MomMA Module 2: Pleasant Activities

1

Before we begin, make sure you have…



A device charger



Your MomMA packet



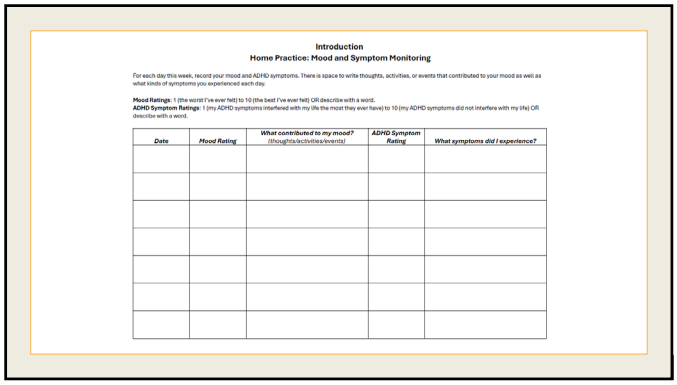
Something to write with

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Introduction Review

- Identified what was important to you and developed personal goals
- Identified personal strengths
- Discussed common ADHD symptoms and how they might lead to challenges
- Discussed common changes in mood postpartum (and when and how to seek help)
- Discussed how our thoughts, behaviors, and feelings are interconnected (CBT Model)
- Monitored your mood and ADHD symptoms

3



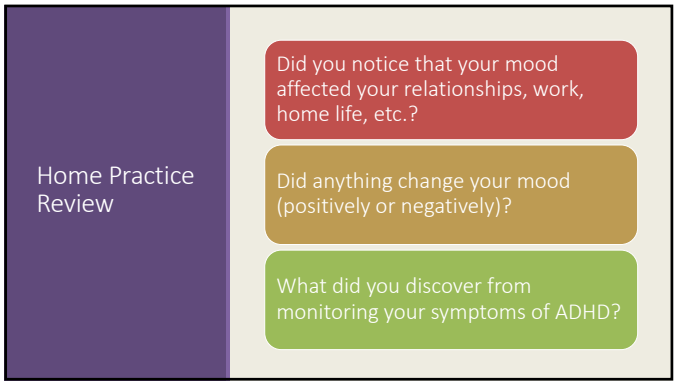
Introduction
Home Practice: Mood and Symptom Monitoring

For each day this week, record your mood and ADHD symptoms. There is space to write thoughts, activities, or events that contributed to your mood as well as what kinds of symptoms you experienced each day.

Mood Ratings: 1 (the worst I've ever felt) to 10 (the best I've ever felt) OR describe with a word.
ADHD Symptom Ratings: 1 (my ADHD symptoms interfered with my life the most they ever have) to 10 (my ADHD symptoms did not interfere with my life) OR describe with a word.

Date	*Mood Rating*	*What contributed to my mood?* (thoughts/activities/events)	*ADHD Symptom Rating*	*What symptoms did I experience?*

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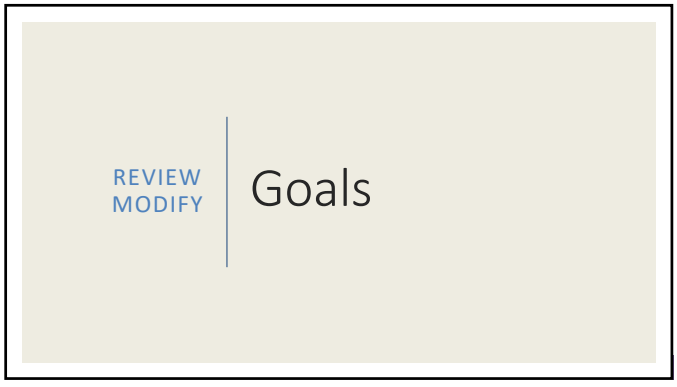
Home Practice Review

Did you notice that your mood affected your relationships, work, home life, etc.?

Did anything change your mood (positively or negatively)?

What did you discover from monitoring your symptoms of ADHD?

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REVIEW
MODIFY

Goals

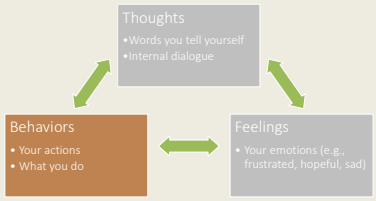
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Plan for Today

- Understand how self-care can influence
  - Mood/Feelings
  - Thoughts
  - Parenting
- Continue to explore the connections between our thoughts, behaviors, and feelings
- Identify pleasant activities
- Make plans to fit pleasant activities into your daily life

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CBT Triangle

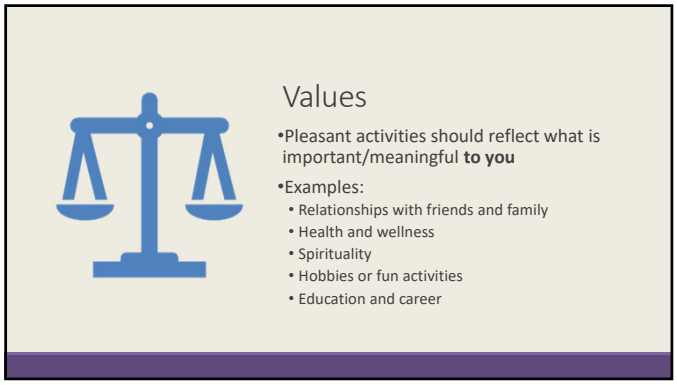


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Pleasant Activities should be…

