

List Of Distracting, Pleasurable Activities	
Cook your favorite meal	Read your favorite book genre
Go out and have a cup of coffee with a friend	Play video games
Work out	Play with your pet or give it a bath
Listen to your favorite music (and maybe dance)	Go on a date with your loved one
Watch a movie at home or a TV show	Have a picnic or go for a hike
Pick up a new hobby (Yoga, Pilates, or something else)	Take a nap or sleep
	Listen to a podcast you enjoy or the radio
Take a hot bubble bath	Start a diary
Visit a museum or a gallery	Do karaoke
Play an instrument, or start learning to play one	Eat snacks or something you enjoy
Simply go for a walk outside	Go outside and enjoy the sunshine
Play a game with your friends (Monopoly, Clue)	Watch YouTube or visit a Website you like
Call a friend or a family member and chat	Read comic books
Chat online with your friends	Go for a drive or take the public transportation
Go shopping and browse around	Create new art that you enjoy
Start writing a book	Go out and have your favorite lunch
Meditate	Draw a painting, or do some coloring
Listen to a type of music you don't usually listen to	Do some work or finish up some chores if you enjoy doing that
Read a magazine or the newspaper	Buy a gift for a loved one or a friend
Get a massage or go to a beauty salon	Go swimming in the local pool
Watch a sports event (baseball, basketball)	Dress nice and go out
Buy some plants or do some gardening	Watch stand-up comedy
Go to the movies or watch a play	

