INSIDEOUT
Institute for Eating Disorders

Pleasant and Distracting Activities

Engaging in enjoyable activities is likely to improve your mood and can help you tolerate negative emotions.

When you notice an urge to engage in a disordered behaviour, it is important to try to **delay the urge**. Delaying is very important tactic because if you can delay the urge long enough, the urge will decrease in intensity and then pass.

Here is a list of the distracting and pleasant activities that you may like to experiment with.

- Listen to music
- Do mindfulness exercises or meditation
- Go shopping
- Call a friend or relative
- Visit a friend or relative
- Go out for a coffee/drink
- Sit in a cafe or park
- Go for a walk or swim
- Go bike riding
- Go to a local tourist attraction
- Go to a museum
- Update your online profile
- Put on make-up
- Redecorate a room
- Take a bath or shower
- Paint your nails
- Put on nice moisturiser/hand cream
- Write a journal entry
- Read a book
- Put on clothes that make you feel good
- Make a pot of tea
- Plan a holiday
- Organise an activity with friends
- Make a gift or card for someone
- Write incentive cards
- Create a music playlist
- Enrol in a Yoga/Pilates class
- Do a yoga class on YouTube
- Go for a drive
- Do a YouTube tutorial
- Light scented candles
- Read the news
- Watch a movie
- Write a poem or short story
- Go to a bookstore or library
- Go for a walk and take photos
- Write a letter to a friend
- Invite a friend over
- Do some gardening
- Lie in the sun
- Do some painting
- Clean the house
- Dance!
- Listen to a podcast
- Get a massage

Make a list of some other activities you could do:

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