

Appendix G

Pleasant events schedule

The following are suggested pleasant activities from which a veteran could select a small number to schedule into their weekly routine (adapted from MacPhillamy and Lewinsohn 1971).

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| Being in the country | Fishing |
| Wearing expensive or formal clothes | Seeing grandchildren |
| Listening to the sounds of nature | Rearranging or redecorating your room or house |
| Making contributions to religious, charitable or political groups | Going to a health club or gym |
| Dating or courting | Having coffee or tea with friends |
| Talking about sports | Gardening or landscaping |
| Having friends come to visit | Horseback riding |
| Meeting someone new | Going to a sports event |
| Going out to visit friends | Protesting social, political or environmental conditions |
| Going to a rock concert | Having a sauna |
| Giving gifts | Going naked |
| Playing football or cricket | Acting |
| Getting massages or backrubs | Bicycling |
| Planning trips or holidays | Reading stories, novels, poems, plays, magazines and newspapers |
| Photography | Dancing |
| Buying things for yourself | Water skiing, surfing or diving |
| Wrestling or boxing | Sitting or lying in the sun |
| Using cologne or perfume | Travelling |
| Going to a bar, tavern or club | Cooking meals |
| Washing your hair | Going to the races |
| Going to lectures or talks | Going to the movies |
| Going to a restaurant | Exploring (eg hiking away from known routes) |
| Creating or arranging songs | Singing |
| Listening to music | Going to a barber or beautician |
| Doing puzzles or maths games | Going to a party |
| Going to the beach | Being with someone you love |
| Having lunch with friends or associates | Going to church functions |
| Running or jogging | Going to the library |
| Playing tennis | Playing a musical instrument |
| Walking barefoot | Shopping |
| Bushwalking | Snow skiing or ice skating |
| Driving long distances | Preparing a new or special dish |
| Playing cards or board games | Wearing informal clothes (dressing down) |
| Swimming | Beachcombing |
| Playing videogames | Riding a motorcycle |
| Playing frisbee or catch | Attending the opera, ballet or a play |
| Woodworking or carpentry | Just sitting and thinking |
| Talking about philosophy or religion | Looking at the stars or the moon |
| Writing stories, novels, poems, plays or articles | Going to a fair, show, circus, zoo or amusement park |
| Taking a long, hot bath | Surfing the internet |
| Watching people | Doing housework or laundry or cleaning things |
| Being in the city | Wearing new clothes |
| Going to auctions, garage sales, etc | |
| Writing letters, cards or notes | |
| Playing golf | |