

Take Time to Do a Pleasant Activity

Take time to enjoy yourself

Scheduling time to enjoy yourself may help you recharge and find more balance between the things you must do and the things you want to do. Think of taking time for yourself to do enjoyable activities as a prescription to help you relieve your PASC symptoms. As having fun becomes part of your routine, you may begin to feel better and have a more positive outlook on life.

You can use the following worksheet to help you plan time for enjoyable activities each week. Begin by following these steps:

STEP 1	STEP 2	STEP 3	STEP 4
<p>Make a list of activities you enjoy doing.</p>	<p>Select one of the activities you would like to try first.</p>	<p>Plan how you will do the activity.</p>	<p>Plan a time to do the activity this week.</p>
<p>Create a list of things you like to do. Include things that you:</p> <ul style="list-style-type: none"> • Have enjoyed doing in the past • Think you may enjoy doing in the future <p>If you need ideas, look at lifestyle magazines or find out what kinds of classes or lessons are offered online or at your local community center.</p>	<p>Put a star [*] next to the activities on your list that you want to do right now. For each activity, think about what you can do, based on:</p> <ul style="list-style-type: none"> • If you have the resources [time, money, transportation] to do it • Who might help you • If you can pace yourself or adapt the activity to meet your needs • The best time of the day to do it 	<p>You may need to break an activity up into simpler steps to meet your needs. For example, if you like to cook:</p> <ul style="list-style-type: none"> • Look for new recipes online and in books • Make a shopping list of the ingredients you will need • Make one dish instead of a whole meal • Prepare your dish in stages • Rest between steps • Ask for help if you need it, like cutting or mixing 	<p>Schedule your activity and stick to this time just like you would an important meeting or doctor's visit.</p> <p>Pick a time of day when you tend to feel your best.</p> <p>Remember, setting aside time to enjoy yourself is an important part of managing many PASC symptoms.</p>

Here's an example of how to fill out the table on page 3:

Day	Pleasant Activity	Set a Time	Notes
Monday	<i><u>Cooking:</u> Pick out a recipe from a cookbook and make a shopping list for the ingredients.</i>	<i>4:00-4:30 PM</i>	<i>It feels good to be thinking about cooking something the family will enjoy.</i>
Tuesday	<i><u>Cooking:</u> Make the crust for an apple pie and freeze it in the pan.</i>	<i>4:00-4:30 PM</i>	<i>I plan to make the filling tomorrow.</i>



Track Your Daily Pleasant Activity in This Table:

Day	Pleasant Activity	Set a Time	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

