











We know that doing something we enjoy makes us feel good; what we often don't stop to consider is how this can help us put our worries into perspective. Even simple things, no matter how small, can boost our confidence, reminding us of what is important to us. Reflecting on the things we enjoy is a good way of starting to feel more in control of our life. Its not about ignoring problems, its about taking time out to recharge and refocus, so that we have the energy to carry on when things aren't going as well as they could.

If you are having trouble thinking about things you like to do, simply try to name the kinds of activities you lose yourself in. It could be:-

*does it help you to...?*

- Sports - Drama - Playing an instrument**
- Dancing - Cooking - Arts and crafts**
- Reading - Writing stories or poems**

**Step 1** – List below the activities that you enjoy:-

i Like To...	TALK ABOUT THINGS 	BE WITH FRIENDS 	MAKE NEW FRIENDS 	CARE FOR OTHERS 	GET OUT 	KEEP YOU ACTIVE 	LEARN NEW SKILLS 	RELAX 
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**Step 2** – Not everything we enjoy is as good for us as we might hope. We might enjoy eating sweets and the occasional treat is always nice, but if this were all we ate, we would soon be suffering the effects. Getting a balance in the things we do is just as important as having a balanced diet. Playing a computer game may help us switch off at the end of a busy week, but playing every night just before we go to sleep might have the opposite effect. To help you think about which of your interests have additional benefits, work across the columns ticking each circle that applies.

Now try and plan your week to include as many of the activities you have identified. Try to prioritise those that have the most ticks. To help you keep track, check out the MyMind Diary download. After doing something on your list, allow yourself the space and time to reflect on how you felt after the activity and what you got from it.

**Remember** - There are lots of things you might enjoy but you haven't tried yet. You won't know what they are until you give them a go, so why not look out for activities that you can get involved with in your local community or at your school or college .