

Choosing Positive Activities



What you should know

After a disaster, people often stop doing things that used to be enjoyable, rewarding, or personally meaningful. Trying to handle all of the details and tasks—while coping with difficult feelings—quickly drains emotional and physical energy. If you “fill up your tank” by taking care of yourself or doing things that give you meaning, you will not only eventually feel better, but you will have more energy to take care of all those things that must be done. Engaging in hobbies, helping others, re-establishing family routines, and participating in satisfying activities can also improve your mood, make things feel more normal, and restore a sense of control. It may take some time, and it may not feel like fun at first. Don’t worry; just keep making meaningful, enjoyable activities a part of your daily life.

Activities to Consider

Indoor Activities	Outdoor Activities	Social Activities	Rebuilding Activities
Reading	Going for a walk	Calling a friend	Fixing up a park or playground
Drawing, painting	Running	Hanging out with friends	Doing something as a tribute to disaster victims
Listening to music	Visiting a park	Contacting a family member	Helping a neighbor with yard work
Watching a movie	Walking a dog	Meeting new people	Helping out at a fundraiser
Writing in a journal	Gardening	Learning a new hobby	Watching a friend’s children
Using the computer (games, Internet)	Swimming	Emailing, texting, blogging, chatting online	Helping to repair a community building
Knitting, crocheting	Hiking	Playing team sports, dancing	Running an errand for an elderly person
Making a collage	Biking	Playing a board or card game	Volunteering at a school
_____	_____	_____	_____
_____	_____	_____	_____

Choose any of the activities on this list that appeal to you, or use the list to help you brainstorm and come up with other activities. Pick at least one activity you can do by yourself, and one social activity that involves someone else.