

---

# JOY ACTIVITIES

---

## Develop the habit of having fun!

When in chronic pain, people often withdraw from social interaction and previously loved activities. Withdrawing can lead to a decrease in mood and increase in pain. Therefore, it is important for people with ongoing pain to do nice things for themselves that provide a sense of joy or achievement!

## Give yourself permission to have fun!

You can give yourself permission to do FUN things and make your life a little better. Rewarding yourself with fun activities will have a positive effect on your mood and brain.

When in pain, we tend to withdraw from the fun things first and continue to push through with home duties and work, until eventually this is all we have left. We need to *reverse* this and prioritise self-care and fun! Taking this pathway will help you rewire your pain and get your life back.

## Create a list:

Think back to when you weren't in pain. What activities have you given up? Write down a list of activities that bring you a sense of joy or achievement. If you are having trouble remembering things you enjoyed before pain, ask someone close to you. Make it a habit to complete one fun activity per day.

**Tip:** Try to make a SMART goal for each activity – see SMART goals worksheet for more information.

Here are some examples to get you started:

- Listen to music – create a playlist or write a list of your favourite songs.
- Chat to a friend on the phone once or twice a week.
- Watch a movie or an episode of a TV show.
- Read a new book– try to read 10 pages at a time.
- Cook a treat or meal – for yourself or a close friend/family member.



---

# MY NICE THINGS LIST:

---



List all the activities you can think of that bring you a sense of joy or achievement:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_