

Qualities of Optimal Experiences	
Challenging	Challenging enough to hold your attention, but not so challenging as to be overwhelming
Transcendent	You are less preoccupied with yourself and more focused on the activity itself—time flies while you do it
Sensory	It directly engages your senses of sight, touch, smell, taste, or hearing
Feedback	It provides clear goals and quick feedback
Rewarding	The more you do it, the more you want to do it
Purposeful	It is in line with your values and goals in life; you do it for its own sake, regardless of the outcome

From the Expert Q&A:
“Psychotherapy and Medication in Recurrent Depression”
With Giovanni Fava, MD
The Carlat Psychiatry Report, Volume 19, Number 6&7, June/July 2021
www.thecarlatreport.com