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.

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