

ACTIVITIES 2- RELAXING AND PLANNING TO DO PLEASANT ACTIVITIES

SESSION OUTLINE

- I. Announcements and Agenda
- II. Review
- III. Personal Project Review
- IV. New Material: Planning to do Pleasant Activities
- V. Take Home Message
- VI. Personal Project

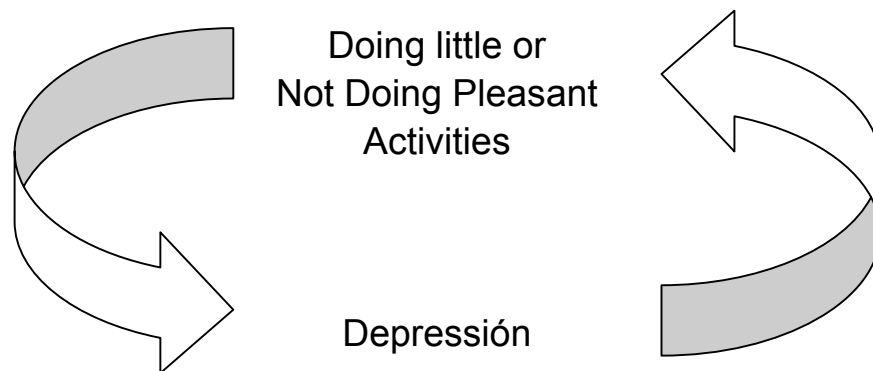
The purpose of today's meeting:

- Learn how what we do affects how we feel.
- Identify what we like to do.
- Talk about a making plans to make sure we do pleasant activities.
- Do a relaxation exercise.

REVIEW: ACTIVITIES AND YOUR MOOD

- What do you remember most from the last session?

Depression affects our interest in doing things. We have less interest in doing anything. Doing fewer pleasant activities can also lead you to feel more depressed.



PERSONAL PROJECT REVIEW

1. Review your quick mood scale?
2. What pleasant activities did you do over last week?
3. How did you feel after doing pleasant activities?

CHAINING ACTIVITY

Understanding how what we do affects how we feel.

9	
8	
7	
6	
5	(statement of fact)
4	
3	
2	
1	

Instructions

1. Begin with a statement of fact. Something that is a fact, with no judgement involved. For example, it is raining. I have no energy. I have diabetes. Write that fact on a mood level of 5
2. Think about things that you could do that would bring your mood down. Go down one mood level at a time. For example, things you could do that would bring your mood down to a level 4, then a level 3, then a level 2, then a level 1. Write them down on the right level.
3. Then try and think of things you could do that would make you feel better. Think of things that would bring you to increasingly high mood levels.

- I can choose what I will do (even if I don't "feel like it" at first).
- When I am feeling down or tired, it is often hard to get the energy to do pleasant activities but doing one may help me feel better and less tired.
- When people do pleasant activities, they often feel happier and healthier. (In part because their external reality is actually better than if they were not doing them.)

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- When people do pleasant activities, they are more likely to have positive thoughts about themselves and about their lives. In other words, their internal reality is also getting better.
- When people do pleasant activities they are more likely to have contact with other people, but there are also pleasant activities that people can do alone.

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What Do I Like To Do?

	<u>Free</u>	<u>\$\$</u>
<u>Alone</u>		
<u>With Others</u>		

NOTES ON PLEASANT ACTIVITIES

- Differences across people
 - We don't all like the same things.
 - We don't all need the same number of pleasant activities to feel good.
- Differences within oneself at different times
 - We don't always enjoy doing a specific activity.
 - We may only enjoy an activity under certain conditions.
- It is good to have activities you can do by yourself.
 - You control when you do them and are not dependent on anyone else.
 - Time to think and enjoy our own thoughts.
- It is also good to have activities you can do with others.
 - Pleasant contacts with people often make us feel better.
 - Others may sometimes increase our motivation to do the activity.
 - Can build and improve our relationships with others: doing fun stuff together helps people enjoy each other more.
- Brief pleasant activities are important.
 - You can do more of them.
 - They are useful when we are busy and can't find time.
 - Brief pleasant activities give us a glimpse of the beauty of the world around us.
 - Examples of brief pleasant activities:
 - As you walk somewhere, notice flowers on the way. Take time to smell them, notice the sky, the clouds, the fog, whatever about your surroundings that brings good feelings to you.
 - Remember a song you like, hum it, sing it aloud to yourself.
 - Have a cup of tea.

