

## HAVING MORE FUN

When people feel down, they tend to lose energy and motivation for everything...even things they enjoy. The problem is that when you are feeling sad is when you need to have fun. So, make a list of fun activities in the categories below. Try to fill in all of the blanks in every category (you can even add more ideas on the back of this page). Each week, you'll be picking new activities to complete on your own.

### **Social:**

*Ex. Spend time with a friend you don't see often; make plans to go to Amazon Pool.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### **Physical:**

*Ex. Go for a walk around the neighborhood; hike at Mt. Pisgah; play basketball with a friend.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### **Relaxing/Indulgent:**

*Ex. Go out for ice cream; relax with a favorite book and your favorite snack.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**Entertainment:**

*Ex. Rent a favorite old movie; buy and listen to a new CD.*

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

***Other ideas:***

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |