

Positive Activity List

Circle at least 10 activities that you'd like to try and add at least one of your own! Try and choose activities from different categories 😊

Self-Soothing Activities

- 1) Taking a hot bath or shower
- 2) Listening to music
- 3) Snuggling or holding a pet
- 4) Squeezing a stress ball
- 5) Holding a stuffed animal
- 6) Looking at happy pictures
- 7) Eating something sweet (chocolate, mints, hard candy)
- 8) Drinking a warm beverage
- 9) Painting nails or getting a manicure or pedicure
- 10) Burning incense or a candle
- 11) Smelling your favorite scents or smell perfume/cologne
- 12) Making a smoothie and drinking it slowly
- 13) Putting on your favorite piece of clothing
- 14) Putting on lotion
- 15) Wrapping a fuzzy blanket around your shoulders
- 16) Putting on a weighted blanket
- 17) Rocking in a rocking chair
- 18) Taking a nap

Expressive/ Connecting Activities

- 19) Writing in a diary or journal
- 20) Dancing
- 21) Singing
- 22) Playing a musical instrument

- 23) Painting
- 24) Scrapbooking or collage making
- 25) Writing a poem or song
- 26) Writing a letter expressing your feelings
- 27) Dressing up however you like
- 28) Taking photos and editing them
- 29) Talking to a parent or relative
- 30) Talking to a friend
- 31) Sending someone a positive text
- 32) Volunteering
- 33) Silent screaming
- 34) Asking for a hug
- 35) Playing with a pet

Opposite Action "Mood Boosting" Activities

- 36) Watching funny videos online
- 37) Doing a random act of kindness
- 38) Looking up motivational statements or quotes
- 39) Watching cheerful/ funny TV
- 40) Reading funny books
- 41) Listening to comedy sets
- 42) Reconnecting with someone who makes you happy
- 43) Looking up places where you'd like to travel

- 44) Completing something you'll feel good about
- 45) Buying yourself a little treat
- 46) Writing a card and giving it to someone you care about
- 47) Visualizing a peaceful place
- 48) Making a list of things you're grateful for

Distress Tolerance Activities

- 49) Going running
- 50) Going swimming
- 51) Playing a sport: _____
- 52) Doing pushups
- 53) Hitting or throwing a ball
- 54) Going for a bike ride
- 55) Working out
- 56) Lifting weights
- 57) Using a fidget toy or tangible
- 58) Doing paced breathing
- 59) Taking a COLD shower
- 60) Putting COLD water on your face
- 61) Using an ice pack
- 62) Using a heating pad
- 63) Doing progressive muscle relaxation

Positive Activity List

Distraction Activities

- 64) Reading
- 65) Fixing things around the house
- 66) Cooking food or making a snack
- 67) Looking up new recipes
- 68) Taking care of a pet
- 69) Cleaning your room
- 70) Making a gift or card for someone
- 71) Listening to an audiobook or podcast
- 72) Doing a puzzle
- 73) Planting something
- 74) Playing videogames or computer games
- 75) Walking around where you live
- 76) Teaching yourself a new instrument
- 77) Eating something spicy or sour
- 78) Learning a new game
- 79) Learning a new card game
- 80) Downloading music or apps
- 81) Watching sports on TV
- 82) Coloring
- 83) Styling your hair
- 84) Making a new playlist
- 85) Making something out of clay
- 86) Putting on makeup
- 87) Writing fan fiction

- 88) Surfing the internet
- 89) Going to a book store and browse
- 90) Folding origami
- 91) Finding 5 things in the room that are your favorite color
- 92) Going for a drive
- 93) Organizing a bookshelf or desk
- 94) Knitting, cross-stitching, or crocheting

Mindfulness Practices

- 95) Drawing or doodling
- 96) Making a “zen” tangle
- 97) Noticing birds or trees (or taking a nature walk)
- 98) Noticing body, breath, surroundings, feelings, and thoughts
- 99) Arranging flowers or gardening
- 100) Listening to calm.com
- 101) Praying, meditating, or taking a moment of silence
- 102) Taking deep, slow breaths
- 103) Sunbathing (with sunscreen!)
- 104) Sitting in a coffee shop or library and noticing your 5 senses
- 105) Sitting in the dark, watching a lit candle
- 106) Listening to guided meditation

- 107) Watching the sun set
- 108) Yoga or stretching
- 109) Eating a bite of something and noticing all five senses
- 110) Choose a positive phrase or mantra and saying to yourself
- 111) Gratitude journaling

Add your own ideas here

Crisis Plan (for times when coping skills aren't enough):

Talk to this family member :

Talk to this friend:

Call Doctor or Therapist:

Crisis Text line-Text “hello” to 741741

Call 911-ask for a mental health officer