

Increase Your Social Activities

Objective

To increase your social activities rather than isolate yourself.

You Should Know

When people are depressed or feel suicidal, they often feel that no one will really miss them if they are gone. They may try to make this a “self-fulfilling prophecy” by withdrawing from people and isolating themselves more and more. It is often challenging for people to get up the energy to participate in activities or to be social when they are feeling depressed.

But taking action is essential, even if it’s one small step at a time, to remind you that you are not alone, and that people care about you and enjoy your company, even if you are not feeling at your “best.”

This worksheet is designed to help you stay connected with other people—family, friends, and strangers. Internet-based social activities, such as texting, messaging, or social media exchanges are helpful, but they do not replace real-life contact with people.

What to Do

First, list up to ten activities that you are currently doing or would consider doing. Then name at least five people you would like to contact to join you, both in your family and out of your family. On the following pages, you will find a list of activities to choose from if you need some help.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

10. _____

People I could contact to do activities together:

1. _____

2. _____

3. _____

4. _____

5. _____

Here is a list of social activities. When you get up each morning, make a plan to do at least one social activity that day and keep a record of what you do.

attending a prayer group

camping

canoeing

dancing

discussing books

doing arts and crafts

entertaining

exercising

fishing

flying kites

gardening

going bowling

going horseback riding

going on a date

going on a picnic

going on vacation

going out to dinner

going sailing

going skating

going swimming

going to a Meet Up group

going to a movie

going to church

going to a museum

going to the mountains

golfing

hang gliding

having a political discussion

having a family get-together

having lunch with a friend

hiking

jogging

kayaking

meditation class

painting class

photography class

play a musical instrument with others

playing cards

playing soccer

playing softball

playing tennis

playing volleyball

practicing karate or martial arts

shooting pool

sightseeing

singing with groups

skiing

spectator sports

going to the beach

taking a college class

taking ballet or tap

taking children places

teaching

volunteering

walks in the woods

yoga class

Your ideas:

going to plays and concerts
taking an adult education class

surfing
traveling abroad or in the United States

Now list the activities you would like to schedule and when you want to do them by. Record over the next week or two which activities you actually did and what it was like for you. Refer back to this list, delete and add, as needed. And have fun!

Activity	Do by	When done	Reflections

Reflection on This Exercise

1. What activities brought you the most pleasure of the ones you chose to do?

2. Which activities were fun but challenging for you? How motivated are you to try that again?

3. Who else could you reach out to when you are feeling isolated and/or depressed?

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What could you do differently to make progress in this area?
