

Set up time to do what you enjoy



Why is setting up time to do what you enjoy important?

- When people are stressed or depressed, they often stop doing things that they used to enjoy.

Why does this matter?

- When you don't do things you enjoy, it can turn into a bad cycle. The less you do, the more depressed you feel. And the more depressed you feel, the less you do. This is called spiraling down.
- But you can change the cycle. When you do more things you enjoy, even if you don't feel like it at first, you can break the cycle of depression. This is called spiraling up.

What kinds of things should I do?

- Think about things you used to enjoy doing, even if it's been a long time. It may be walking, meeting with a friend for lunch, painting, or playing sports. It doesn't matter what you do. As long as it's something that feels fun, calming, or meaningful to you, it can help you to feel better.

