



Pillar C5

Enjoy your leisure and social activities

HOBBIES AND INTERESTS

It can be difficult to maintain regular activities when living with persistent pain. Sometimes it may be helpful to consider other interests to try or explore alternative ways to enjoy your interests. The table below may help to jog your memory about things you used to enjoy or stimulate ideas of things you may like to try now. It is not an exhaustive list.

Sports	Creative	Out & About/ Entertainment
Athletics	Amateur Dramatics	Bingo
Basketball/Netball	Needlework/Knitting/Patchwork	Cinema
Bowling	Card Making/Jewellery Making	Concerts/Theatre
Cricket/Baseball/Rounders	Fashion (clothes/hair/cosmetics)	Dancing
Darts	Making music (instrument/DJ'ing)	Driving
Football/Rugby/Hockey	Model Building/Painting	Jumble/Car boot/Charity Shops
Golf	Painting/Drawing	Museums/Art Galleries
Martial arts/Boxing/Fencing	Photography	Places of Interest/Day Trips
Pool/Snooker	Pottery	Shopping/Markets
Spectator Sports	Singing	Travelling/Holidays
Table Tennis	Writing (letters/poems/stories)	
Tennis/Squash/Badminton	Woodworking (picture framing, furniture restoration)	

<p>Productivity at home</p> <p>Car Repair</p> <p>Cooking/Baking</p> <p>Gardening (in/outdoors)</p> <p>Mending/DIY</p> <p>Pet Ownership</p>	<p>Health & Fitness</p> <p>Aerobics/Exercise class</p> <p>Gym</p> <p>Running/Jogging</p> <p>Roller blading/Ice skating</p> <p>Swimming</p> <p>Yoga/Tai Chi</p>	<p>Social</p> <p>Clubs (social/nightclubs)</p> <p>Eating Out</p> <p>Faith-related</p> <p>Inviting/Visiting friends/family</p> <p>Hosting Parties/Events</p> <p>Pubs/Bars</p> <p>Voluntary work</p>
<p>Outdoor Pursuits</p> <p>Bird watching/Wildlife</p> <p>Camping</p> <p>Climbing</p> <p>Ecology/Conservation</p> <p>Fishing</p> <p>Horse Riding</p> <p>Walking</p> <p>Water Sports</p>	<p>Leisure at home</p> <p>Board Games</p> <p>Collecting</p> <p>Computing (games/pc/internet)</p> <p>Listening to Music / Radio</p> <p>Playing cards</p> <p>Puzzles/Crosswords</p> <p>Reading</p> <p>Television/Films</p>	<p>Educational</p> <p>Antiques</p> <p>Courses/Adult Education</p> <p>Foreign Languages</p> <p>History</p> <p>Politics/Philosophy</p> <p>Science</p> <p>Speeches/Lectures</p>

Review the list above and identify those that are of importance or interest to you and record them in the space below. *Please include any others that are not listed above.*

Those you currently engage in	Past activities you still value

Enjoy Leisure and Social Activities

As you will have learned in the earlier sections of this Pillar, making time for yourself and engaging in meaningful, enjoyable activities that help to lift your mood, keep you physically active, reduce stress and connect you with others and the world around are just as important in your pain management as the more usual management tools such as taking regular medication, using a TENS machine or heat, etc.

Use the Hobbies and Interests sheet which follows, to stimulate ideas of what activities you may wish to resume or for new ideas.