

Use An Activity Menu To Give You Some Ideas To Stay Occupied



Animals

Pet an animal
Walk a dog
Listen to the birds



Be active

Go for a walk
Go for a run
Go for a swim
Go cycling
Use an exercise video at home



Clean

Clean the house
Clean the yard
Clean the bathroom
Clean the toilet
Clean your bedroom
Clean the fridge
Clean the oven
Clean your shoes
Do the washing up
Fill / empty the dishwasher
Do laundry
Do some chores
Organise your workspace
Clean a cupboard



Connect with people

Contact a friend
Join a new group
Join a political party
Join a dating website
Send a message to a friend
Write a letter to a friend
Reconnect with an old friend



Cook

Cook a meal for yourself
Cook a meal for someone else
Bake a cake / cookies
Roast marshmallows
Find a new recipe



Create

Draw a picture
Paint a portrait
Take a photograph
Doodle / sketch
Organise photographs
Make a photograph album
Start a scrapbook
Finish a project
Do some sewing / knitting



Expression

Laugh
Cry
Sing
Shout
Scream



Kindness

Help a friend / neighbor / stranger
Make a gift for someone
Try a random act of kindness
Do someone a favour
Teach somebody a skill
Do something nice for someone
Plan a surprise for someone
Make a list of your good points
Make a list of things or people you are grateful for



Learn

Learn something new
Learn a new skill
Learn a new fact
Watch a tutorial video



Mend

Repair something in the house
Repair your bike / car / scooter
Make something new
Change a lightbulb
Decorate a room



Mind

Daydream
Meditate
Pray
Reflect
Think
Try relaxation exercises
Practise yoga



Music

Listen to music you like
Find some new music to listen to
Turn on the radio
Make some music
Sing a song
Play an instrument
Listen to a podcast



Nature

Try some gardening
Plant something
Do some pruning
Mow the lawn
Pick flowers
Buy flowers
Go for a walk in nature
Sit in the sun



Plan

Set a goal
Create a budget
Make a 5 year plan
Make a 'to do' list
Make a 'bucket list'
Make a shopping list



Read

Read a favourite book
Read a new book
Read the newspaper
Read your favourite website



Schedule

Get up extra early
Stay up late
Sleep in late
Tick something off your 'to do' list



Self care

Take a bath
Take a shower
Wash your hair
Give yourself a facial
Trim your nails
Sunbathe (wear sunscreen!)
Take a nap



Try something new

Try a new food
Listen to some new music
Watch a new TV show or movie
Wear some new clothes
Read a new book
Do something spontaneous
Express yourself



Watch

Watch a movie
Watch a TV show
Watch a YouTube video



Write

Write a letter with compliments
Write a letter to your politician
Write an angry letter
Write a grateful letter
Write a 'thank you' card
Write a journal / diary
Write your CV
Start writing a book

Use This Decision Tree To Help You Notice 'Real Problem' Vs. 'Hypothetical Worry'

