

Why is leisure important after discharge?

Continued participation in leisure activities can be a fun and motivating way to combat commonly experienced symptoms and issues that impact health, well-being, and quality of life.

Scheduled recreation time provides you with a frame of reference, time to get prepared, and something to look forward to. Try to plan **at least 1 leisure activity** on a daily basis. Make sure you write any special events or community activities **on a calendar** to help you remember and structure your time.

What leisure activities can I do?

Assist at home with activities around the house.

- Help prepare meals by assisting with some of the meal preparation.
- Help with laundry, dishes, or other cleaning or organization tasks.
- If you have pets, assist with pet care in feeding or playing.

Consider participating in a support group.

- It will be important for you to continue to connect with individuals and families who are experiencing the same thing as you. (See Brain Injury Resource Guide)

Participate in community recreation programs, which are geared towards your interests.

- Look into: Public concerts, parks, museums, restaurants, support groups, meetup.com, and more.
- Spending time with people with similar interests or experiences can provide a sense of support and community.

Participate in community activities, with supervision if needed.

- This can include things like restaurants, shopping, movies, etc.
- Supervision or assistance can be necessary at least until you transition home and begin to maintain a routine.

Things to remember

Modify activities as much as possible.

- Example: Standing to shoot baskets to work on coordination and balance is better than playing basketball while running up and down the court where you may be at risk for falling.

When some leisure pursuits of the past are not presently possible, try finding what can be done.

- Success aids in building a positive self-esteem. Finding and pursuing new interests can be fun too!

Because of your brain injury, do not engage in contact sports.

- Some examples of contact sports include: Football, basketball, soccer, skateboarding, and even lifting weights.
- Wait until your doctor or physical therapist tells you what type of exercises are appropriate and when you can return to them.

Do not use power tools / heavy equipment for your yard until cleared by your doctor.

- If you enjoy building, try pre-cut wood project kits you can assemble.
- If you enjoy working in the yard, try gardening or landscaping.

Remember to abstain from all alcoholic beverages until cleared by your doctor.

- Alcohol can impair things like: memory, balance, judgement, safety, motor function, etc.
- A doctor should be able to assist you in determining when would be appropriate and safe for you to consume alcoholic beverages.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 06/2019