

Balancing activities – work, rest and play

Reviewing your activities - Range and quality

If you have completed a *'Weekly Activity Diary'* take a look at the range and quality of your week's activities.

- Is there a balance between 'Work, Rest & Play', and more importantly –
- do you regularly take time to care for yourself / your health and
- does your week include activities that you find meaningful and enjoyable?

Work: - Activity involving mental and/or physical effort in order to achieve a result

- Things I have to do, mundane, everyday tasks
- Responsibilities or commitments

Rest: - Cease work or movement in order to relax, sleep or recover strength

- Me time/ down time

Play: - Engage in activity for enjoyment rather than a serious or practical purpose

- Things that I choose to do, things for me

Balance of activities

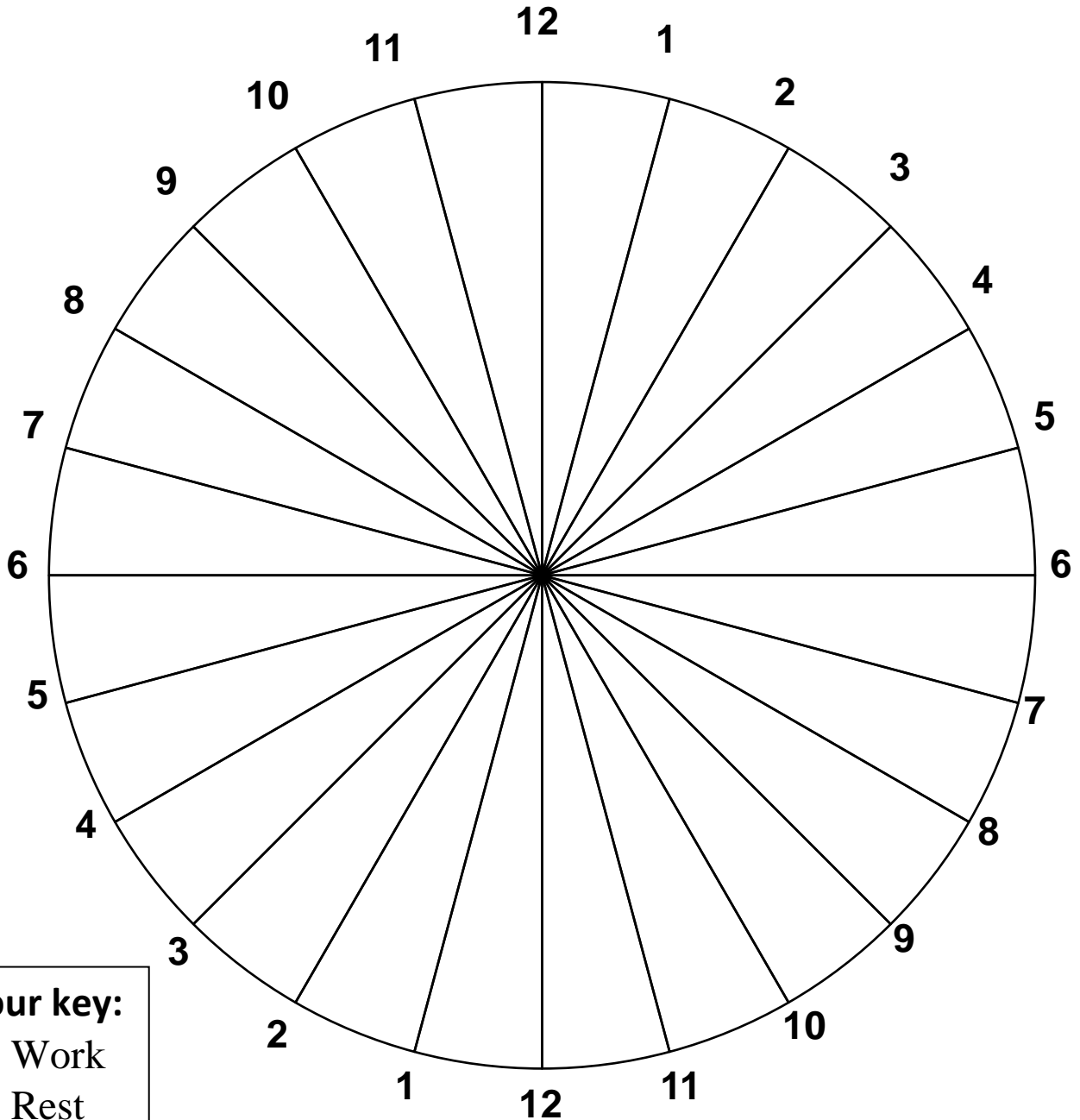
Of course the everyday tasks and responsibilities still need doing, but if you have completed a *'Weekly Activity Diary'* why not look back over it and consider how much of a **mixture of and balance** there is between the everyday tasks and duties (including work), rest, sleep, leisure and relaxation activities.

If you haven't yet completed a *'Weekly Activity Diary'*, then why not plan to complete one for at least a week and then review it as above.

Work, Rest and Play wheel

The aim of this worksheet is to help you reflect on the mix and balance of your activities over a typical day.

Using a different coloured pen/pencil for each of Work, Rest and Play, colour in the 24 hour wheel below for a typical day, based on the main activity you were doing for each hour of that day. If you have completed an Activity Diary, you can refer to that to help you recall your activities.



You can use the table over the page to help you sort your activities under the 3 headings