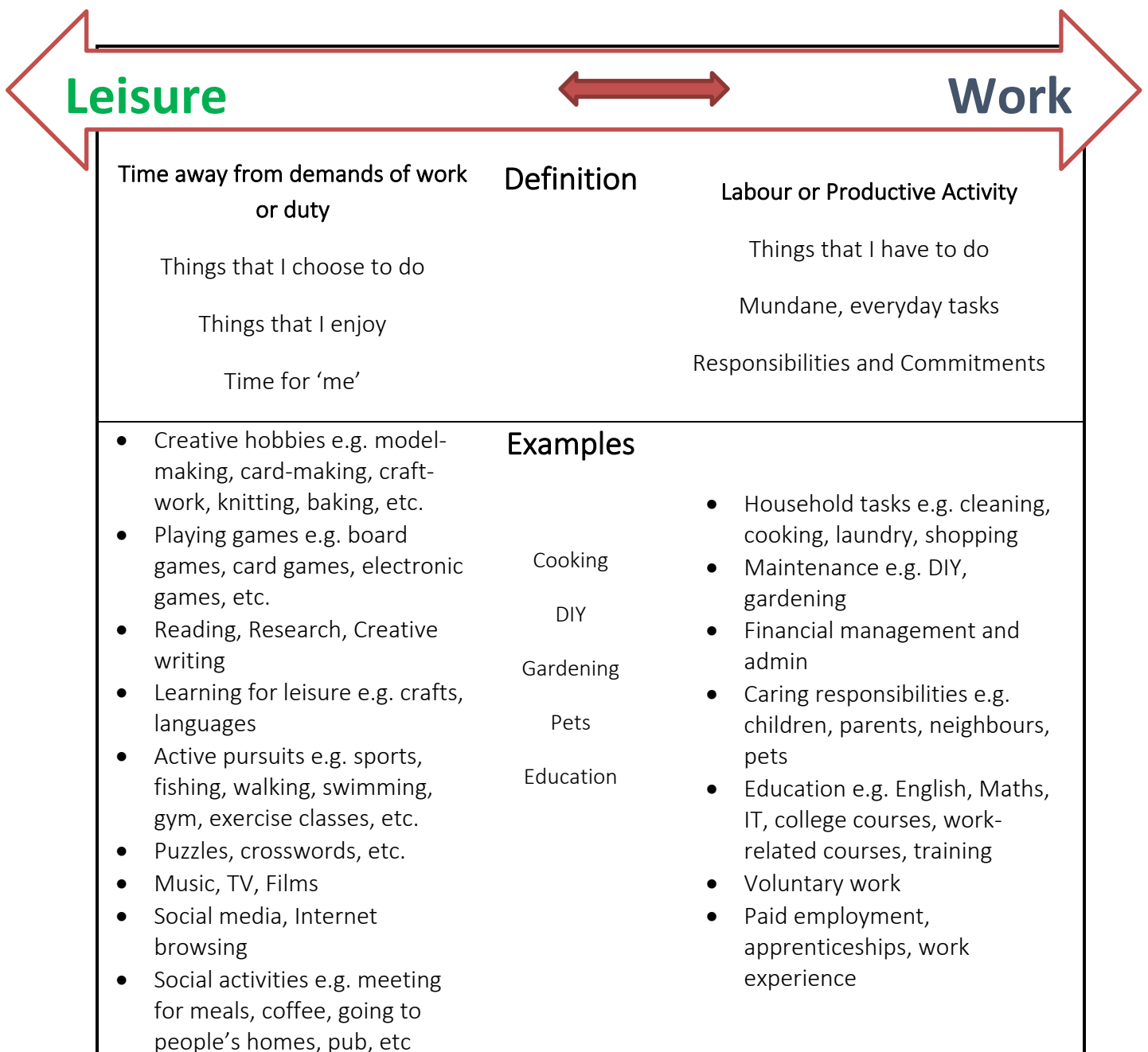




Pillar C2

Leisure and Work worksheet



Benefits

- 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
-
- 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



Definition
Examples
Benefits

