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## Information from your Patient Aligned Care Team

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# Pleasant Activities List

Research has shown that ratings of mood improve if you add some pleasant activities to your routine. Here are some strategies to use pleasant activities to manage stress and add some fun to your life:

- Plan for at least one pleasant activity per day, even if just a few minutes long.
- The activity should not be for someone else ... it should be designed to give you joy.
- If you can't do something you used to enjoy, think about a good replacement. For example, you may not be able to go deep sea fishing, but you might enjoy visiting the boat show or just walking on a pier.
- Aim for gentle pleasures, like taking a walk in a favorite place, walking the dog, or taking time to read the comic strips.
- Mix it up! Variety is the spice of life.
- Simplify – look for simple pleasures that don't require a lot of preparation or money.
- If you have trouble coming up with activities, think about what you enjoyed in the past.

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| 1. Soaking in the bathtub                       | 14. Listening to music                         |
| 2. Planning my career                           | 15. Buying household gadgets                   |
| 3. Getting out of (i.e., paying on) debt        | 16. Lying in the sun                           |
| 4. Collecting things (coins, shells, etc.)      | 17. Laughing                                   |
| 5. Going on vacation                            | 18. Thinking about my past trips               |
| 6. Thinking how it will be when I finish school | 19. Listening to others                        |
| 7. Taking deep breaths                          | 20. Reading magazines or newspapers            |
| 8. Recycling old items                          | 21. Hobbies (stamp collecting, model building) |
| 9. Going on a date                              | 22. Spending an evening with good friends      |
| 10. Relaxing                                    | 23. Planning a day's activities                |
| 11. Going to a movie in the middle of the week  | 24. Meeting new people                         |
| 12. Jogging, walking                            | 25. Remembering beautiful scenery              |
| 13. Thinking I have done a full day's work      | 26. Saving money                               |
|   | 27. Going home from work                       |

28. Eating
29. Practicing karate, judo, yoga
30. Thinking about retirement
31. Repairing things around the house
32. Working on my car (bicycle)
33. Remembering the words and deeds of loving people
34. Wearing sexy clothes
35. Having quiet evenings
36. Taking care of my plants
37. Buying, selling stock
38. Going swimming
39. Doodling
40. Exercising
41. Collecting old things
42. Going to a party
43. Thinking about buying things
44. Playing golf
45. Playing soccer
46. Flying kites
47. Having discussions with friends
48. Having family get-togethers
49. Riding a motorcycle
50. Sex
51. Running
52. Going camping
53. Singing around the house
54. Arranging flowers
55. Practicing religion (going to church, group praying, etc.)
56. Losing weight
57. Going to the beach
58. Thinking I'm an OK person
59. A day with nothing to do
60. Going to reunions
61. Going skating
62. Going boating
63. Traveling abroad or in the U.S.
64. Painting
65. Doing something spontaneous
66. Doing needlepoint, knitting, cross-stitch, etc.
67. Sleeping
68. Driving
69. Entertaining
70. Going to clubs (garden, Parents without Partners, etc.)
71. Thinking about getting married
72. Going hunting
73. Singing with groups
74. Flirting
75. Playing musical instruments
76. Doing arts and crafts
77. Making a gift for someone
78. Buying records
79. Watching boxing, wrestling
80. Planning parties
81. Cooking
82. Going hiking
83. Writing short stories, novels, poems, or articles
84. Sewing
85. Buying clothes
86. Going out to dinner

87. Working
88. Discussing books
89. Sightseeing
90. Gardening
91. Going to the beauty parlor
92. Early morning coffee and newspaper
93. Playing tennis
94. Kissing
95. Watching children (play)
96. Thinking I have a lot more going for me than most people
97. Going to plays and concerts
98. Daydreaming
99. Planning to go to school
100. Thinking about sex
101. Driving or taking a train cross-country
102. Listening to the stereo
103. Refinishing furniture
104. Watching TV
105. Making lists of tasks
106. Going bike riding
107. Walks in the woods (or at the waterfront)
108. Giving gifts
109. Traveling to national parks
110. Completing a task
111. Watching a spectator sport (football, hockey, baseball)
112. Eating a favorite food
113. Teaching
114. Photography
115. Going fishing
116. Thinking about pleasant events
117. Playing with animals
118. Flying a plane
119. Reading fiction
120. Acting
121. Spending time by yourself
122. Writing diary entries or letters
123. Cleaning
124. Reading nonfiction
125. Taking children places
126. Dancing
127. Going on a picnic
128. Thinking “I did that pretty well” after doing something
129. Meditating
130. Playing volleyball
131. Having lunch with a friend
132. Going to the mountains
133. Thinking about people I like
134. Thoughts about happy moments in my childhood
135. Splurging
136. Playing cards
137. Solving riddles mentally
138. Having a political discussion
139. Playing softball
140. Seeing and/or showing photos or slides
141. Playing guitar
142. Doing crossword puzzles
143. Shooting pool
144. Dressing up and looking nice
145. Reflecting on how I’ve improved

