



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.	Walking the dog.
Planning your next holiday.	Practicing yoga or meditation.
Doing some gardening.	Sitting in a sidewalk café.
Cooking something new.	Going rock-climbing.
Practicing relaxation.	Taking a martial arts class.
Watching a DVD.	Going somewhere beautiful.
Cleaning the house.	Getting a massage.
Reading a good book.	Going swimming.
Going window shopping.	Going for a drive.
Calling a friend.	Going to the museum.
Going for a walk.	Going to the zoo.
Playing an instrument.	Riding your bike.
Learning a new sport.	Playing cards.
Taking yourself out to lunch.	Thinking about your good qualities.
Organising a camping trip.	Thinking about volunteering.
Doing something new.	Thinking about happy moments in childhood.
Making a gift for someone.	Going to the beauty parlour.
Writing some affirmations.	Reflecting on how you've improved.

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| Going to the movies mid-week. | Making lists of tasks. |
| Writing in your journal. | Watching something funny on YouTube. |
| Lighting scented candles. | Going to plays or concerts. |
| Listening to music. | Writing a poem. |
| Doing something nice for your pet. | Completing a task. |
| Learning more about a historical event. | Taking photos of nature or pets. |
| Learning more about a particular animal. | Getting a worm farm. |
| Learning more about a social cause. | Watching TV series back-to-back. |
| Planting some vegetables. | Throwing out old clothes that don't fit. |
| Watching children play. | Going to the beach to watch the waves. |
| Going out on a boat. | Looking at photos. |
| Going hang-gliding. | Cooking something nice for yourself. |
| Travelling interstate or overseas. | Thinking about how to become more environmentally friendly |
| Doing something spontaneously. | Going to the countryside. |
| Learning about aromatherapy. | Visiting / contacting old friends. |
| Doing a short barista course. | Writing a letter. |
| Inviting friends or family over. | Joining a cheap tour of your own city. |

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
