Leisure as Part of Your Rehabilitation

When you have some free time and want to relax, what do you like to do? As you recover from your injury or illness, talk to your health care team about your interests. We will work with you to both build your skills and adjust the leisure activities you are interested in to your abilities.

What do you like to do?

I like to...

- do something meaningful
- be active
- feel commitment to something
- be busy
- do lots of different things
- take it easy and relax
- do something different from work and school
- be able to do what I want
- be spontaneous
- make and carry out plans
- try my own methods of doing things
- compete with others
- compete with myself to do better
- laugh and enjoy
- make use of my skills
- improve my skills
- have something to show for my efforts
- get approval for what I do
- be successful at what I do
- have a feeling of personal worth
- learn more about myself or a topic
- develop relationships with other people
- be part of a group or team
- meet new people
- develop friendships
- help others
- be in attractive surroundings

Leisure activities

Check the activities you enjoy or would like to try. Share this list with your health care team, family and friends. Your community may have classes and programs available through libraries, park and recreation departments, senior centers and fitness clubs.

Relaxation activities

- House plants
- Computer / Internet
- Crossword puzzles
- Jigsaw puzzles
- Library
- Listening to music
- Meditating
- Movies
- Pet care
- Reading books
- Video games
- Word search games
- Writing
- ______________________
- ______________________
### Creative activities
- Acting
- Art shows
- Baking or cooking
- Ballet
- Broadway plays
- Canning food
- Church activities
- Collectibles
- Community activities
- Concerts
- Crocheting

- Drawing
- Flower arranging
- Home repair and improvement
- Jewelry making
- Knitting
- Museums
- Needlepoint
- Opera
- Painting
- Photography

- Play musical instruments
- Pottery or ceramics
- Quilting
- Scrap booking
- Sewing
- Singing
- Woodworking

### Social activities
- Bingo
- Board Games
- Card games
- Checkers or chess
- Clubs / organizations
- Cornhole / bean bag toss

- Darts
- Dominoes
- Eating out
- Going to parties
- Politics
- Pool, billiards or snooker

- Shopping
- Socializing with friends
- Traveling
- Volunteer work

### Physical activities
- Aerobics
- Badminton
- Basketball
- Bicycling or spinning
- Bocce
- Bowling
- Football
- Frisbee
- Golf
- Handball, racquetball, or squash

- Hockey
- Ice skating
- Jogging or running
- Judo or other self defense
- Shuffleboard
- Skiing
- Soccer
- Softball or baseball
- Swimming
- Table tennis

- Tennis
- Volleyball
- Walking
- Weight lifting
- Yoga

### Outdoor activities
- Archery
- Auto repair
- Bird watching
- Boating
- Camping
- Canoeing

- Fishing
- Gardening
- Hiking
- Horseback riding
- Horseshoes
- Miniature golf

- Roller blading
- Sailing
- Yard work

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Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

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