

Identifying Flow Activities: Handout

Flow activities are activities, pastimes, or hobbies that you enjoy simply for its own sake. That is, you participate in the activity as doing it is enjoyable – you do not need to rely on external rewards for doing the activity. Engaging in such activities often results in you losing track of time, and you may be less aware of your immediate surroundings when doing the activity. These activities can be immensely relaxing and helpful in detaching from rumination episodes (i.e. replaying an unpleasant emotion in your mind).

Instructions: Think of at least two activities that you enjoy doing, and find yourself getting into a state of flow as a result. When can you do these activities, and how often should you do them? Schedule a flow activity timetable and try engaging in these activities over the following week.

Flow Activity	When Can I Do This?	How Often Should I Do This?
<i>Do origami</i>	<i>After dinner during the weekdays</i>	<i>Once every two days</i>