



Positive Activities

Practical strategies for increasing positive activities and improving wellbeing.

Understanding positive activities

When people feel stressed, overwhelmed, low in mood, or stuck, they often stop doing activities that provide enjoyment, achievement, or connection. Small positive activities can help rebuild routine, confidence, and momentum over time.

What can help

Start small

- choose activities that feel realistic
- begin with short periods of time
- focus on getting started rather than doing it perfectly

Stay active

- go for a walk
- spend time outdoors
- work on a hobby or interest

Stay connected

- contact a friend or family member
- spend time with supportive people
- join a community, social, or recreational activity

Try this today

Choose one positive activity you could do this week.

Keep it simple and realistic.

Small actions can help build momentum over time. People often feel more motivated after getting started, rather than before.

This resource provides practical wellbeing and self-help information. It is not an emergency or crisis service.

If difficulties continue or increase, additional support may help.

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