

Create a pleasure board and ways to make you feel better



Do the tighten up exercise and then relax. Every hour take 60 seconds to do something you enjoy, eg a cup of tea, rubbing your hands together, or massaging yourself, looking at a view or a picture you like.

Now think of someone you deeply love or an event that brought you great satisfaction and joy. Visualize that person or event. When you feel frustrated take 30 seconds to visualize someone you love or that event. You cannot stay frustrated while you are doing this. You will end up with a gentle smile. The other person will note that genuine smile and they will feel better in 7 seconds or less.

To increase your motivation, write down all the activities in the past year that brought you pleasure. As you write them down immerse yourself in each memory. Eg walking around the bay, a meal with friends, a birthday party, getting a good result etc

Our brains are wired to seek pleasure. It releases dopamine, which makes us feel better. Fill your day with things that are pleasurable. If you feel depressed focus on something you have enjoyed and visualize it as an instant way to feel better.

Adapted from Mark Waldman www.markrobertwaldman.com