

Recovery through Activity

WORKSHEET

What sorts of activity do you do to pass the time?



When thinking about activities that you do to pass the time, do not include activities that you need to do or that are arranged for you by the health service. Think about things that you do independently, as pastimes.

Write down the things you do as pastimes in the column below and tick your main reason for doing the activity.

Although examples of activities are given for each category, there is no right or wrong answer. Some people do some activities to relax, while other people do them to pass the time or to be with others.

Activity	1 To pass the time (eg watching TV, browsing the web)	2 To relax (eg listening to music, bird-watching)	3 To keep my brain active (eg crosswords, puzzles, quizzes)	4 To be with others (eg visiting friends, going to the pub)	5 To be creative (eg sewing, photography, art, music)	6 To keep fit (eg exercise, sports)	7 To enjoy sensory experiences (eg going to see things, enjoying eating)

How much do you take part in the following categories of activity and how much do you like these activities?

	I do this				I like this			
	never	sometimes	often	a lot	not at all	a bit	quite a lot	a lot
1 Activities to pass the time								
2 Relaxing activities								
3 'Brain' activities								
4 Social activities								
5 Creative activities								
6 Physical activities								
7 Sensory activities								

Which activities would you like to do more? Or less?