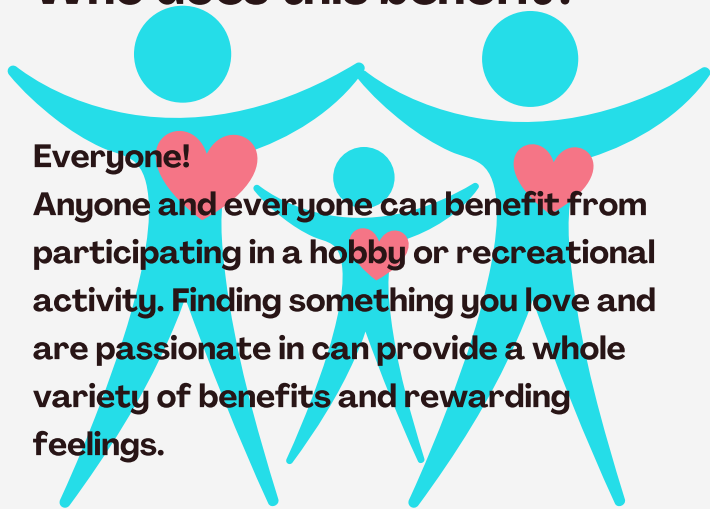


# RECREATION & HOBBIES

## AND THEIR BENEFITS

Recreational Activities	Leisure Activities	Hobbies
Backpacking	Attending auctions	Amateur radio
Baseball/softball	Attending auto races	Aquarium making
Basketball	Attending concerts	Arts and crafts
Billiards/playing pool	Attending plays	Astronomy
Bowling	Attending sports events	Auto repairing
Camping	Bicycling	Carpentry
Canoeing	Bird watching	Ceramics/pottery
Checkers	Coin collecting	Coaching Little League
Chess	Crossword puzzles	Computers
Dancing	Dining out	Cooking/baking
Golf	Driving	Electronics
Ice skating	Fishing	Flower arranging
Playing cards	Hiking	Gardening
Sailing/boating	Horseback riding	Genealogy
Shuffleboard	Listening to music	Home decorating
Skiing	Painting	Hunting
Skindiving	Picnics	Model building
Surfboarding	Playing video games	Photography
Swimming	Reading books	Playing music
Table tennis	Roller skating	Sewing
Touch football	Sightseeing	Singing
Volleyball	Sunbathing	Stained glass making
Weightlifting	Talking to friends	Volunteering
Other: _____	Visiting museums	Woodworking
	Walks in parks	Other: _____
	Watching movies and TV	
	Writing	
	Other: _____	

### Who does this benefit?



**Everyone!**

Anyone and everyone can benefit from participating in a hobby or recreational activity. Finding something you love and are passionate in can provide a whole variety of benefits and rewarding feelings.

“Build skills, discipline, confidence, and resilience”

“Enhance mental well-being”

“Better psychological and physical functioning”



### Recreational Activities

any outdoor activity that is done for the purpose of exercise, relaxation or pleasure, including practice or instruction in any such activity



Dancing  
Singing  
Bicycling  
Swimming  
Hiking  
Skiing  
Running/Walking



Benefits:

**Physical benefits-** cardiovascular, strength, flexibility, muscle tone  
**Mental Health benefits-** reduce stress and anxiety levels, boost your mood, increase social interaction

### Hobbies

are characterized by consistent engagement in skill-building or mind-enriching activities that are pursued for enjoyment



Scrapbooking  
Reading  
Gardening  
Cooking/Baking  
Photography  
Puzzles  
Music

Benefits:

**Mental Health benefits-** reduce stress and anxiety levels, boost your mood, increase social interaction, declutter the mind, time to devote to yourself

### Benefits of Dancing:

- Sociable & Fun
- Builds confidence levels
- Increase self-expression & creativity levels
- Improves fitness level & losing weight.
- Beats stress and anxiety
- Boost mood and reduce depression.



### Patient A's Story:

Patient A is a 13 year old girl who started dancing when she was 7 to help alleviate her social anxiety. With the help of her teachers, peers, and parents she had found a way to express herself in a safe space.

### Nursing Implications:

- **Access-** Lack of staff
- **Environment-** lack of space for recreations
- **Responsibilities-** lack of time
- **Finances-** struggles with resources
- **Patient limitations-** barriers to participate recreation

### Integration into healthcare settings:

- Motivational interviewing and goal setting.
- Provide resources and information on recreational activities/therapies
- Dancing and Singing- patients as well as healthcare workers (especially popular during the Covid-19 pandemic).

