

TBI Recovery Guide: Therapeutic Recreation- How Do I Structure My Leisure Time?

A few tips and tricks

Being able to visualize your day can be a great way to help you structure your free time. Try making lists or a calendar of:

- Things to do today
- Things to do this week
- Things to do this month

Rather than waiting until you're bored to try and think of something, having a pre-made list of activities or projects you could do or somewhere you can go might help you feel more prepared to combat boredom in the moment.

Plan out your leisure activities

Planning out activities ahead of time can give you something to look forward to in the day, week, or month. This can also give you a feeling of having something to do that will help you feel productive.

Some examples of planning tools are:

- A daily schedule or monthly calendar that can help with your visualizing and planning ahead.
- Creating an "I'm Bored" jar where you can compile different leisure ideas that can be done anytime. When bored, pull something out of the jar with the intent of doing whatever you pull out.
 - Ideas for an "I'm Bored" jar could include: Go for a stroll outside, clean one room of the house, cook a new recipe, exercise for 15-30 minutes, groom the cat/dog, visit the library, call a friend.

Resources for leisure activities

- <http://www.Pinterest.com>
 - Helpful for: Finding different projects or activities to assist with structuring time at home
- <http://www.Meetup.com>
 - Helpful for: Finding social and group activities in your area to get out of the house
- Your local Parks and Recreation Department
 - Helpful for: Finding continuing education programs or organized activities
- Community Centers, YMCA, Local Gyms, Senior Centers, Local Libraries
 - Helpful for: Finding resources for community programs and reasons to get involved
- UMHS Volunteer Services: <http://www.med.umich.edu/volunteer/>

Make time for fun, safe, and healthy activities!

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