

50 feel good moments

If you are isolating at home it's important to make time do 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 audio book
- 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

Visit actbelongcommit.org.au for more looking after your mental health when isolating at home.



Mentally Healthy WA