

## **Student Wellness Services**

MacEwan Student Centre, Room 370 2500 University Drive NW Calgary, AB, Canada T2N 1N4 ucalgary.ca/wellnesscentre

## Pleasant Events calendar

Bring your attention to notice a pleasant event that is happening in the present moment. Make a mental note of what you noticed in your thoughts, emotions, and body sensations. Use these questions to focus your awareness on the details of the experience as it is happening. Write it down as soon as possible.

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What was the	Were you aware	How did your body	What feelings,	What are your
experience?	of the pleasant	feel? Give details	emotions and	thoughts now as
Ex. Seeing a child	feelings <b>while</b>	about specific	thoughts	you write about
smile, enjoying my	the event was	sensations and the	happened with	this event?
morning coffee.	happening?	location, if possible.	this event?	
Monday:				
Tuesday:				
ruesuay.				
NA/ - d d -				
Wednesday:				
Thursday:				
Friday:				
-				
Saturday:				
cata. aay.				
Cundav				
Sunday:				