



My Pandemic Vacation

Adapting Pleasure
For Stay In Place

My Pandemic Vacation

Pleasure and enjoyment are essential life functions.

This remains true even in a crisis when you need rest and psychological fitness to stay safe.

Pleasure can survive in a crisis, but it requires creativity and adaptability to work with the context you have.

Here are some ideas to start...

Protect Time For Pleasure

Set clear boundaries to reserve time for pleasure.

Schedule pleasurable time with the same accountability you have for other high value activities.

(eg. plan, set goals, alarms, track successes...)

Set away settings to “offline/do not disturb.”

Train your community to expect occasional off-hours.



Practice Pleasure with daydreams

Plan a stay-cation, circle the date on the calendar, and take pleasure in counting down the days.

Plan a special activity that will help you get to a “flow state” of total immersion.

Look ahead to the mental escape of doing something out of the ordinary of your current routine.

Personalize Pleasure

and have it your way

Re-define what “a special treat” means during stay in place. Adapt what usually makes you happy to find a reasonable sweet spot in the context you have.

Give yourself permission to take the day/evening off from stresses big and small. Slack off from regular duties with the intention of practicing sensory treats.

Consider hobbies you have saved up for a rainy day and let yourself get totally immersed.

Share Pleasure with others

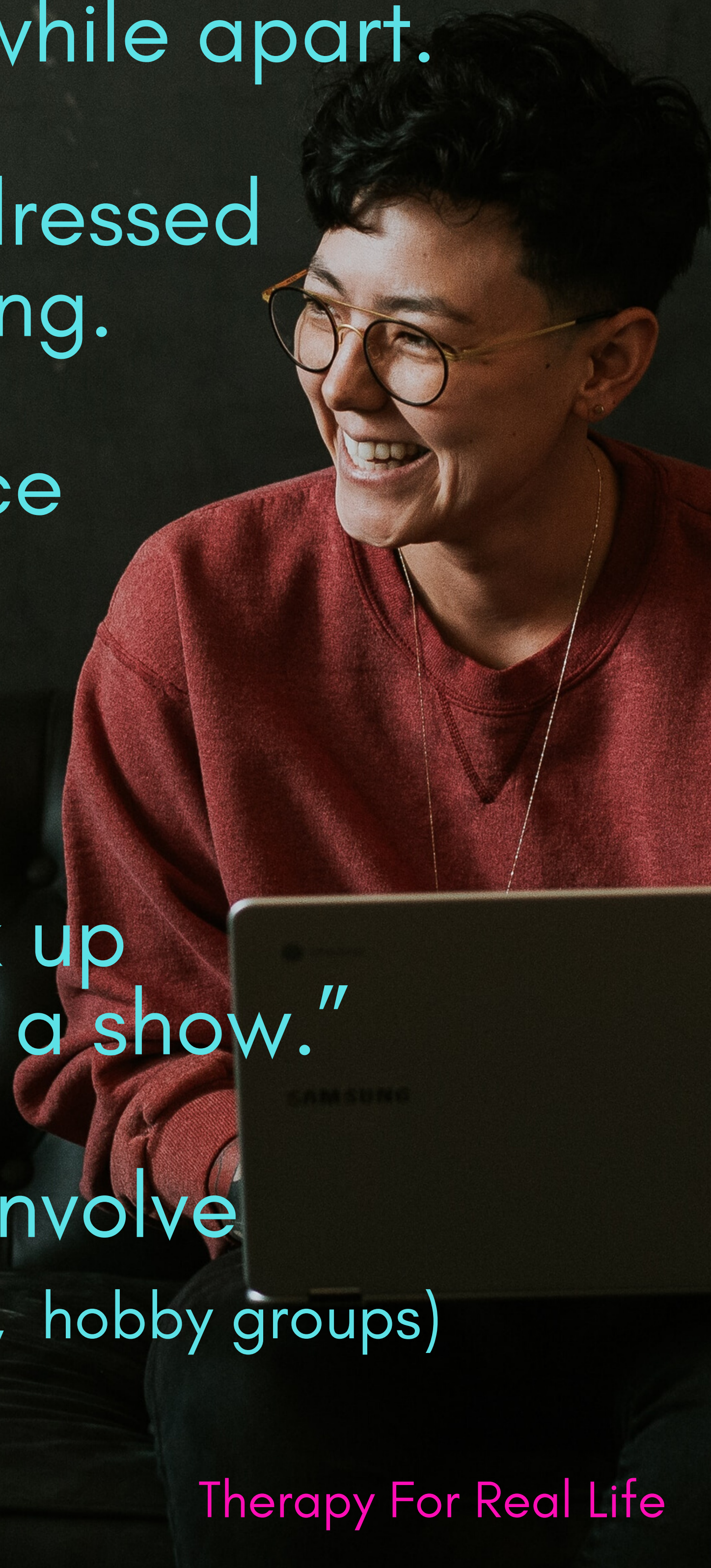
“Walk and talk” on the phone with friends to enjoy doing the same activity together while apart.

Plan virtual get-togethers to get dressed up, gossip, and stay up late giggling.

Netflix and chill across the distance while you watch the same show and text reactions in real time.

Have a date night at home, tune into a live performance, and cook up something yummy for “dinner and a show.”

Plan weekly self-care rituals that involve brief check-ins. (eg. virtual yoga, lessons, hobby groups)



Practice Pleasure Alone



Find a space and time when you can be completely alone.

Let yourself be “queen/king of the castle” and “have it your way” for at least a little while. This means: Your music. Your food. Your activities of choice.

Be sweet to yourself during this time. Let yourself get lost in thought, be unhurried, and uninterrupted to your heart’s content.

Practice mini vacations if caregiving activities are limiting (eg. 20 mins at a time).



Attend To Your Body Budget

RESOURCE:



Listen to the podcast episode from The Ezra Klein Show, "**We don't just feel emotions. We make them.**" to hear psychologist, Lisa Feldman Barrett, explain the concept of "body budgets."

What do you need at a minimum to be content?

Sleep Nutrition Exercise Rest Safety

What else?

Therapy For Real Life

Book Your Vacation Now

Schedule your stay in place vacation now. Set reminders.

Give notice that you will be "away" or invite others to join virtually as needed.

Get supplies ready. Minimize cost by working with what you have and being creative.

Turn the day-to-day into a vacation by incorporating small pleasures along the way.

(eg. morning coffee ritual, nightly gratitudes, weekly social calls...)

Savor your plans ahead.

My Pandemic Vacation

Adapting Pleasure For Stay-In-Place

Protect time for pure pleasure.

Take pleasure in planning your ideal stay in place vacation.

Personalize pleasure and take permission to do what you want.

Share pleasure with others.

Find pleasure alone.

Satisfy your body budget.