

LEISURE & RECREATION

TOP TIPS



Leisure is the time we spend doing things that we enjoy. Doing activities that we enjoy help us by:

- ❖ Reducing stress, anxiety and depression
- ❖ Help us feel relaxed and calm
- ❖ Improve social contact
- ❖ Improve our physical and mental health
- ❖ Increase our confidence, self-esteem and sense of achievement

Here are some TOP TIPS and ideas for leisure activities

- Sport: getting involved in sports is a great way to keep fit and make new friends
- Art, Music, Drama & Dance: getting creative can be a great way to express how you are feeling and make new friends
- Gardening: growing plants, fruits, vegetables or even a small herb box can provide a real sense of achievement
- Pampering: relax with some meditation music, a nice foot soak or a visit to the hairdresser to make you look and feel good
- Connect with friends and family: meeting up for an activity or arranging a video chat can cheer us up
- Cooking & Baking: try a new recipe or bake a tasty treat for tea
- Games & Crafts: stock up on activities to do indoors when the weather is bad
- Join a library: Libraries are great places to find out about what's on in the local area
- Go for a walk: even if it's raining, a walk can help up relax and feel good

