

Set up time to do what you enjoy

Plan to do at least **one thing you enjoy** each day. This is an important way to deal with stress and depression.

Set up time to do an activity you enjoy for **each day of the week**. Use this chart to write down the activity that you did each day. It doesn't matter what you do. It may be walking, meeting with a friend for lunch, painting, or playing sports. As long as it's something that **feels fun, calming, or meaningful** to you, it can help you feel better.

Activity			How did you feel after?
Day	Date	What did you do? Who did you do it with? Where did you do it?	
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			