Do Affect How I Feel?

<table>
<thead>
<tr>
<th>Things I like to do</th>
<th>How I feel when I do them</th>
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- Pleasant activities can make us feel more positive.
- Pleasant activities help us focus on healthier things than our worries.
- Pleasant activities give us a break from our problems.
- Pleasant activities can help us become more physically healthy.

*Notes*