



### **Action: At the core of well-being!**

We all get into a rut sometimes. Whether you are working through a period of depression, working to improve your self-care, looking for a new hobby, or just wanting to experiment with something new, here is a list to help get the creative juices flowing and to eliminate that lame excuse of “I just can’t think of anything to do!” As much as possible, try novel activities and complete them mindfully. Pay attention to your automatic reactions and judgments. What do you like, what do you despise, what did you find boring or exciting? What did you learn about yourself?

1. Take a walk around the block
2. Watch/feed the birds
3. Try a new game on your phone or Facebook
4. Email/text someone you haven’t spoken to in awhile
5. Teach yourself a new recipe
6. Listen to a different station on the radio
7. Open maps, find a nearby town you haven’t been to yet, drive there and explore
8. Try a coloring book
9. Learn a new language
10. Eat something you’ve never had before
11. Go to the local park and sit on a bench
12. Take a bath
13. Try a new herbal tea
14. Do a puzzle
15. Try a new podcast
16. Grind your own coffee beans
17. Pet an animal – preferably not a wild one!
18. Read a book or online article
19. Plant something outside or in a pot – nurture it
20. Find a pet rock and give it a name and story
21. Find three things you don’t use anymore and donate them
22. Feeling frisky? Find three things you don’t use anymore and try to sell them online or using an app (stay safe!)
23. Watch a YouTube video
24. Talk to a neighbor
25. Do a crossword puzzle
26. Finally organize those old photos
27. Alphabetize your CDs/DVDs – pitch the ones you don’t want anymore
28. Try a new workout
29. Sleep in the buff
30. Begin a list of things you are grateful for
31. Clean out the refrigerator
32. Go to a movie by yourself
33. Meet someone new
34. Repair something in the house
35. Wear an outfit you haven’t seen in awhile
36. Spend the day nude (don’t get arrested!)
37. Window-shop – either in person or online – start a wish list for yourself and loved ones
38. Find an inspirational quote and write it in removable marker on your bathroom mirror
39. Try a new sport
40. Fly a kite
41. Doodle or draw without self-judgment or critique
42. Plan a date night
43. Reorganize your furniture
44. Sing
45. Take a nap
46. Learn or practice a musical instrument
47. Handmake a card for someone
48. Do some baking and give the excess away
49. Begin writing your memoir
50. Write a poem or compose a song
51. Deep clean a room in your home
52. Take a different route to the store or to work
53. Hang out with a child (one that you know)
54. Play solitaire. Don’t know how? Take an online tutorial or ask a friend.
55. Find a vegetable or fruit at the grocery store that you can’t identify, find out what it is, and figure out a way to eat it (safely)
56. Give yourself (or somebody else) a massage
57. Dance. Seriously. No one can see you...just dance
58. Play ‘hot lava’ with your furniture (safely)
59. Start your bucket list

Don’t like my examples? Try googling “pleasurable activities list” or create one of your own! Post your ideas in the comments section for others to benefit from ☺ Remember that you don’t have to like an activity in order to benefit from it, and by trying something new you may discover a passion you never knew you had!