ENJOYABLE MEANINGFUL REALISTIC

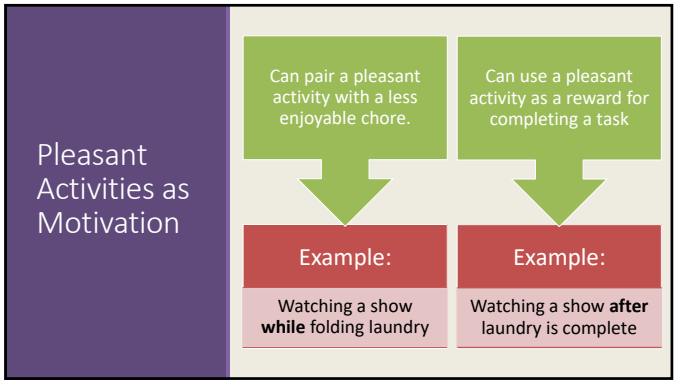
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Values
•Pleasant activities should reflect what is important/meaningful **to you**
•Examples:
• Relationships with friends and family
• Health and wellness
• Spirituality
• Hobbies or fun activities
• Education and career

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Prioritizing Pleasant Activities:
01
Schedule the activity on your calendar.
02
Schedule with others to increase accountability.
03
Have a back-up plan in case something comes up.

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Pleasant Activities as Motivation
Can pair a pleasant activity with a less enjoyable chore.
Example:
Watching a show **while** folding laundry
Can use a pleasant activity as a reward for completing a task
Example:
Watching a show **after** laundry is complete

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"Doubling Up" Pleasant Activities

Some enjoyable activities can be done while working, driving, or doing household chores:

- Having your favorite meal for dinner
- Using a special shower gel
- Dancing to your favorite music
- Lighting a scented candle
- Treating yourself to a special coffee
- Calling a friend
- Listening to music, audiobook, or podcast while commuting

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What is Mindfulness?

- Awareness of what's going on around you and what's going on inside you
- Purposeful
- Focused on the present moment
- Non-judgmental
- Not about stopping your thoughts; instead:
  - Checking in with yourself
  - Accepting things as they are
  - Treating yourself with kindness

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Mindfulness vs. Meditation

Meditation: a practice or activity

Mindfulness: a skill or attitude

Meditation can be one way to practice mindfulness, but there are many others!

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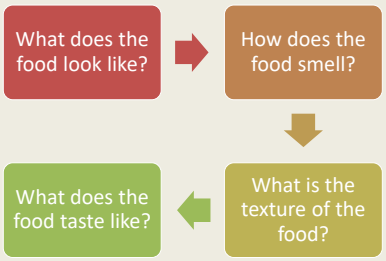
Do an Activity Mindfully

- Common daily activities can be done with mindful awareness of the experience.
- During the activity, notice the sensations and give your full attention to the experience. Pay attention to your senses!
- How might you wash your hands mindfully? What about preparing coffee? Eating?



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Example: One Mindful Bite



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3 Mindful Breaths

- 3 things you can use to anchor yourself to the present are sounds, breath, and body sensations.
- **Let's Practice! Take 3 deep breaths…**
  - Notice the sounds around you. What can you hear?
  - Breathe in and out again and notice your breath. Feel the air moving in and out of your lungs.
  - Take one last breath. Notice your body sensations. How is your body feeling?



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Pleasant Activities
In-Session Planner: Pleasant Activities

Record 1-3 ideas of activities that fit into each of the below values. Remember that these should be specific, as well as enjoyable, schedule-able, and important to you. Note days/times that you could fit these activities in. Fill in the blank "Value" box with any additional values you wish to include.

Value	*Pleasant Activity*	*When can you complete this activity?*
Relationships with Friends and Family	*"Call my sister once a week."*	
Health and Wellness	*"Get 7+ hours of sleep."*	
Spirituality	*"Meditate for 15 minutes."*	
Hobbies or Fun Activities	*"Cook a favorite meal."*	
Education and Career	*"Learn Spanish."*	

Skills Planner

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Home Practice

Pleasant Activities
Home Practice: Pleasant Activities

Record the pleasant activities you identified in your planner and note which ones you were able to do. For each activity you complete, note when you complete it and if it had a positive effect on your mood. Remember that you are *not* expected to do every activity this week.

Pleasant activity	*Did you complete it?*	*When did you complete it?*	*Did it improve your mood/anxiety?*
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No
	Yes No		Yes No

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S: Stop
T: Take a breath
O: Observe
P: Proceed with awareness

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How do you feel about your ability to:

- Incorporate pleasant activities into your daily schedule until we meet again?

1 2 3 4 5 6 7 8 9 10

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Reflection Questions

How might prioritizing pleasant activities influence your mood and relationships?

How might being mindful change the way you experience pleasant activities?

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