

Exercise sheet

ACTIVITIES TO HELP YOU COPE



List of activities for people who don't know (or no longer know) what to do when things aren't going well.

Stimulating activities

- Physical exercise
Walking, running, weight training, going to the gym, playing a team sport.
- Household chores
Washing or cleaning, washing the dishes, vacuuming, dusting.
- Gardening
- Cooking
- Calling a friend
- Going out to eat or drink
- Going out shopping
- A film, series, book or music
Your favourites, to stimulate other emotions.
- Reading a newspaper or magazine
- Playing
Video games, solo games (e.g. puzzles), games with others.
- Practising gratitude
Volunteering, giving someone a gift, being thoughtful towards others.

Soothing activities

- Food
Eating a good meal or snack, drinking something nice (non-alcoholic), having a picnic.

Fiche exercice

DES ACTIVITÉS POUR FAIRE FACE

- Lighting a candle
- Contemplating
A work of art or a landscape, the stars, going to a beautiful place.
- Singing
- Listening
Soothing or invigorating music, the sounds of nature or the environment, a relaxation session.
- Smelling
Your favourite scent, the smells of nature or flowers, something appetising.
- Taking care of your body
Taking a bath or shower, bathing your feet, getting your hair done or having a massage, doing your nails.
- Stroking your pet
- Laughing or smiling

