Fun, Non-Food Activities

There are many activities, other than eating, that can help us feel nurtured and reduce our stress. Following is a list of a wide variety of fun, enjoyable activities.

Read this list and circle/highlight those that are appealing to you. Add your own to the list.
Develop a plan to make them happen and implement your plan.

- Aerobics
- Animals
- Aroma therapy
- Art exhibits
- Baseball
- Basketball
- Beaches
- Bicycling
- Bird-watching
- Board games
- Boating
- Bowling
- Camping
- Canoeing
- Card games
- Chess
- Clubs
- Coin collecting
- Collecting things
- Coloring books
- Coloring hair
- Community service
- Computer games
- Crafts
- Crossword puzzles
- Dancing
- Drawing
- E-mail
- Fishing
- Flea markets
- Flower arranging
- Foot massage
- Garage sales
- Gardening
- Golf
- Hair salon
- Hiking
- Hobbies
- Home decorating
- Horseback riding
- Ice Skating
- Internet
- Jazz
- Jigsaw puzzle
- Jogging
- Journaling
- Kite flying
- Long walks
- Magazines
- Martial arts
- Massage
- Meditation
- Motorcycling
- Museums
- Music
- Musical instruments
- Needlepoint
- Organizing
- Painting
- Painting nails
- Parks
- Photo albums
- Photography
- Ping Pong
- Plants
- Playing with animals, kids
- Poetry readings
- Pool
- Pottery making
- Racquetball
- Reading for fun
- Relaxation techniques
- Rollerblading
- Scrapbooking
- Scuba diving
- Sculpting
- Sewing
- Shells
- Singing
- Snow skiing
- Soccer
- Softball
- Solitaire
- Stamp collecting
- Star gazing
- Surfing
- Swimming
- Tai Chi
- Taking a bath
- Tennis
- Theatre
- Volleyball
- Volunteering
- Wakeboarding
- Water skiing
- Wood working
- Writing letters
- Writing poetry
- Yoga

Add your own:

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