

Activity Menu

For depressed individuals, it can be hard to even think of activities to do that they may find enjoyable. Use this activity menu with clients to talk through which activities they may get pleasure from. It targets some of the key life areas which can help people start to feel better.

Once each area has been discussed, let the client select at least three activities that grab their interest.

Encourage them to commit by writing down a statement.

You can help your clients gradually build these activities into their daily schedules as they make progress.

Dr. Jessica Swainston

Connect With Others



- Call a friend you haven't spoken to for a while
- Ask a new acquaintance if they'd like to go for coffee
- Join a book club
- Make solid plans with your friends
- Go to a comedy show
- Create a quiz night for your friends
- Plan a dinner party

I commit to connecting with others by...

Get Exercising



- Walk around your neighborhood
- Go for a swim
- Dance around your living room
- Go for a run
- Go on a bike ride
- Hit the gym
- Play tennis
- Try martial arts
- Do a yoga or pilates class
- Do some gardening

I commit to exercising by...

Expand Your Mind



- Try Mindfulness Meditation
- Start a new podcast
- Have a Ted Talk marathon
- Read a new book
- Do a puzzle
- Play a board game
- Explore new music
- Watch a new movie

I commit to expanding my mind by...

Write It Down

- Send a hand-written letter to someone you care about
- Start a blog
- Start an expressive writing journal
- Write 3 things you're grateful for each day
- Update your CV

I commit to write...

Self-Care



- Have a bubble bath with your favorite scent
- Get a massage
- Get a haircut
- Make a dentist/doctor's appointment
- Switch off the news
- Get plenty of sunlight
- Go to bed early
- Make a healthy eating plan
- Buy yourself some flowers

I commit to caring for myself by...



Cultivate Creativity



- Make a scrapbook of your favorite photos and memories
- Paint or draw a picture
- Practice photography
- Create a new meal/bake a cake
- Start making jewelry
- Start a DIY project

I commit to try and be creative by...

Learn Something New



- A new language
- An instrument
- A new fact every day
- How to cook a new cuisine

I commit to learning something new by...

Care for Others



- Volunteer for a charity you care about
- Look after a friend's pet
- Ask a friend in need what you can do for them
- Give a random act of kindness
- Make a care package for someone
- Teach someone a skill you have

I commit to care for others by...

Plan For Progress



- Plan your next holiday
- Set both short-term and long-term goals
- Create a list of all the places you'd like to travel
- Start a financial budget
- Create a life long bucket list

I commit to planning for progress by....