



## What Brings Me Joy?

Use this resource to help you list all the things and activities that bring you pleasure or joy. Place this list somewhere highly visible, e.g., kitchen table, refrigerator, bathroom mirror, bedside table, etc., so that it can be easily accessed.

When you are feeling sad, bored, hurt, anxious, nervous, depressed or any other type of feelings that cause you to do something unhealthy, like mindless eating or something else, refer to this list and try 1 or 2 ideas from this list.

This is an active list, continue to add ideas as they come, cross off ideas that you try and didn't work; highlight/circle ideas that worked really well so you know for next time! Let's get started!

My ideas to help bring joy/pleasure when I feel unwell include:

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