Notes

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List of Pleasant Activities

Check what you did today:

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Wear clothes I like	_____	_____	_____	_____	_____	_____	_____
Listen to the radio	_____	_____	_____	_____	_____	_____	_____
Watch people	_____	_____	_____	_____	_____	_____	_____
Look at clouds	_____	_____	_____	_____	_____	_____	_____
Eat a good meal	_____	_____	_____	_____	_____	_____	_____
Be outdoors	_____	_____	_____	_____	_____	_____	_____
Care for a houseplant	_____	_____	_____	_____	_____	_____	_____
Show an interest in what others say	_____	_____	_____	_____	_____	_____	_____
Notice the good things that happen to family or friends	_____	_____	_____	_____	_____	_____	_____
Compliment/praise someone	_____	_____	_____	_____	_____	_____	_____
Talk about sports/current events	_____	_____	_____	_____	_____	_____	_____
See beautiful scenery	_____	_____	_____	_____	_____	_____	_____
Take a walk	_____	_____	_____	_____	_____	_____	_____
Make a new friend	_____	_____	_____	_____	_____	_____	_____
Go to a movie or play	_____	_____	_____	_____	_____	_____	_____
Go to a museum	_____	_____	_____	_____	_____	_____	_____
Play cards or chess	_____	_____	_____	_____	_____	_____	_____
Watch a sunset	_____	_____	_____	_____	_____	_____	_____
Do artwork or crafts	_____	_____	_____	_____	_____	_____	_____
Learn something new	_____	_____	_____	_____	_____	_____	_____
Collect things	_____	_____	_____	_____	_____	_____	_____
Give a compliment	_____	_____	_____	_____	_____	_____	_____
Read something inspiring	_____	_____	_____	_____	_____	_____	_____
Spend time with family	_____	_____	_____	_____	_____	_____	_____
Go to a garage sale	_____	_____	_____	_____	_____	_____	_____
Help someone	_____	_____	_____	_____	_____	_____	_____
Rearrange my room or house	_____	_____	_____	_____	_____	_____	_____
Talk on the telephone	_____	_____	_____	_____	_____	_____	_____
Do volunteer work	_____	_____	_____	_____	_____	_____	_____
Accept a compliment	_____	_____	_____	_____	_____	_____	_____

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List of Pleasant Activities (continued)

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Read books or magazines	_____	_____	_____	_____	_____	_____	_____
Daydream	_____	_____	_____	_____	_____	_____	_____
Watch TV	_____	_____	_____	_____	_____	_____	_____
Cook a good meal	_____	_____	_____	_____	_____	_____	_____
Do crossword puzzles	_____	_____	_____	_____	_____	_____	_____
Take a long bath or shower	_____	_____	_____	_____	_____	_____	_____
Reminisce, talk about old times	_____	_____	_____	_____	_____	_____	_____
Write stories or poetry	_____	_____	_____	_____	_____	_____	_____
Spend time with friends	_____	_____	_____	_____	_____	_____	_____
Sing	_____	_____	_____	_____	_____	_____	_____
Go to a church function	_____	_____	_____	_____	_____	_____	_____
Read the newspaper	_____	_____	_____	_____	_____	_____	_____
Go to a meeting	_____	_____	_____	_____	_____	_____	_____
Exercise	_____	_____	_____	_____	_____	_____	_____
Solve a personal problem	_____	_____	_____	_____	_____	_____	_____
Listen to music	_____	_____	_____	_____	_____	_____	_____
Do outdoor work	_____	_____	_____	_____	_____	_____	_____
Get haircut/hair done	_____	_____	_____	_____	_____	_____	_____
Say prayers	_____	_____	_____	_____	_____	_____	_____
Sit in the sun	_____	_____	_____	_____	_____	_____	_____
Have peace and quiet	_____	_____	_____	_____	_____	_____	_____
Go to a park, fair, or zoo	_____	_____	_____	_____	_____	_____	_____
Write letters	_____	_____	_____	_____	_____	_____	_____
Listen to birds sing	_____	_____	_____	_____	_____	_____	_____
Go to the library	_____	_____	_____	_____	_____	_____	_____
Keep a clean house	_____	_____	_____	_____	_____	_____	_____
Other Activities	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____

RELAXING

Go through the different muscle groups in the order shown below. Remember to tense and relax each group twice in a row. Then move on to the next group of muscles.

