**MODULE 4 – Enjoyable Activities by K**

Each of us chooses our level of activity and the activities in which we participate. As discussed in previous modules, these choices can have a positive or negative impact about our feelings and thoughts.

We will discuss the importance of regularly doing activities that we find enjoyable. The activities we find enjoyable depend on our preferences. They can be more active or more contemplative, such as taking a walk around the neighborhood or simply listening to music. They can be done alone or in group. When we do things that make us happy, we are more likely to feel better, to have positive thoughts about our lives, and to have positive interactions with others.

Take a moment to think about something you did last week that lifted your mood or gave you a positive thought. An enjoyable activity doesn't have to be something elaborate like seeing a show or going on vacation. It can be a simple activity that makes you feel good, such as taking a bath or reading a few pages of a book.

When we're feeling down, sad or gloomy, it can be difficult to do enjoyable activities. Sometimes we don't have the energy, or we simply don't want to do anything. But letting ourselves do nothing can sometimes make our mood worse.

If we think about the fact that pleasurable activities generally improve our mood, it may be easier to muster the energy needed to take action and do fun activities.