

Leisure, Wellness, & Spirituality in Recovery



Leisure

What will you do for fun? Write down 10 activities you think you might enjoy.

Examples: Rock climbing, snorkeling, model-building, trying new restaurants, collecting something (coins, shells, stamps, etc.), visiting museums, scrapbooking, going to concerts, painting, jewelry making, photography, gardening, going to sporting events, fishing, cooking, woodworking, playing softball, skydiving, shopping, candle-making, camping, reading, whitewater rafting, poetry, caving, riding in hot air balloons, dancing, baking, working on cars, jigsaw puzzles, watching movies, joining a book club, etc.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

List 5 things you would like to learn.

Examples: A new language, cooking a new dish, how to change a tire, how to play a sport, how to knit, etc.

1. _____
2. _____
3. _____
4. _____
5. _____



Wellness

Physical Health: Sleep, Nutrition, & Exercise

How many hours of sleep do you need at night? _____

The average person needs 7-9 hours of sleep per night. Getting too much or too little sleep is linked to negative health consequences.

Tips for Better Rest

- Stick to a regular sleep schedule
- Exercise during the day
- Use the bed for sleep and sex only; no reading, watching TV, etc.
- Take a warm bath an hour or so before bedtime
- Avoid liquids at least two hours prior to going to bed (to avoid waking up to use the restroom)
- Avoid LED (blue) light at least an hour before bedtime
- Do not rely on alcohol to help you fall asleep; it disrupts REM sleep
- Utilize progress muscle relaxation, full body scans, and/or guided imagery to help you fall asleep
- Keep the bedroom dark
- Sleep in a quiet room or play "white noise" to block out sounds
- Sleep in a cool room (67-69 degrees is ideal)
- Keep the bedroom clean and clutter-free (including clean sheets)
- For chronic insomnia, discuss CBT-I with your healthcare provider. (CBT-I is more effective than medication and is the best long-term solution for chronic insomnia.)

Research indicates that diets high in vegetables and fruits (at least half of each meal should be fruits and/or veggies) are linked to a reduced risk of disease, improved mood, and a longer life.

What is your plan for nutrition? _____

Foods to Avoid

- Sugar-sweetened beverages
- Foods with added sugar (including corn syrup, high-fructose corn syrup, cane sugar, and honey)
- Foods high in sodium
- Foods high in saturated fat (especially foods with trans-fatty acids)
- Refined carbohydrates (including white bread, pastries, pasta, white rice, many cereals, etc.)
- Red meat
- Fast food
- Overly processed foods

The recommendation for exercise is at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week.

What are your weekly exercise goals? _____

Spirituality

How will you bring meaning to your life?

What is spirituality? Spirituality refers to the “higher self.” It involves your values and morals. It also involves the relationships and activities in your life that bring you meaning, purpose, and direction. Additionally, spirituality involves your belief in a higher power and may include your religious practices.

Spirituality is a need or a desire:

- To find meaning in life
- To feel fulfilled (and not empty)
- To find purpose beyond today or this world
- To connect with a higher power or the inner self
- To belong to something larger than the self
- To triumph over fear



List five values that are important to you.

Examples: Loyalty, family, honesty, wealth, happiness, integrity, creativity, intelligence, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

What relationships or activities bring meaning and purpose to your life? _____

In what ways can you be of service to others? _____
