

1. Acting
2. Archery
3. Arranging flowers
4. Baking delicious treats
5. Baking homemade bread
6. Birdwatching
7. Blowing bubbles
8. Boxing a punching bag
9. Building a birdhouse or feeder
10. Buying something online
11. Buying books online / Downloading ebooks
12. Buying gift cards to support local businesses
13. Buying digital music / Streaming music
14. Buying new furniture
15. Calling a family member via FaceTime/Google Duo/Skype
16. Calligraphy
17. Calling a friend via FaceTime/Google Duo/Skype
18. Changing your hair color
19. Cleaning
20. Clearing your email inbox
21. Collecting things (coins, shells, etc.)
22. Coloring
23. Contacting old school friends via FaceTime/Google Duo
24. Cooking a recipe that you've never tried before
25. Cooking your favorite dish or meal
26. Cooking a special meal
27. Cooking some meals to freeze for later
28. Creating your own Web site
29. Dancing
30. Daydreaming
31. Debating
32. De-cluttering
33. Digging your toes in the sand, soil, etc.
34. Discussing books with family and friends via FaceTime/Google Duo/Skype
35. Doing a puzzle with a lot of pieces
36. Doing yoga, tai chi, or Pilates
37. Doing 5 minutes of calm deep breathing (4-7-8)
38. Doing a DIY project (e.g., making homemade soap, making a mosaic)
39. Doing arts and crafts
40. Doing ballet, jazz/tap dancing, etc.
41. Doing crossword puzzles
42. Doing embroidery/cross stitching
43. Doing jigsaw puzzles
44. Doing something religious or spiritual

References

- (Centre for Clinical Intervention, 2020)
- (The Dialectical Behavior Therapy Skills Workbook. McKay et al., 2007)

45. Doing Sudoku
46. Doing the dishes
47. Doing woodworking
48. Donating blood
49. Doodling
50. Drawing a picture
51. Driving
52. Early morning coffee and newspaper
53. Eating chocolate or something yummy to your tummy!
54. Eating your favorite ice cream
55. Eating outside during a break
56. Exchanging emails
57. Exercising
58. Fantasizing about the future
59. Feeding the birds
60. Finding something funny to do
61. Flipping through old photo albums
62. Flying kites
63. Gardening
64. Geocaching
65. Getting an indoor plant
66. Giving your pet a bath
67. Giving positive feedback about something (e.g., writing a letter or email about good service)
68. Giving someone a genuine compliment
69. Go outside and play with your pet
70. Go outside and watch the birds and other animals
71. Go outside and watch the clouds
72. Going bike riding
73. Going fishing
74. Going hiking, bush walking
75. Going horseback riding
76. Going on a picnic
77. Going on a virtual date
78. Going rock climbing
79. Going swimming
80. Going to a scenic spot and enjoying the view
81. Grooming your pet
82. Having a barbecue
83. Having a political discussion via FaceTime/Google Duo/Skype
84. Having a quiz or trivia night via FaceTime/Google Duo/Skype
85. Having a video call with someone who lives far away
86. Having a warm drink
87. Having an indoor picnic
88. Having discussions with friends via FaceTime/Google Duo/Skype
89. Having lunch with a friend via FaceTime/Google Duo/Skype
90. Hobbies (stamp collecting, model building, etc.)

References

- (Centre for Clinical Intervention, 2020)
- (The Dialectical Behavior Therapy Skills Workbook. McKay et al., 2007)

91. Jogging & walking
92. Juggling or learning to juggle
93. Jumping on a trampoline
94. Knitting/crocheting/quilting
95. Laughing
96. Learning a new language
97. Learning a magic trick
98. Learning about my family tree
99. Lifting weights
100. Lighting scented candles, oils or incense
101. Listening to some upbeat, happy music
102. Listening to the radio
103. Listening to a podcast or radio show
104. Listening to an audiobook
105. Listening to classical music
106. Listening to music
107. Looking at pictures of beautiful scenery
108. Lying in the sun
109. Maintaining a musical instrument (e.g., restringing guitar)
110. Maintaining an aquarium
111. Making a list of ten things you would like to do
112. Making a list of ten things you're good at or like
113. Making a list of the people you admire
114. Making a movie or video
115. Making a scrapbook with pictures
116. Making a 'To-Do' list of tasks
117. Making a gift for someone
118. Making a playlist of upbeat songs
119. Making a pot of coffee/tea
120. Making dinner
121. Making jams or preserves
122. Making jewelry
123. Making your bed with fresh sheets
124. Making pottery, or taking a pottery class online
125. Massaging hand cream into my hands
126. Meditating
127. Meeting new people online
128. Memorizing lines from your favorite movie
129. Mowing the lawn
130. Napping in a hammock
131. Opening the curtains and blinds to let light in
132. Organizing your wardrobe
133. Organizing your workspace
134. Painting a picture with a brush or your fingers
135. Painting your nails
136. Pampering yourself at home (e.g., putting on a face mask)

