

Positive Activities Menu for Confinement Days

based on Martin Seligman's "PERMA" well-being model

If you feel sad...

P

Create or cultivate opportunities to experience **Positive Emotions**:

- **Serenity**: take time to meditate/pray, learn to rest, take care of yourself (beauty care, massage...), light candles, listen to your favorite music...
 - **Gratitude**: make a list every day of the things for which you are grateful, enjoy the simple pleasures of the day.
 - **Fun**: find and share opportunities to laugh, watch movies and series, play board or strategy games...
 - **Admiration or inspiration**: go for a walk or take part in nature activities...
 - **Curiosity**: rediscover your region, get interested in something new...
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If you are bored...

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Engage in activities to acquire or develop your skills:

- **Sport**: walking, running, yoga, muscle strengthening, flexibility...
 - **Culture**: learn a new language, visit virtual exhibitions, listen to podcasts...
 - **Art**: watercolor, drawing, singing, photography, sewing, calligraphy, composition...
 - **Reading**: novels, personal development/philosophy/positive psychology books, biographies, literary classics, magazines...
 - **Writing**: novels, blogs, scientific articles, diaries, haikus, slogans...
 - **Cooking**: balanced dishes, your own bread, pastries...
 - **Garden**: sowing seeds, take care of your plants, harvest...
 - **Computer science**: create a website, train yourself to use a new software...
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If you feel lonely...

R

Maintain, renew or begin rewarding **Relationships**:

- **Keep watch**: Contact or write to your loved ones to find out how they are doing.
 - **Maintain**: Organize virtual events (cocktails, coffee, birthday parties).
 - **Deepen**: get together as a family for activities (meals, games, walks, sports).
 - **Develop**: create new relationships via social networks.
 - **Reconnect**: get back in touch with people you've lost touch with.
 - **Extend**: spend time with your pets.
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If you feel useless...

M

Find **Meaning** and joy in making yourself useful to others or to the planet:

- **Taking care**: give time, listen or bring support to people in difficulty.
 - **Get involved**: commit or organize solidarity or volunteer activities.
 - **Share**: create and host support activities based on your skills (virtual workshops, podcast recording, free courses...).
 - **Protect**: find or implement solutions to live in a more local or ecological way.
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If you lose self-confidence...

A

Create opportunities for yourself to experience success, to **Accomplish** yourself:

- **Bucket list**: do all the activities you've always put off.
 - **Update**: Sort and tidy up your life, your home, your computer...
 - **Quest**: Take up a sporting or professional challenge, take part in a contest.
 - **Certification**: start, continue or complete a training program.
 - **Adventure**: monitor the challenges you face every day (adapting, making decisions in uncertainty, etc.).
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