



Re-engaging in meaningful and productive activities

The handouts on *Activity* as well as *Establishing baselines* give guidance on evaluating your approach to activity and exercise as well as using planned and paced approaches to managing and developing activities and routine. As part of putting this into practice you may be ready now to consider what kind of activities you want to prioritise in your routine.

Use the '*Leisure and Work worksheet*' to consider and complete:

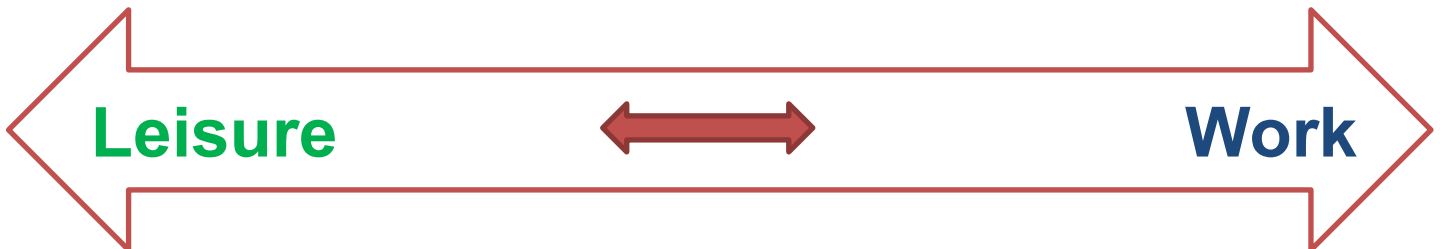
- How you would define 'Leisure' and 'Work'
- Examples of 'Leisure' and 'Work'
- As well as the benefits of 'Leisure' and 'Work'

NB: There is also a completed version of this handout which you can refer to.

The Leisure to Work continuum

As you consider what Leisure and Work-related activities you want to prioritise or explore and introduce it is worth noting that there is not a clear division between Leisure and Work, in fact there are many overlaps.

- For example, to one person cooking or DIY may be a chore, but to another they may be pleasurable and time when they are able to 'switch off'.
- Similarly many people engage in learning and education as a Leisure activity, though this can also be a means to engaging in more productive and work-related activity.
- Also when people are reconsidering their work options they may turn to hobbies and interests as a route towards earning money.



Taking time for yourself and your pain management is important.

Although taking time for yourself, e.g. to relax, and doing things you value and enjoy may feel selfish consider how not making time for these things is affecting your health.

Making time for the things you know improve your mood and physical health and help you better manage pain, is just as important or valuable as taking regular medication – consider time for these things as your 'pain management prescription'.

When planning any changes to your week, your choice of activities, how you spend your time, etc. talk to those around you who will notice these changes so rather than reacting negatively they can support you in making these changes.



C2 Leisure and Work worksheet

Leisure

Work



Time away from demands of work or duty Things that I choose to do Things that I enjoy Time for 'me'	Definition	Labour or Productive Activity Things that I have to do Mundane, everyday tasks Responsibilities and Commitments
<ul style="list-style-type: none"> • Creative hobbies e.g. model-making, card-making, craft-work, knitting, baking, etc. • Playing games e.g. board games, card games, electronic games, etc. • Reading, Research, Creative writing • Learning for leisure e.g. crafts, languages • Active pursuits e.g. sports, fishing, walking, swimming, gym, exercise classes, etc. • Puzzles, crosswords, etc. • Music, TV, Films • Social media, Internet browsing • Social activities e.g. meeting for meals, coffee, going to people's homes, pub, etc. 	Examples Cooking DIY Gardening Pets Education	<ul style="list-style-type: none"> • Household tasks e.g. cleaning, cooking, laundry, shopping • Maintenance e.g. DIY, gardening • Financial management and admin • Caring responsibilities e.g. children, parents, neighbours, pets • Education e.g. English, Maths, IT, college courses, work-related courses, training • Voluntary work • Paid employment, apprenticeships, work experience
Benefits		
<ul style="list-style-type: none"> • Time to relax and unwind • Distraction from pain, thoughts, etc. • Sense of achievement • Developing skills and abilities • Improved well-being, self-esteem • Confidence • Social interaction and connection • Physical fitness • Keeping mentally active • Purpose and focus • Increased motivation • Valuing and caring for myself 		<ul style="list-style-type: none"> • Helps give 'Leisure' time definition • Feeling productive and useful • Distraction from pain, thoughts, etc. • Sense of achievement • Developing skills and abilities • Improved well-being, self-esteem • Confidence • Social interaction and connection • Physical fitness • Keeping mentally active • Purpose and focus • Increased motivation • Routine and structure • Income (if paid work) • Role and identity in society



Leisure and Work worksheet

Leisure		Work
<p style="text-align: center;">Definition</p>		
<p style="text-align: center;">Examples</p>		
<p style="text-align: center;">Benefits</p>		