

LEISURE

Leisure or recreational activities serve many healthful purposes, including self-care. Some can be intellectually stimulating and some promote socialization. Others are healthful because they are a physical outlet. Still others may provide a needed spiritual dimension.

ACTIVITY SUGGESTIONS:

Accomplish something...bicycle to the store

Be alone...meditate

Be a spectator...go to a sporting event or concert

Be sociable...accept an invitation to a social gathering

Be spiritually uplifted...take a walk in the park or go to a house of worship

Compete in a sport you like

Continue to learn...take an adult learning class for credit or audit

Exercise alone...walk on a treadmill at home or go for a walk in nature

Exercise with others...ask a close friend to go with you

Keep emotionally stimulated...discuss issues openly with trusted friends / family

Keep mentally stimulated...do crossword puzzles, play Jeopardy

Keep physically stimulated...join a health club

Relax...take some sunscreen, a magazine, and sit outside

Return to a hobby from the past...find an old train collection in the attic and set it up

Be creative...participate in arts, crafts, knitting, sewing, writing

Journal about your self-care. Remember you are writing for yourself. Don't worry about spelling, sentence structure, and the like. Just write your thoughts as they come to you. Refer to your list when you are at a loss for something to do just for yourself.