

Let's explore and reclaim pleasure

Post by “Kalosyni” of January 24, 2025 at 6:42 PM

Thinking about ways to bring more pleasure into my life, and found this list, which has an assortment of items (but many of these are a matter of personal taste, not all of these would work, and... there could be many more things besides just these 50)...

Quote

50 Enjoyable Activities:

1. Go for a walk
2. Listen to music
3. Take photographs
4. Read a newspaper or magazine
5. Take a bath
6. Sit in the sun
7. Watch a movie
8. Laugh
9. Write in a journal
10. Work on a puzzle
11. Recall a happy memory
12. Coloring
13. Gardening
14. Spend time with friends
15. Do yoga
16. Swimming
17. Singing
18. Dancing
19. Go to a flea market
20. Drawing or doodling
21. Painting
22. Buy fresh flowers
23. Join a book club
24. Go to a farmer's market
25. Be affectionate with a loved one
26. Play a musical instrument
27. Crafting (crochet, model building)
28. Get a manicure or pedicure

29. Cooking
30. Jogging or running
31. Play a sport
32. Go sightseeing in your own town
33. Read a book
34. Meditate
35. Watch a sunrise or sunset
36. Enjoy a cup of tea
37. Have a picnic
38. Visit a museum
39. Sudoku or a crossword puzzle
40. Play a board game
41. Look at old photos
42. Light a scented candle
43. Call a friend or family member
44. Hiking
45. Get a massage
46. Volunteer
47. Go to the library
48. Go to a park
49. Stargazing
50. Explore somewhere new

[Source](#)

And here is another list from another website:

Quote

List Of Pleasurable Activities On Your Own:

Spending time in your own company can be an easy way to increase pleasure – as long as your time is focused on some useful things. Here are some ‘you-time’ activity ideas...

- *Read a trashy book*
- *watch a favourite movie*
- *Eat something that you haven't tried for a while*
- *take a walk and really focus on what's around you, rather than what's in your mind*
- *Play a game or puzzle*
- *Doodle or draw a picture*
- *cook a favourite meal*
- *do an activity that will switch your body on such as a brisk walk or swim.*
- *Write a bucket list*

- *Find out more about something that makes you curious.*
- *dress up in your best clothes, just for the fun of it*
- *spend an hour spotting local wildlife*

List Of Pleasurable Activities To Do With Friends:

Connecting with people that are important to you can be pleasurable in itself, but sharing a common task or goal and keep your mind focused. If this focus is on something pleasurable then you can get two benefits in on!

- *Go for a walk together*
- *Cook a meal for them*
- *Write or call a friend you have lost touch with*
- *have a mini fun competition together*
- *play an old fashioned board game*
- *sign up to an evening class together*
- *have a spa day together*

List Of Pleasurable Activities To Do With Your Family and Partner :

Spending quality time with your family or partner is a key way to increase your psychological wellbeing. However it is also one of the things that tends to get forgotten about first. Here are some ideas that don't just mean you are together, but that you actually get to *enjoy* being together...

- *Talk about something you've never spoken about before*
- *Eat a meal together*
- *visit somewhere new*
- *plan a holiday together*
- *Ask or offer a massage*
- *Do an indoor camping trip in your front room*

Things To Keep In Mind About Increasing Opportunities For Feeling Enjoyment And Pleasure...

Remember that when you start increasing pleasurable activities in your life, that it is unlikely that you will experience a sudden and extreme change in emotion. Rather, by doing small and regular amounts of pleasurable activities intentionally, your mind will begin to learn to identify moment by moment times in which you get enjoyment. The big picture here is that you increase you mind's ability to experience pleasure – and whether you are happy with life, or are having difficulties currently, this can only be a positive change to make.

[Source](#)

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