

WORKSHEET - WHAT DO I WANT TO DO IN MY SPARE TIME?

Goal: Recreational activities, leisure activities, and hobbies are all ways in which you can have fun, enjoy being with others, and add healthy activities to your life. They can also help you take your mind off daily life stresses, add structure to your life, and maybe even learn something new. They can help you avoid being bored and restless. They can help you reduce stress, anxiety and the desire to use substances.

Activity I am interested in trying out while in the hospital.	Where can I go to do this? Who do I need to talk to?	Where can I go on discharge to continue this activity?	How will this help me in my sobriety?
Example: I would like to work out in the gym.	I need to speak with the recreation therapist so I can go to the gym.	I can get a gym membership at the YWCA/ YMCA.	Boredom is a trigger for me to use.
<p>Other suggestions:</p> <ul style="list-style-type: none"> -Attend a group that interests me -Go to the leisure lounge to play pool -Read a book -Zumba class - Play bingo - Draw/ Write -Listen to music -Play a card game/ board game - Go to movie night in the hospital. 			