

Pleasant and Distracting Activities

Engaging in enjoyable activities is likely to improve your mood and can help you tolerate negative emotions.

When you notice an urge to engage in a disordered behaviour, it is important to try to **delay the urge**. Delaying is very important tactic because if you can delay the urge long enough, the urge will decrease in intensity and then pass.

Here is a list of the distracting and pleasant activities that you may like to experiment with.

- Listen to music
- Do mindfulness exercises or meditation
- Go shopping
- Call a friend or relative
- Visit a friend or relative
- Go out for a coffee/drink
- Sit in a cafe or park
- Go for a walk or swim
- Go bike riding
- Go to a local tourist attraction
- Go to a museum
- Update your online profile
- Put on make-up
- Redecorate a room
- Take a bath or shower
- Paint your nails
- Put on nice moisturiser/hand cream
- Write a journal entry
- Read a book
- Put on clothes that make you feel good
- Make a pot of tea
- Plan a holiday
- Organise an activity with friends
- Make a gift or card for someone
- Write incentive cards
- Create a music playlist
- Enrol in a Yoga/Pilates class
- Do a yoga class on YouTube

- Go for a drive
- Do a YouTube tutorial
- Light scented candles
- Read the news
- Watch a movie
- Write a poem or short story
- Go to a bookstore or library
- Go for a walk and take photos
- Write a letter to a friend
- Invite a friend over
- Do some gardening
- Lie in the sun
- Do some painting
- Clean the house
- Dance!
- Listen to a podcast
- Get a massage



Make a list of some other activities you could do:

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