

## MY FEEL-GOOD LIST

These activities and measures are good for me. If I lose control and feel tense, one or more of these measures can help me.

### **SPORT**

(Type of sport and for how long, i.e. Jogging for 30 minutes)

### **MUSIC**

(Title, album)

### **HOBBYS**

(Such as painting, gardening, reading a book)

### **SOCIAL ACTIVITIES**

(Such as drinking coffee with a friend, watching a football game with friends)

### **RELAXATION TECHNIQUES**

(Such as progressive muscle relaxation)

### **OTHER MEASURES**

(Such as taking your main ADHD medication regularly, appointment with psychotherapist, etc.)