

Pleasurable Self-Care Activities



Go through this list and check all the activities that you are willing to do...

- Talk to a friend
- Set up a virtual meeting with a friend
- Organize an outdoor gathering
- Cuddle with a pet or person you love
- Have a socially-distanced visit with someone you enjoy
- Exercise
- Lift weights
- Take a class to learn a new skill
- Try/Do yoga, stretching, tai chi, etc.
- Sit quietly for 10 minutes
- Go swimming
- Get a massage
- Go on a hike
- Lay down outside and watch the clouds
- Ride a bike
- Take a drive
- Get lost and find your way back
- Go for a run/jog
- Go to a local park
- Join a team
- Leave your house/couch/bed and go outside
- Ride transit to a new or familiar place
- Plan/take a trip somewhere you want to go
- Take a 20-30 minute nap
- Eat chocolate (it's good for you) or something else you really like
- Cook your favourite meal
- Find and prepare a new recipe
- Go out to eat or order in
- Play with your pet
- Borrow a friend's pet and take it for a walk
- Go out and observe a local animal
- Check out your favourite video or movie
- Do what you've been avoiding
- Play video games
- Chat with someone new online
- Watch a sports event on TV
- Join a discussion group
- Browse the internet for inspiration
- Sign up for online dating
- Watch an episode of a great TV show
- Water your houseplants
- Tend to a garden
- Play a board game
- Create a new piece of art
- Write code for a new project
- Rearrange the furniture in your place
- Read an article about something you know nothing about
- Get a haircut
- Buy something for yourself
- Do a puzzle
- Write about something that's troubling you
- Listen to the radio/a podcast
- Call the crisis line and talk to someone
- Visit a local library
- Do your laundry
- Have a warm cup of coffee/tea
- Drink water
- Have a dance party in your living room
- Attend a religious service (online)
- Write a letter to someone you care about
- Play/learn a musical instrument
- Join a choir
- Buy tickets to see a virtual play

- Draw or paint something
 - Masturbate
 - Make a list of 10 things you're good at
 - Visit a doctor
 - Take a warm bath or shower
 - Write about why you enjoy being alive
 - Make a scrapbook or vision board
 - Reach out to a friend or family member you haven't connected with in a while
 - Change your hair/nail colour
 - Take photographs
 - Learn/practice a new language
 - Write a letter to yourself in 10 years
 - Read a magazine
 - Check out some ethical porn
 - Build something
 - List 10 celebrities you would like to hang out with and why
 - Have consensual sex with someone
 - Work on a project that you've neglected
 - Pray or meditate
 - Listen to music that helps you express emotion
 - Plan a trip for when the restrictions end
 - Plant a seed
 - Walk around naked at home
 - Go for a boat ride
 - Go hunting/fishing in the wilderness
 - Try knitting or crocheting
 - Make an appointment see a counsellor
 - Create your own list of pleasurable activities
 - Dress up and pretend to be someone else
 - Do some automotive repairs
 - Sit in a hot tub
 - Host a virtual pot luck dinner
 - Go to a socially-distanced concert
 - Make a list of 10 things you would like to do before you die
 - Write a letter of gratitude to someone who has positively influenced your life
 - Ask someone you admire for help
 - Design your dream room/home
 - Plan a camping trip
 - Come up with a 5-year plan for your life
 - Celebrate an accomplishment
 - Design a website
 - Put your phone in Do Not Disturb mode
 - Clean a room in your house
 - Take a break from social media
 - Play with clay
 - Use a diffuser with a scent you like
 - Drop in to a virtual fitness class
 - Change your bedsheets
 - Immerse yourself in fantasy role-play
 - Spend a day/evening in silence
 - Listen attentively to someone else
 - Apply for work
 - Other ideas
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Heightened emotions, lack of sleep, and stress make it more difficult for us to think clearly.

Consider posting this list somewhere where you will encounter it daily, and increase your chances of succeeding at self-care.

Visit www.bcit.ca/counselling to learn more