

## Palliative Care Team

# Pleasurable activities reminder

### Introduction

This leaflet is for anyone who may be going through a rough time dealing with illness, its treatments, and consequences. It provides a list of types of pleasurable activities. Sometimes having such a list can be helpful in reminding you of things you have found pleasant in the past, and may prompt you to think about what you can try now.

### Creative

- Writing (poems, prose, diary)
- Drawing and/or painting
- Model-making
- Knitting or sewing
- Planning gardening

### Stimulating

- Crosswords or other puzzles
- Visiting the library
- Visiting a museum or art gallery
- Thinking about going to college to learn something
- Reading books or articles, or searching the internet about things that interest you
- Computer/internet puzzles
- Researching, such as family history

### Recreational

- Planning a walk or cycle route
- Planning a visit to the countryside
- Planning a visit to a place of interest
- Planning a holiday
- Listening to music
- Playing a board game
- Watching a sport
- Going to the cinema or watching a DVD

### Self-care

- Having a relaxing bath
- Watching a favourite TV show
- Listening to a favourite radio show
- Planning a favourite meal
- Eating something you find delicious
- Having a nap
- Wearing something nice
- Taking care of physical appearance
- Having a massage
- Setting a goal, and making plans

### Social

- Seeing a friend
- Planning a party
- Writing a letter
- Buying a card for someone
- Sharing a joke
- Buying a present for someone
- Enjoying the company of family
- Chatting on internet social networks such as Facebook
- Having a good conversation

## Contacts/Further information

If you require further information please leave a message for:

Dr Nadine Hobro, HPC registered Clinical Psychologist and Health Psychologist

Macmillan/Evelyn Trust Consultant Clinical and Health

Psychologist in Palliative Care

Box 63, Elsworth House, Addenbrooke's Hospital, Hills

Road, Cambridge CB2 2QQ

**Tel: 01223 348357 (internal: 4404)**

**HPC registered Clinical Psychologist and Health Psychologist**

Office hours: 09:00 to 17:00



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking Helpline on 0800 169 0 169

### Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



## Document history

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