

# Leisure

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Our days can be very busy. We do many things (for example, personal care, homemaking, working, parenting and schooling).

Sometimes we oversleep, use street drugs or alcohol, or keep ourselves very busy. These activities may be done as a way of avoiding problems or avoiding responsibilities such as work or leisure.

It is important to make time for enjoyable leisure activities. Activities could include things like social events, hobbies and games. Leisure is helpful to your physical and mental health. It also improves your ability to handle stress. You should plan a leisure activity every day. You can plan this into your day by using a daily activity schedule.

“Leisure time” is more than “free time” away from work or school. Leisure time should not be used for errands or other tasks. There needs to be a balance between the activities of daily living, work and leisure.

It is up to you to decide the best leisure activities for you.

Part of the leisure experience includes planning it and looking forward to it. It also includes remembering and reflecting on it.

Think about your leisure skills (like playing cards or basketball).  
**Make a list of your leisure skills**

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Lack of money can control what you are able to do in your leisure time. If this is the case, you may try going for a walk in the park. Check the local newspaper often, as there are events that you can attend free of charge.

If your income is limited, you may want to think about using the crafts or art you make in your leisure time, as a source of income.

**List the leisure activities you would like to try in the next 3 months**

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*Adapted from:* The Need for Leisure Primary Community Mental Health Services Capital Health (Issue 2002) *by:* Susan Charlton RN, BScN & Elizabeth Emberly RN, BScN (CDMHP, 2003)

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