

**Recovery through Activity**

		Past	Now	Future	Comments
<b>Outdoor</b>	Allotments/gardening				
	Camping				
	Climbing/potholing				
	Conservation work/farming				
	Fishing				
	Visiting the countryside/beach				
	Horse-riding				
	Nature-watching – birds/wildlife				
	Walking/hiking/rambling				
	Other:				
<b>Faith</b>	Belonging to a faith community				
	Going to places of worship				
	Prayer/meditation				
	Reading/studying religious texts				
	Rituals/pilgrimage				
	Sacred songs/chanting				
Other:					
<b>Self-care</b>	Clothes/fashion				
	Diet/nutrition				
	Hair care/nail care/skin care				
	Self-help				
	Rest/relaxation				
	Yoga/t'ai chi				
Other:					
<b>Domestic</b>	Car maintenance				
	Cleaning/washing/ironing				
	Cooking				
	DIY/decorating/restoration/mending				
	Gardening – indoor plants				
	Shopping				
Other:					
<b>Caring</b>	Looking after – babies				
	– children				
	– family members				
	– friends				
	– neighbours				
	– older people				
	– pets				
Charity work/fundraising					
Other:					
<b>Vocational</b>	Study – distance learning				
	– short courses				
	– talks/lectures				
	– university/college				
	Volunteering				
Work – part-time					
– full-time					
Other:					
<b>Community</b>	Art galleries/museums				
	Belonging to an interest group				
	Campaigning - political/social activism				
	Car boot sales/jumble sales				
	Concerts/theatre				
	Day trips/travelling				
	Driving/motorbiking				
	Going to the park				
	Spectating (watching sports)				
Other:					