



RECREATION ACTIVITIES

Many people who have recently experienced psychosis spend less time doing the things that they used to enjoy. This can include exercising, seeing friends, doing hobbies, or creative activities. Reasons for this may include low motivation, low energy, or anxiety.

Some people avoid these activities to prevent symptoms like paranoia or anxiety. Unfortunately, when we stop doing the things we used to enjoy, these issues can worsen. It's important to do the things we enjoy even if we don't quite feel like ourselves. Engaging in recreational activities can help improve motivation, mood, energy, confidence, and more!

RECREATION ACTIVITY IDEAS

- | | |
|---|---|
| <input type="checkbox"/> Take a walk outside | <input type="checkbox"/> Read a good book |
| <input type="checkbox"/> Do a craft project (check YouTube for ideas) | <input type="checkbox"/> Play a board game or solve a puzzle |
| <input type="checkbox"/> Go out for a coffee or tea | <input type="checkbox"/> Visit a supportive family member or friend |
| <input type="checkbox"/> Listen to a motivational or educational podcast | <input type="checkbox"/> Watch your favourite movie |
| <input type="checkbox"/> Play an instrument or dance to your favorite music | <input type="checkbox"/> Go to your local community center |

Check off the activities you'd like to try or have tried




RECREATION PLANNING

RECREATION ACTIVITY PLANNING

When will I try the activity?

What do I need for this activity?



*Write down any recreation
activity ideas of your own*

To get started, take a look at the suggested recreation activities on the first page and write down some of your own on the left. Choose at least 3 activities that you would like to try this week.

In the box at the top of the page, write down when you will try the activity (plan a day and time) and anything you may need to complete the activity. Planning ahead results in a higher likelihood of following through with the plan.