

# List of activities



[www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

<b>List of enjoyable activities:</b> Things like cooking a healthy meal, playing a game with the kids, going to the cinema, reading a book, going for a run, meeting a friend for a coffee.	✓

<b>List of everyday routine activities:</b> Things like making breakfast, taking the kids to school, going to the supermarket, gardening, doing the washing, doing some exercise, practising some relaxation techniques.	✓

<b>List of necessary activities:</b> Things like paying gas and electric bills, renewing insurance policies, finding a plumber, painting the back door.	✓