

DO SOMETHING YOU ENJOY!

When we are feeling stressed or low, it can be easy to focus on those low feelings and put aside the things we enjoy. Sometimes it feels hard to enjoy them, we are tired, or we simply don't feel like it. Doing something we enjoy or that gives us a sense of purpose can be a helpful way to boost our mood--especially when we are feeling low.

CHALLENGE:

Find the time in your day and/or week to do something you enjoy or that gives you a sense of purpose or accomplishment. Make a point to follow through even if you are super busy, tired, or just don't feel like it.

1. What did you do that you enjoyed?

2. What did you feel before you did it?

3. How did you feel after you did it?

4. What did you learn about yourself by following through, even if you did not feel like it?

Share with your support people about what you enjoy doing!

BONUS CHALLENGE:

Invite somebody from your support circle to join you in doing that thing that you love.

