

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 doing them. Doing something that we enjoy or something that gives us a sense of purpose can be a helpful way to boost our mood--especially when we are feeling low.

There are many things we can do to find enjoyment!

SNUGGLE
WITH FURRY
FRIENDS

PLAY GAMES
WITH YOUR
FAMILY

CALL YOUR
FRIENDS

LEARN A NEW
SONG TO SING
OR PLAY

HAVE A
DANCE
PARTY

MAKE A
MEAL

RIDE A BIKE

WALK IN
NATURE

GO ON A
SCAVENGER
HUNT

PAINT OR DRAW
A PICTURE

WRITE A
STORY

READ A
GOOD BOOK

LISTEN TO
MUSIC

WHAT DO YOU DO TO FIND ENJOYMENT?

REFLECT:

Over the next week, find time to do something you enjoy! It seems like an easy task, but it can sometimes be a challenge. The challenge is to do it anyway! Once you have done something you enjoy, come back and reflect on these questions.

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?

CHALLENGE:

**SHARE WITH SOMEONE YOU TRUST ABOUT WHAT YOU ENJOY DOING.
INVITE THEM TO DO THAT THING WITH YOU!**