

### **Week 3/Video 6: Pleasant Activities**

Similar to not feeling up to interacting with others, when people are depressed they may not feel like doing things that they usually enjoy. People may get stuck in the lack of motivation, apathy, and fatigue of depression and end up eliminating enjoyable activities that promote feeling good.

Pleasant activities are just that; those that feel pleasant to you. These activities may be related to school, work, family, friends, sports, clubs, exercise, hobbies, chores, nature, spirituality, etc. Research shows that just scheduling or looking forward to pleasant activities helps increase and boost one's mood. Think of activities that are doable, don't have huge barriers to completion, and that can be pleasant even if you don't feel a big surge of pleasure. On **page 32**, there are sections for identifying pleasant activities. Please mark a few do-able activities. There are also blank spaces for you to list your own ideas.