146. Buying things for myself (perfume, golf balls, etc.)
147. Talking on the phone
148. Going to museums
149. Thinking religious thoughts
150. Lighting candles
151. Listening to the radio
152. Getting a massage
153. Saying “I love you”
154. Thinking about my good qualities
155. Buying books
156. Taking a sauna or a steam bath
157. Going skiing
158. White-water canoeing or rafting
159. Going bowling
160. Doing woodworking or carpentry
161. Fantasizing about the future
162. Taking ballet, tap dancing
163. Debating
164. Sitting in a sidewalk café
165. Having an aquarium
166. Going horseback riding
167. Thinking about becoming active in the community
168. Doing something new
169. Making jigsaw puzzles
170. Thinking I’m a person who can cope
171. Being in the country
172. Making contributions to religious, charitable, or other groups
173. Talking about sports
174. Meeting someone new
175. Listening to live music
176. Planning trips or vacations
177. Rock climbing or mountaineering
178. Reading the scriptures or other sacred works
179. Going to service, civic, or social club meetings
180. Rearranging or redecorating my room or house
181. Being naked
182. Reading a “How to Do It” article or book
183. Reading stories, novels, poems or plays
184. Going to lectures or hearing speakers
185. Writing a song or a piece of music
186. Saying something clearly
187. Doing something nice for my parents
188. Restoring antiques
189. Talking to myself
190. Working in politics
191. Working on machines
192. Completing a difficult task
193. Solving a problem, puzzle or crossword
194. Laughing
195. Going to a celebration
196. Shaving
197. Having lunch with friends or associates
198. Taking a shower
199. Riding in an airplane
200. Exploring the wilderness
201. Having a frank and open conversation
202. Thinking about myself or my life
203. Speaking or learning a foreign language