References

- (Centre for Clinical Intervention, 2020)
- (The Dialectical Behavior Therapy Skills Workbook. McKay et al., 2007)

137. Patting or cuddling your pet
138. Photography
139. Planning a day's activities
140. Planning my career
141. Planting a terrarium
142. Planting vegetables or flowers
143. Playing a musical instrument or learn how to play one
144. Playing solitaire
145. Playing video games
146. Playing cards
147. Playing lawn games (e.g., bowls, croquet, bocce)
148. Playing with your pets
149. Practicing karate, judo
150. Practicing yoga & Pilates
151. Praying or meditating
152. Putting a vase of fresh flowers in your house
153. Putting moisturizing cream on my face/body
154. Putting on perfume or cologne
155. Putting up a framed picture or artwork
156. Reading Sunday comics
157. Reading classic literature
158. Reading fiction
159. Reading magazines or newspapers
160. Reading non-fiction
161. Reading poetry
162. Rearranging the furniture in your house
163. Recycling old items
164. Redecorating
165. Refurbishing furniture
166. Relaxing
167. Repairing things around the house
168. Researching a topic of interest
169. Re-watching a favorite movie
170. Riding your bike
171. Savoring a piece of fresh fruit
172. Saying, "I love you."
173. Scheduling a day with nothing to do
174. Seeing and/or showing photos
175. Sending a handwritten letter
176. Sending a loved one a card in the mail
177. Sending a text message to a friend
178. Setting up a budget
179. Sewing
180. Shaping a bonsai plant
181. Shaving
182. Shining my shoes

References

- (Centre for Clinical Intervention, 2020)
- (The Dialectical Behavior Therapy Skills Workbook. McKay et al., 2007)

183. Shooting pool or playing billiards
184. Singing or learning how to sing
185. Singing around the house
186. Singing in the shower
187. Sitting outside and listening to birds sing
188. Sketching & painting
189. Skipping stones on the water
190. Skipping/ jumping rope
191. Sleeping or take a nap
192. Smelling a flower
193. Snuggling up with a soft blanket
194. Soaking in the bathtub
195. Spending an evening with good friends via FaceTime/Google Duo
196. Spending time alone
197. Spending time in nature
198. Stargazing
199. Streaming a Broadway play
200. Stretching muscles
201. Surfing the internet
202. Taking a bubble bath or shower
203. Taking a cooking class online
204. Taking photographs
205. Taking a free online class
206. Taking a sauna, spa or a steam bath
207. Taking care of your plants
208. Taking your dog to the park
209. Talking to a friend on the telephone
210. Talking to an older relative and asking them questions about their life via FaceTime/Google Duo/Skype
211. Teaching a special skill to someone else (e.g., knitting, woodworking, painting, language) via FaceTime/Google Duo/Skype
212. Telling a joke
213. Training your pet to do a new trick
214. Trimming your nails
215. Turn on some loud music and dance
216. Turning off electronic devices for an hour (e.g., computer, phone, TV)
217. Upcycling or creatively reusing old items
218. Using special items (e.g., fine china, silver cutlery, jewelry, clothes, souvenir mugs)
219. Visit a museum or local art gallery virtually
220. Visit fun Web sites and keep a list of them
221. Waking up early, and getting ready at a leisurely pace
222. Walking around the block
223. Walking barefoot on soft grass
224. Washing your car
225. Washing your hair
226. Watching a funny movie

References

- (Centre for Clinical Intervention, 2020)
- (The Dialectical Behavior Therapy Skills Workbook. McKay et al., 2007)



227. Watching a funny TV show or movie
228. Watching a movie marathon
229. Watching a sunset or sunrise
230. Watching sports
231. Watching funny videos on YouTube
232. Watching your children play
233. Watching the clouds drift by
234. Wearing an outfit that makes you feel good
235. Wearing comfortable clothes
236. Wine tasting w/ family and friends via FaceTime/Google Duo/Skype
237. Working on your car, truck, motorcycle or bicycle
238. Working
239. Writing a book; become an author
240. Writing a letter to your higher power
241. Writing a loving letter to yourself
242. Writing a poem, story, movie or play
243. Writing a story about the craziest or funniest thing
244. Writing in your journal
245. Writing things you like about yourself on paper
246. Writing a positive comment on a website /blog
247. Writing a song or composing music
248. Writing down a list of things you're grateful for

References

- (Centre for Clinical Intervention, 2020)
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