

EMOTION REGULATION HANDOUT

Pleasant Events List

SELF-CARE

- Soaking in the bathtub
- Doing hair/make-up
- Reading or writing positive affirmations
- Lying in the sun
- Singing in the shower
- Cheerleading/Encouraging self
- Paint your nails
- Taste some chocolate
- Dying Hair
- Writing in journal

HOUSEHOLD ACTIVITIES

- Plant flowers or plants
- Baking cookies
- Working on a car or bike
- Organizing stuff
- Build a tree house or fort
- Plant cooking herbs
- Cooking a new recipe
- Decorating or Re-decorating a room
- Cleaning
- Picking out outfits
- Making a hot chocolate...Adding whipped cream
- Watering plants
- Caring for (playing, petting, bathing) a pet
- Watching a favorite show
- Pulling weeds from the yard
- Making Kool-Aid

HOBBIES

- Collecting things (coins, shells, stamps)
- Playing Guitar
- Taking photographs
- Painting
- Scrapbooking
- Doing arts and crafts
- Sewing, knitting, needlepoint
- Acting
- Tye-dying a shirt
- Learning a (new) instrument

RELAXATION

- Going on an imaginary vacation
- Listening to calming music
- Meditation through an App/CD
- Day Dreaming
- Watching a sunset or sunrise

ENERGETIC ACTIVITIES

- Jogging/walking
- Exercising- videos, classes
- Roller blading, roller skating
- Lifting weights
- Swimming
- Taking a long mindful walk/run
- Mowing the lawn
- Playing a sport
- Do laundry (or learn how)
- Building a Skate Ramp

OUT & ABOUT ACTIVITIES

- Going on a vacation
- Thrift store shopping
- Going to the movies
- Visiting a new place
- Shopping
- Icecream
- Going to Starbucks
- Visit a museum or art gallery
- Visit the public library
- Go to the zoo or a theme park
- Having a picnic

PRIVATE ACTIVITIES

Reading poems
 Watching a comedy
 Making a gift
 Playing video games
 Writing a life story
 Finding lyrics to a song
 Watching a favorite show
 Making a gratitude list
 Reading a favorite magazine
 Internet surfing on new topics
 Cuddling with a favorite book
 Journaling
 Arranging flowers
 Studying for school/GED

Research mindfulness practices
 Taking photographs
 Smiling at fun photos
 Singing
 Renting a movie online
 Reflecting on change
 Sculpting
 Sending an email to a friend/family member
 Playing cards
 Writing a letter
 Laughing
 Making a card for someone

SOCIAL ACTIVITIES

Playing cards
 Go on a picnic
 Watching a comedy
 Helping a child/neighbor
 Babysitting
 Helping a friend
 Renting a movie online
 Spending time with friends
 Karaoke
 Volunteering
 Recording commercials/skits
 Laughing
 Having a "date" with a parent
 Going to a play
 Playing board games
 Hugging family
 Listening to others
 Going to the movies

PLANNING ACTIVITIES

Planning your career path
 Planning a camping trip
 Designing your first business card
 Picking out outfits for the week
 Looking up college scholarships
 Exploring new ideas
 Planning for college -where to go
 Starting a project
 Completing a project
 Dreaming of after graduation
 Planning an event get-together
 Watching beautiful scenery