

CHECKLIST: WHAT ABOUT THINGS YOU'VE STOPPED DOING?

Your list might not contain all the things you like to do, so have a look through the list below and tick the one's that apply to you – things you used to enjoy but haven't felt like doing lately.

- Enjoying sport
- Seeing your friends
- Listening to music
- Watching a film
- Pursuing a hobby
- Watching TV
- Phoning or texting friends
- Gardening/looking after plants
- Going for a walk/Getting some fresh air
- Doing exercise
- Going to a class or club
- Playing a musical instrument
- Reading a good book, magazine or blog
- Practicing relaxation techniques
- Going to church, mosque, temple or synagogue
- Spending quality time with older children
- Spending time with family
- Cooking or baking for pleasure

THINGS THAT GIVE YOU A LIFT

Now make a list of things that help you feel better. Use the happy list and this checklist and pick out the things you did that you enjoyed, gave you a sense of achievement/value or made you feel close to others.

Write them down here.

