

Leisure as Part of Your Recovery

What do you like to do when you have free time? Are you afraid you aren't going to be able to do the things you did before your injury or illness? Leisure should be part of your recovery and part of your life.

You may want to learn a new activity or you may need to adjust an activity to make it work with your abilities. Some things you may do by yourself and other things you will do with other people in groups or on teams.

Review the questions on the next pages to find things you like to do or would like to try in your spare time.

Your community may have classes or programs available through support groups, your local library, park and recreation departments or senior centers to help you build your skills and learn new leisure activities.

From the list below, please check all of the items that you value in your leisure time.

I like to:

- do something meaningful
- be active
- feel commitment to something
- be busy
- do lots of different things

Learn more about your health care.

- take it easy and relax
- do something different from work and school
- be able to do what I want
- be spontaneous
- make and carry out plans
- try my own methods of doing things
- compete with others
- compete with myself to do better
- laugh and enjoy
- make use of my skills
- improve my skills
- have something to show for my efforts
- get approval for what I do
- be successful at what I do
- have a feeling of personal worth
- learn more about myself
- develop relationships with other people
- be part of a group or team
- meet new people
- develop friendships
- help others
- be in attractive surroundings

How do you spend your leisure time?

In the space below, write down six activities you enjoy the most in your free time. We have a list of activities on the next page that may help you.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Leisure Activities

Use this list to identify ways you like to spend your free time. You may have some other activities that are not on this list.

Physical Activities

| | | |
|---------------------------|----------------|----------------------------|
| Aerobics | Soccer | Volleyball |
| Bicycling | Weight lifting | Bocce |
| Softball or baseball | Table tennis | Ice Skating |
| Shuffleboard | Basketball | Hockey |
| Skiing | Swimming | Paddleball or raquetball |
| Yoga | Golf | Bowling |
| Roller blading or skating | Walking | Badminton |
| Tennis | Football | Judo or other self defense |

Relaxation interests

| | | |
|---------------------|----------------------|-------------------------|
| Jigsaw puzzles | Writing / journalism | Reading books |
| Watching movies | Listening to music | Meditating |
| Crossword puzzles | Word Search games | Video games |
| Computer / internet | Caring for a pet | Caring for house plants |

Creative interests

| | | |
|---------------------|---------------------|---------------------|
| Flower arranging | Quilting | Singing |
| Painting | Acting | Sewing |
| Stained glass | Playing instruments | Pottery or Ceramics |
| Jewelry making | Crocheting | Needlepoint |
| Woodworking | Knitting | Drawing |
| Baking or cooking | Scrap booking | Photography |
| Collecting antiques | | |

Community interests

| | | |
|--------------------|------------------|-------------------|
| Going to concerts | Miniature golf | Volunteer work |
| Ballet | Going to plays | Church activities |
| Going to art shows | Going to museums | Traveling |
| Politics | | |

Outdoor activities

| | | |
|-------------------------------|----------|------------------|
| Archery | Sailing | Hiking |
| Camping | Canoeing | Boating |
| Birdwatching | Fishing | Horseback riding |
| Working in the yard or garden | | |

Social activities

| | | |
|--------------------------|-----------------------|------------|
| Dining out | Going to parties | Bingo |
| Pool / billiards | Darts | Horseshoes |
| Dominoes | Chess | Cribbage |
| Checkers | Playing cards | Backgammon |
| Socializing with friends | Clubs / organizations | Shopping |

- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**