What we do during the day affects how we feel.

People who have recently experienced psychosis often stop doing many of the activities that they usually enjoy. There are many reasons why somebody might stop doing enjoyable activities. Some people might stop doing things they enjoy because they have low energy or feel sad. But when we stop doing the things we enjoy, this can actually make these same things worse – we end up losing even more energy and feeling even sadder. To stop this downward spiral, you’ll need to start doing things you enjoy again.

To get started doing things you enjoy again, first take a look at the list of Suggested Enjoyable Activities. Are there any ideas here of activities you would enjoy? Do you have other ideas about things you could do?

Try to come up with 10 different activities that you would enjoy. Try to think of things that are easy to do. Make sure you include some activities you can do by yourself and that don’t cost money. Write these activities down.

Over the next week, try to do one of these activities every day. It may be quite a bit of effort at first, but stick with it and soon you may find that you start to have more energy and feel better.
Suggested Enjoyable Activities

Go for a walk in the park
Have a picnic
Do a craft project
Play a musical instrument
Listen to music and dance
Go shopping
Read a good book
Go out in a canoe
Play a board game with a friend
Do crossword puzzles
Go to a play
Bake cookies
Go to the zoo
Gardening
Take some interesting photos

Play sports (e.g., tennis)
Go hiking
Go out to the movies
Make yourself a special meal
Go to the museum
Paint a picture
Go to a new restaurant
Go for a swim at the gym
Play Frisbee or catch with a friend
Try a new hairstyle
Write a poem or a short story
Go to a garage sale
Ride a bike
Phone a friend