



## How Can I Increase The Chance That I Will Do Pleasant Activities?

### **STEPS:**

**Step 1: Consider that doing pleasant activities is important**

- It helps improve our emotional, social, and physical health. It actually changes your external reality (the reality of your day).

**Step 2: Decide/select what you would like to do. Choose your pleasant activity.**

**Step 3: Commit to doing the pleasant activity in order to improve how you feel.**

**Step 4: Plan ahead (make the activity do-able, simple, and low stress)**

- Schedule the event
- If others are involved, invite them
- Plan an alternative (e.g. in case of rain)

**Step 5: Get help from others when necessary**

- Emotional support
- Companionship during the activity
- Instrumental support - a ride, loan of money or car

**Step 6: Recognize the effort you are making to help yourself feel better. Give yourself a mental pat on the back.**

