

Engage in Enjoyable Activities

1. Make a list of things you enjoy doing (e.g., listening to music, taking a walk, talking to a friend)
2. Pick one activity from your list and set a day and time to do it
3. Do the activity!
4. Repeat steps 1-3 for the other activities on your list. Try to complete at least 1-2 enjoyable activities each day.

Tip: It can be hard to set aside time to do something you enjoy, but even setting aside 5-10 minutes can be helpful.

Variations of this skill (for all ages):

1. Activity List Brainstorming – Ask a friend or family member to help you generate your list of enjoyable activities.

Coping Skills for Tough Times

2. **Random Picking** - Write your enjoyable activities on separate pieces of paper and put them in a jar. When feeling upset, randomly pick an activity from the jar. Then, do it!

When to use this skill: You can use this skill whenever you are feeling sad.

How this skill helps: When we are sad, we stop doing things we enjoy and get “in a rut.” Engaging in pleasurable activities allows us to lift our mood. In fact, staying busy with activities (a.k.a. “behavioral activation”) is one effective strategy for treating depression.

If you want to learn more coping strategies, talk to your doctor about meeting with the Psychology Team!