



### WHAT EXACTLY ARE PLEASURABLE ACTIVITIES?

Pleasurable activities are positively rewarding activities that YOU enjoy doing... that don't involve booze, party-type food or doing something risky. These activities are consistent with your goals and the life you want to live. For e.g. if relationships are important to you pleasurable activities might include looking after grandkids, playing with your dog, phoning a friend, writing a letter.

### HOW DO I GET MORE PLEASURABLE ACTIVITY IN MY LIFE?

I'm going to give you a Dr Seuss quote from The Cat in the Hat. As adults we may need help knowing HOW to have fun!

**"Look at me! Look at me! Look at me now!  
It's fun to have fun, but you have to know how!"**

Plain fun that makes us laugh, gives us joy, interests and engages us, fills us with anticipation, challenges us. Of course not every activity will do all of those. Watching a movie is enjoyable in a different way to tussling on the floor with your dog.

Brainstorm all the things you can think of which you enjoy doing. Be creative and include all facets of your life: home, loved ones, friends, pets, work, exercise, hobbies.

By doing this you'll have long list of fun things to do – ready for when you need a boost of energy or a reduction in depressive symptoms.

In our busy stress-filled lives we need to make time for fun. Window off some time in your day, your week, your life. It will be worth it!

### WHY PLEASURABLE ACTIVITIES MIGHT BE HELPFUL TO ME

1. You'll know how to have good clean fun!

As adults we may need help knowing HOW to have fun - fun that doesn't involve alcohol, crap foods, or taking-risk pursuits. Yet - by doing small and regular amounts of pleasurable activities we can increase our happiness, and reduce our depressive symptoms.

2. By doing something you'll spark motivation

We often hold the misconception that we need motivation in order to actually do something. The truth is, it is often the opposite. We have to do something, in order to get the engines moving to spark motivation.

3. It will inspire a sense of accomplishment

Feeling down? Studies show that an increase in activity that provides a sense of accomplishment can have a great impact on your emotional health.

4. It will give you an alternative identity

What we DO contributes to our self-esteem. We define ourselves by our roles, and also by our skills. So, running, gardening, playing with grandkids goes toward building your sense of self. This helps us because mental health issues might otherwise distort how we see ourselves.

5. It might make you more efficient

Time having fun could improve your mental wellbeing, and even make the time you spend on vital tasks more efficient in the long run.

*I hope you find the information on this factsheet helpful. If you have any questions email moodfoodmove at: [moodfoodmove@gmail.com](mailto:moodfoodmove@gmail.com) 😊*