



## ENJOYABLE ACTIVITIES CHECKLIST

Place a tick in the box next to any of the activities you think you would enjoy doing.

<b>Social</b>	<b>Creative</b>
<input type="checkbox"/> Visit a friend	<input type="checkbox"/> Write a poem
<input type="checkbox"/> Phone a friend	<input type="checkbox"/> Paint or draw a picture
<input type="checkbox"/> Go out for a coffee	<input type="checkbox"/> Cook a meal or bake
<input type="checkbox"/> Eat out	<input type="checkbox"/> Redecorate a room
<input type="checkbox"/> Invite friends for dinner	<input type="checkbox"/> Learn a musical instrument
<input type="checkbox"/> Ask for a cuddle	<input type="checkbox"/> Sew or knit
<input type="checkbox"/> Spend time with family	<b>Pampering</b>
<input type="checkbox"/> Hold a dinner party	<input type="checkbox"/> Relax in a warm bath
<input type="checkbox"/> Join a social club	<input type="checkbox"/> Have a massage
<input type="checkbox"/> Volunteer or help out in your local community	<input type="checkbox"/> Prepare your favourite meal
<b>Recreational</b>	<input type="checkbox"/> Watch a DVD
<input type="checkbox"/> Go for a walk	<input type="checkbox"/> Take a nap
<input type="checkbox"/> Listen to music	<input type="checkbox"/> Buy yourself a magazine
<input type="checkbox"/> Read a novel	<b>Educational</b>
<input type="checkbox"/> Go to a movie	<input type="checkbox"/> Visit the library
<input type="checkbox"/> Go for a jog	<input type="checkbox"/> Visit a museum/art gallery
<input type="checkbox"/> Do some gardening	<input type="checkbox"/> Enrol in a course
<input type="checkbox"/> Go swimming	<input type="checkbox"/> Start a new hobby
<input type="checkbox"/> Play sport	<input type="checkbox"/> Read a good book
<input type="checkbox"/> Watch sport	<input type="checkbox"/> Learn a new language
<input type="checkbox"/> Take up dance classes	<b>Other things you can think of?</b>
<input type="checkbox"/> Visit a place of interest	<input type="checkbox"/>
<input type="checkbox"/> Go to the beach	<input type="checkbox"/>
<input type="checkbox"/> Go to the countryside	<input type="checkbox"/>
<input type="checkbox"/> Plan a holiday	<input type="checkbox"/>
<input type="checkbox"/> Sit in the sun	<input type="checkbox"/>
<input type="checkbox"/> Go fishing	<input type="checkbox"/>
<input type="checkbox"/> Play a board game	<input type="checkbox"/>
<input type="checkbox"/> Do a crossword or puzzle	<input type="checkbox"/>



## LIFESTYLE BALANCE ACTIVITIES CHECKLIST

The first step in moving forward is to restore healthy routines. Do you currently:

- Have a plan to stay safe, for you and any other children or family members in your care?
- Eat regular, balanced meals and avoid junk food?
- Exercise regularly?
- Get enough sleep?
- Go to bed and wake up at regular times?
- Visit your GP or local community health centre regularly?
- Share your worries with a trusted friend who offers support, not advice?
- Have a list of people you care about and that you can count on?
- Go out with friends?
- Avoid alcohol and other drugs when they may make things worse for you?
- Allow yourself to take a break from worrying?
- Understand your moods?
- Tell the people who support you what you need from them?
- Limit the time you spend with the person that you support if they are violent, controlling, or frightening?
- Manage your stress or have a stress management plan? This could include yoga, meditation, mindfulness, or other spiritual practice.
- See a counsellor to help you cope and regain confidence in yourself?

Now you may want to think about engaging in some enjoyable activities. See the next page for some ideas.

