

How to *increase* positive emotion and *reduce* vulnerability to Emotion Mind using ABC..

Add Positive and Pleasurable Activities:

- In the **short term**, do pleasant things that are possible right now.
 - Do one thing each day from the “Pleasant Activities List.”
 - Be *mindful* of positive experiences (see next page).
 - Stop and smell the roses – try to catch pleasant moments in your everyday experiences (e.g., stop and look at the sunset, stop to admire a painting you pass in the hallway).

- In the **long run**, make changes in your life so that positive events will occur more often. **Build a life worth living.**
 - Work toward goals:
 - Identify **ONE** value
E.g., having healthy relationships
 - List **small** steps that you can take to get closer to living out that value
E.g., make eye contact with others in social situations, introduce yourself to new people
 - Take a first step
E.g., reach out to a friend you have not heard from in a while, join a group to meet new people
 - Keep taking small steps until you reach your goal. Then stay active to maintain your progress.
E.g., continue to plan activities with people you enjoy
 - **Pay attention to relationships** – repair old relationships, create new relationships, and nurture/improve current relationships.
 - **Avoid** *avoiding* and *avoid* giving up.

Remember:

Increasing positive relationships = decrease in depression & anxiety

How to *increase* positive emotion and *reduce* vulnerability to Emotion Mind using Accumulating Positives

Be Mindful of Positive Experiences

- In other words, participate *fully* in each experience.
 - If you are brushing your teeth, focus just on brushing your teeth rather than mulling over something you wish you had done differently or planning out in your head how you will solve a potential problem in the future.
- Re-focus your attention on positive events while they are happening.
 - Be mindful of not allowing worry about the future to pull you away from the present (e.g., not be present while spending time with family member because you are thinking about how sad it will be when they leave).
- Re-focus your attention when you mind wanders to the negative.
 - When you catch yourself worrying about the future or dwelling on the past, find a way to ground yourself in the present (take three, slow, deep breaths) and re-engage in moment.

Be UnMindful of Worries

- Don't miss out on positive experiences by thinking about:

- When they will end.
 - Whether you *deserve* this positive experience.
 - How much more *might* be expected of you now.
- ***If your mind wanders to the negative 100 times, your only task is to bring your mind back to the present 101 times.***

Pleasurable Activities List

- | | |
|---|---|
| ● Relaxing | ● Doing arts and crafts |
| ● Watching a movie | ● Buying/downloading music |
| ● Laughing | ● Cooking |
| ● Thinking “I have done a full day’s work.” | ● Writing (books, poems, articles) |
| ● Reading magazines or newspapers | ● Sewing |
| ● Repairing things around the house | ● Early morning coffee and newspaper |
| ● Eating | ● Thinking, “I have a lot more going for me than most people” |
| ● Listening to music | ● Daydreaming |
| ● Having a quiet evening | ● Refinishing furniture |
| ● Exercising | ● Watching TV |
| ● Singing around the house | ● Making lists of task |
| ● Organizing tools | ● Completing a task |
| ● Thinking, “I’m an OK person” | ● Photography around the house |
| ● Painting | ● Thinking about pleasant events |
| ● Doing needlepoint, crewel, etc. | ● Staying on a diet |
| ● Playing musical instruments | |

- Playing with animals near the house
- Reading fiction
- Writing diary entries or letters
- Cleaning
- Reading nonfiction
- Dancing
- Thinking, “I did that pretty well,” after doing something
- Meditating, yoga
- Working on clay or pottery
- Dressing up
- Reflecting on how I’ve improved
- Talking on the phone
- Thinking religious thoughts
- Lighting candles
- Doing woodworking
- Fantasizing about the future
- Knitting
- Doing crossword puzzles
- Seeing photos
- Thinking about my good qualities
- Solving riddles
- Thinking about happy moments in my childhood
- Doing something new
- Working on jigsaw puzzles
- Playing cards
- Thinking, “I’m a person who can cope”
- Taking a nap
- Figuring out my favorite scent
- Instant-messaging/texting someone
- Putting on my favorite piece of clothing
- Making a smoothie and drinking it slowly
- Putting on makeup
- Thinking about a friend’s good qualities
- Completing something I feel great about
- Surfing the internet
- Playing video games
- E-mailing a friend
- Watching sports on TV

- Watching stand-up comedy on YouTube
- Working in my garden
- Blogging
- Learning to do something new
- Listening to the sounds of nature
- Looking at the moon and stars
- Reading cartoons or comics
- Reading sacred works
- Rearranging or redecorating my room or the house
- Selling or trading something
- Soaking in the bathtub
- Practice speaking in another language
- Composing or arranging songs or music
- Using computers
- Sit on the porch
- Tackle a nagging task
- Go for a walk
- Cook a nice meal
- Call children or grandchildren
- Draw or doodle
- Relax in the sun
- Take a long shower
- Bake
- Plan a nice outfit for tomorrow
- Balance your check book
- Savor a cup of tea, hot chocolate, or coffee
- Do chair yoga
- Watch funny videos on YouTube
- Cook a favorite meal
- Give yourself a makeover
- Play cards
- Make a list of your favorite things
- Look at old vacation photos
- Get dressed up for no reason!
- Write a poem or story
- Meditate
- Start learning a new language
- Play Sudoku, crossword puzzles

- Paint
- Eat a light snack
- Make a new piece of jewelry
- Declutter