- Hands** Tighten your right hand by making a fist and squeezing. Do this twice. Repeat with the left hand.
- Forearms and back of hands** With your right arm resting on the chair and the back of your hand facing up, bend your hand at the wrist, pointing your fingers straight up. Study the tension this creates in the back of your hand and forearm. Repeat. Now do it with the left hand and arm.
- Biceps** Flex large muscles in your upper arm by trying to touch your right shoulder with your right fist, tightening the biceps. Repeat. Right arm first, then left.
- Shoulders** Bring your shoulders up, as if to touch your ears with them. Repeat.
- Forehead** Wrinkle up your forehead by bringing your eyebrows up as far as they will go. Repeat.
- Face** Wrinkle your nose and close your eyes tightly. Repeat
- Lips** Press your lips tightly together. Repeat
- Tongue** Push your tongue into the roof of your mouth. Repeat
- Neck** Press your head against the back of the chair. Repeat
- Chest** Take a breath that is so deep you can feel it stretch your chest muscles. Hold it. Release it slowly. Feel yourself relax as the air leaves your lungs. Repeat
- Stomach** Suck in and tighten your abdomen, as though preparing to receive a punch in the stomach. Repeat
- Back** Arch your back away from the chair. Repeat
- Legs and thighs** Lift your legs up from the chair, holding them straight out in the air. Repeat.
- Calves.** Point your toes back toward your chest, creating tension in your lower legs. Repeat.
- Feet** Curl your toes downward, as if digging them into sand. Feel the tension in your arches. Repeat

Go through the muscle groups in the following way:

- 1) tense for 5-10 seconds
- 2) study the tension
- 3) relax (about 20 seconds). Let the muscles go totally loose and let the tension go completely.
- 4) notice the difference between tensing and relaxing
- 5) OPTIONAL: tense again or tense half way and repeat the process of studying the tension and relaxing

HOW CAN I INCREASE THE CHANCE THAT I WILL DO PLEASANT ACTIVITIES?

Step 1: Consider that doing pleasant activities is important

- **It helps improve our emotional, social, and physical health.**
It actually changes your external reality (the reality of your day).

Step 2: Decide/select what you would like to do. Choose your pleasant activity.

Step 3: Commit to doing the pleasant activity in order to improve how you feel.

Step 4: Plan ahead (make the activity do-able, simple, and low stress)

- **Schedule the event**
- **If others are involved, invite them**
- **Plan an alternative (e.g. in case of rain)**

Step 5: Get help from others when necessary

- **Emotional support**

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- **Companionship during the activity**
- **Instrumental support - a ride, loan of money or car**

Step 6: Recognize the effort you are making to help yourself feel better.

Give yourself a mental pat on the back.

PERSONAL COMMITMENT FORM

I plan to do the following:

I will do it by this date: _____

I feel this is important because:

(optional: use the calendar below to schedule the activity)

DAY: MORNING/Before Noon	DAY: MORNING	DAY: MORNING	DAY: MORNING
AFTERNOON 12:00	AFTERNOON 12:00	AFTERNOON 12:00	AFTERNOON 12:00

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NIGHT 5:00/After dinner	NIGHT 5:00	NIGHT 5:00	NIGHT 5:00
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Take Home Message:

Pleasant activities are as necessary to being happy and healthy as eating and sleeping well.

But when I am depressed, it is often hard to get started.

So, I need to plan carefully how to increase my pleasant activities.

Once I get going, I'll get better, and it will be easier to keep doing healthy, fun activities.

**PERSONAL PROJECTS
QUICK MOOD SCALE**

DAY

BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
OK/AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1

pleasant activities _____

WEEKLY PROJECT

- 1) Continue tracking mood using the mood scale and track the number of positive events you do each day (see page 51 for more instructions).
- 2) Follow the plan you developed and do the pleasant activity.

OPTIONAL PROJECT (select one of the following activities if you want)

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- 1) plan to do another activity
- 2) teach someone what you learned in group today
- 3) practice relaxing
- 4) do a new pleasant activity

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Relaxation Record

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10				
Not at all relaxed		Mild	Moderate	Very relaxed
Date	How long?	Score Before?	Score After?	

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