

Making time for what you love

Making time for activities you love is important for your mental and physical health. They can also be a great way to maintain normalcy in your life. Try adding some of these activities to your schedule.

Try these healthy activities:

- ✓ Take a reading break with a new book or your favorite magazine.
- ✓ Listen to your favorite music and dance with family and friends.
- ✓ Get fresh air with a picnic, gardening, birdwatching, or sightseeing.
- ✓ Play a game, like a word puzzle, video game, or cards, with friends in person or online.
- ✓ Treat yourself to a relaxing day at a spa or at home with face masks, foot soaks, and manicures.
- ✓ Learn how to capture moments with a beginner's photography class.
- ✓ Travel to new, exciting locations or your favorite vacation spots.
- ✓ Learn a new craft like crocheting, knitting, sewing, drawing, or painting.
- ✓ Visit local favorites like libraries, aquariums, museums, and zoos.
- ✓ Take a class and learn to cook, bake, or even how to speak a new language.
- ✓ Mingle with like-minded people at church, a club, or a craft fair.
- ✓ Build community connections by volunteering somewhere you love.
- ✓ Move your body by taking a walk, riding a bike, or playing a low-impact sport like golfing, bowling, swimming, or skating.



We're always here to listen

Your care team is here to help.

Reach out for support whenever you need it.



Plan time for you

Use this tool to help find time for yourself. First write down your appointments and other commitments, then fill in the gaps with hobbies and fun activities.

Day of the week: S M T W T F S

Morning:	To-do	Activities
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Afternoon:	To-do	Activities
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Evening:	To-do	Activities
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____