

Recovery through Activity

WORKSHEET

What are the benefits of working?



Which of the following benefits are linked to working (whether paid or unpaid)?

	True	False
1 A sense of achievement		
2 Better family relationships		
3 Better immune system		
4 Better sleep		
5 Healthier lifestyle in terms of eating / drinking / smoking		
6 Higher status		
7 Increased involvement in leisure activities		
8 Increased skills for dealing with the activities of daily life		
9 Increased structure to time		
10 Longer life		
11 More exercise		
12 More money		
13 More social contact		
14 Speedier recovery from surgery		