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| <p>204. Going to a business meeting or a convention</p> <p>205. Being in a sporty or expensive car</p> <p>206. Cooking</p> <p>207. Being helped</p> <p>208. Wearing informal clothes</p> <p>209. Combing or brushing my hair</p> <p>210. Taking a nap</p> <p>211. Canning, freezing, making preserves, etc.</p> <p>212. Solving a personal problem</p> <p>213. Being in a city</p> <p>214. Singing to myself</p> <p>215. Making food or crafts to sell or give away</p> <p>216. Playing chess or checkers</p> <p>217. Doing craftwork (pottery, jewelry, leather, beads and weaving)</p> <p>218. Scratching myself</p> <p>219. Putting on makeup</p> <p>220. Designing or drafting</p> <p>221. Visiting people who are sick, shut in, or in trouble</p> <p>222. Cheering or rooting</p> <p>223. Being popular at a gathering</p> <p>224. Watching wild animals</p> <p>225. Having an original idea</p> <p>226. Landscaping or yardwork</p> <p>227. Reading professional literature</p> <p>228. Wearing new clothes</p> <p>229. Just sitting and thinking</p> <p>230. Seeing good things happen to my family and friends</p> | <p>231. Going to a fair, carnival, circus, zoo or amusement park</p> <p>232. Talking about philosophy</p> <p>233. Planning or organizing something</p> <p>234. Listening to the sounds of nature</p> <p>235. Dating or courting</p> <p>236. Having a lively talk</p> <p>237. Having friends come to visit</p> <p>238. Playing sports</p> <p>239. Introducing people who I think would like each other</p> <p>240. Getting letters, cards or notes</p> <p>241. Watching the clouds, sky or a storm</p> <p>242. Going on outings to the park, a picnic, a barbecue, etc.</p> <p>243. Giving a speech or a lecture</p> <p>244. Reading maps</p> <p>245. Gathering natural objects (rocks or driftwood)</p> <p>246. Working on my finances</p> <p>247. Wearing clean clothes</p> <p>248. Making a major purchase or investment</p> <p>249. Helping someone</p> <p>250. Getting promoted</p> <p>251. Hearing jokes</p> <p>252. Talking about my children or grandchildren</p> <p>253. Going to a crusade</p> <p>254. Talking about good health</p> <p>255. Seeing beautiful scenery</p> <p>256. Eating good healthy meals</p> |
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257. Improving my health (having my teeth fixed, getting new glasses, changing my diet)
258. Doing a job well
259. Having spare time
260. Loaning something
261. Being noticed as sexually attractive
262. Making others happy
263. Counseling someone
264. Going to a health club
265. Learning to do something new
266. Thinking about my parents
267. Supporting causes you believe in (social, political or environmental)
268. Kicking leaves, sand, pebbles, etc.
269. Playing lawn sports (badminton, croquet, bocce, horseshoes)
270. Seeing famous people
271. Going to the movies or renting one
272. Budgeting my time
273. Being praised by people I admire
274. Feeling a spiritual presence in my life
275. Doing a project in my own way
276. Doing odd jobs around the house
277. Crying
278. Being told I am needed
279. Being at a family reunion or get-together
280. Giving a party
281. Washing my hair
282. Coaching someone
283. Going to a restaurant
284. Seeing or smelling a flower or a plant
285. Being invited out
286. Receiving honors
287. Using perfume, cologne, or aftershave
288. Having someone agree with me
289. Reminiscing about old times
290. Getting up early in the morning
291. Having peace and quiet
292. Doing experiments and other scientific work
293. Visiting friends
294. Playing football
295. Being counseled
296. Saying prayers
297. Giving a massage
298. Taking adult education courses
299. Doing favors for people
300. Talking with people I enjoy
301. Being asked for help or advice
302. Helping other people solve their problems
303. Playing board games
304. Sleeping soundly at night
305. Snowmobile or dune buggy riding
306. Being in a support group
307. Dreaming at night
308. Playing ping-pong
309. Brushing my teeth
310. Walking barefoot
311. Playing frisbee or catch
312. Doing housework or laundry
313. Petting and necking
314. Amusing people
315. Going to a barber or hair stylist

- 316. Having houseguests
- 317. Being with someone I love
- 318. Sleeping late
- 319. Starting a new project
- 320. Being assertive
- 321. Going to the library
- 322. Playing rugby or lacrosse
- 323. Birdwatching
- 324. Shopping
- 325. Playing video games or going to an arcade
- 326. People watching
- 327. Building or watching a fire
- 328. Selling or trading something
- 329. Finishing a project or task
- 330. Apologizing
- 331. Learning a new computer skill
- 332. Being a leader
- 333. Being with happy people
- 334. Playing games
- 335. Writing cards or notes
- 336. Asking for help or advice
- 337. Talking about my hobbies or special interests
- 338. Smiling at people
- 339. Playing in sand, a stream, the grass, etc.
- 340. Expressing my love to someone
- 341. Talking with friends over coffee or tea
- 342. Playing handball, paddleball, squash, etc.
- 343. “Surfing” the internet
- 344. Remembering a departed friend or loved one, visiting the cemetery
- 345. Staying up late
- 346. Going skiing or snowboarding
- 347. Having family members or friends do something that makes me proud of them
- 348. Going to auctions, garage sales, etc.
- 349. Thinking about an interesting question
- 350. Doing volunteer work, working on community service projects
- 351. Water skiing, surfing, and scuba diving
- 352. Defending or protecting someone; stopping fraud or abuse
- 353. Hearing a good sermon
- 354. Winning a competition
- 355. Making a new friend
- 356. Reading cartoons, comic strips or comic books
- 357. Borrowing something
- 358. Traveling in a group
- 359. Seeing old friends
- 360. Mentoring someone
- 361. Using my strength
- 362. Attending an opera or the ballet
- 363. Playing with pets
- 364. Looking at the stars or the moon
- 365. Being coached