



## 50 Feel Good Moments

During lockdown, it's important to prioritise the things that make you feel good. These fun or pleasurable activities help to bolster your mental wellbeing and foster positivity at a time when it's easy to become negative. Consider this list and think about a few things that you enjoy, and pick one to do each day. Doing pleasant activities every day can improve your mood and help you feel good. Start with something small today, every little bit helps.

1. Get outside and watch the clouds drift by
2. Give positive feedback about something (e.g. writing a letter or email about good service)
3. Get creative in the kitchen, try a new recipe
4. Repair something around the house
5. Post a letter to a loved one
6. Soak in a hot bath
7. Have a video call with someone who lives far away
8. Organise your wardrobe
9. Light a scented candle, oil or incense
10. Get out the picnic blanket in your backyard
11. Watch some stand-up comedy on TV/online
12. Open up an old photo album with nice memories
13. Stop and smell the flowers
14. Do a jigsaw puzzles or play a boardgame
15. Listening to a podcast or radio show you enjoy
16. Get crafty, sketch or paint
17. Do some gardening
18. Sit outside and listen to birds sing
19. Re-watching an old favourite movie
20. Go for a bike ride
21. Do a crossword puzzle or sudoku
22. Pat or cuddle your pet
23. Do a favour for someone
24. Try learning a few words in a new language
25. Take a free online class
26. Put some music on and dance and sing
27. Upcycle or creatively reuse something old
28. Write down a list of things you are grateful for
29. Teach a special skill to someone else (e.g. knitting, woodworking, painting, language)
30. Putting a vase of fresh flowers in your house
31. Bake a loaf of home-made bread
32. Have a good talk to an older relative and ask them questions about their life
33. Read a new book or audiobook
34. Train your pet to do a new trick
35. Try to write something (e.g. a poem, article, blog, children's story)
36. Try doing 5 minutes of calm deep breathing
37. Make a playlist of upbeat songs
38. Treat yourself to a takeaway coffee
39. Try some yoga, pilates or tai chi
40. Rearrange the furniture in your house
41. Blow bubbles
42. Watch a sunset or sunrise
43. Stargaze
44. Box a punching bag or lift some weights
45. Clean out a closet or re-organise your drawers or pantry
46. Give yourself a manicure or pedicure
47. Make home-made pizza
48. Research a new club to join e.g. book, walking
49. Eat something nourishing (e.g. chicken soup)
50. Write a diary/journal entry.

Source: [Centre for Clinical Interventions](#)