

## Down Time

Having responsibilities can sometimes make it challenging to engage in healthy and necessary down time. It is not uncommon for people to feel guilty while relaxing because they feel like they *should* be doing something productive. It's important to know that our bodies and minds are like sponges. We can only hold so much water/stress and we need to take breaks to absorb more later.

Take some time to think about what you like to do or what you would like to add into your life, and schedule time to engage in these relaxing activities. Self-care is not selfish.

What do you like to do during down time?	
What do you/would you like to do during down time?	
What types of books/websites/magazines do you like to read?	
What types of shows/videos/movies do you like to watch?	
Do you prefer to be indoors or outdoors? What do you like about it?	
Do you like to relax around others or quietly by yourself? Are there activities in which you prefer being alone vs. with others?	
What are your hobbies?	
What are your strengths?	

## Down Time

Need some ideas about activities you might like to engage in? Here are some suggestions:

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Hike on a nature trail	Plant/work in a garden	Bake something
Go for a bike ride	Go to the beach	Build a birdhouse
Try new food	Research an unfamiliar topic	Do a puzzle
Read a book	Visit a museum	Go for a walk
Watch the sunrise or sunset	Go stargazing	Make/go out for coffee
Volunteer at an animal shelter or food pantry	Visit neighbors/friends	Listen to the radio or a podcast
Go to a concert	Search for new music to listen to	Go swimming
Start/write a blog	Explore somewhere new	Play a board/card game
Draw, paint, or color	Play a sport	Play an instrument
Go to the library	Write a poem	Try arts and crafts
Meditate	Have a picnic	Go hiking/rock climbing
Take photos	Knit or crochet	Visit a park
Plan your next trip/vacation	Go to a play	Visit a tourist attraction
Write in a journal	Make origami	Yoga
Cook a meal	Watch a movie	Call a friend
Exercise	Go fishing	Mold clay
Go bowling	Watch something funny	Nap