

Positive Feelings.

It's hard to feel angry when you are doing something you enjoy, what activities help to calm you down, what makes you feel good about yourself? List them below & rate them out of 10.

A good idea is to look at creating a 'Feeling Good' Personal Plan. This is a plan designed around you & all the activities that make you feel good. The Personal Plan lists various activities that fall under the categories – Relaxing, Creative, Recreational, & Social. Look at the table of activities below & tick which category they fall into.

Activity	Relaxing	Creative	Recreational	Social
Read.				
Keep a diary.				
Buy a treat.				
Have a meal.				
Specil time for yourself.				
Listen to music.				
Shop with a friend.				
Lie in the bath.				
Draw or paint.				
Go for a walk or bike ride.				
Go to a party.				
Watch or take part in a sport.				
Have a meal out.				
Cook a favourite meal.				

Now think of yourself & the activities that fall into each category, plan out your Personal Plan over a week.

Day	Relaxing	Creative	Recreational	Social
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Now look back at your current Plan, have you an activity in every category? Are there other slots you could fill? Go back to the table & add additional activities that cover all the categories. Try setting yourself a Self-target to stick to this 'Feeling Good' Plan for a week.