ADULT PLEASANT ACTIVITIES SCHEDULE

Recovering from an eating disorder can be exhausting and very hard work. For this reason, it is important to ensure you take plenty of time to rest and relax during this process. Finding things you enjoy doing is likely to increase positive mood, and may serve as an effective distraction to break the habit of engaging in eating disorder behaviours. It may also assist in helping you to tolerate negative emotions.

- Soaking in the bathtub.
- Planning your next holiday.
- Doing some gardening.
- Cooking something new.
- Practicing relaxation.
- Watching a DVD.
- Cleaning the house.
- Reading a good book.
- Going window shopping.
- Calling a friend.
- Going for a walk.
- Playing an instrument.
- Learning a new sport.
- Taking yourself out to lunch.
- Organising a camping trip.
- Doing something new.
- Making a gift for someone.
- Writing some affirmations.

- Walking the dog.
- Practicing yoga or meditation.
- Sitting in a sidewalk café.
- Going rock-climbing.
- Taking a martial arts class.
- Going somewhere beautiful.
- Getting a massage.
- Going swimming.
- Going for a drive.
- Going to the museum.
- Going to the zoo.
- Riding your bike.
- Playing cards.
- Thinking about your good qualities.
- Thinking about volunteering.
- Thinking about happy moments in childhood.
- Going to the beauty parlour.
- Reflecting on how you’ve improved.
Going to the movies mid-week.
Writing in your journal.
Lighting scented candles.
Listening to music.
Doing something nice for your pet.
Learning more about a historical event.
Learning more about a particular animal.
Learning more about a social cause.
Planting some vegetables.
Watching children play.
Going out on a boat.
Going hang-gliding.
Travelling interstate or overseas.
Doing something spontaneously.
Learning about aromatherapy.
Doing a short barista course.
Inviting friends or family over.

Making lists of tasks.
Watching something funny on YouTube.
Going to plays or concerts.
Writing a poem.
Completing a task.
Taking photos of nature or pets.
Getting a worm farm.
Watching TV series back-to-back.
Throwing out old clothes that don’t fit.
Going to the beach to watch the waves.
Looking at photos.
Cooking something nice for yourself.
Thinking about how to become more environmentally friendly.

Everybody has different things that particularly appeal to them. What other things do you think you might enjoy doing? Write them down here. This may form part of your ‘distress tolerance’ or ‘eating disorder survival kit.’ Please note that BodyMatters strongly recommends checking with your doctor how much exercise is safe for you to do. This advice stands regardless of what size you are currently at.

OTHER ACTIVITIES I MIGHT ENJOY

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www.bodymatters.com.au
Note: adapted from The Adult Pleasant Events Schedule from M.M. Linehan’s Skills Training Manual for Treating Borderline Personality Disorder.