

Time for You Work Sheet

Taking time to enjoy yourself

Scheduling time to enjoy yourself may help you recharge and find more balance between the things you have to do and the things you want to do. Think of taking time for yourself to do enjoyable activities as a prescription to help you relieve the symptoms of your pain condition. As having fun becomes part of your routine, you may begin to feel better and have a more positive outlook on life.

You can use the following work sheet to help you plan time for enjoyable activities each week. Begin by following these steps:

STEP 1	STEP 2	STEP 3	STEP 4
<p>Make a list of activities you enjoy doing</p> <p>Create a list of things you like to do. Include things that you:</p> <ul style="list-style-type: none"> Have enjoyed doing in the past Think you may enjoy doing in the future <p>If you need ideas, look at lifestyle magazines or find out what kinds of classes or lessons are offered on the Web or at your local community center or college.</p>	<p>Select one of the activities you would like to try first</p> <p>Put a star [*] next to the activities on your list that you want to do right now. For each activity, think about what you can do, based on:</p> <ul style="list-style-type: none"> Whether you have the resources [time, money] to do it Whether you can get there or have access to it Who may be able to help you Whether you can pace yourself and adapt it to meet your needs The best time of the day to do it 	<p>Make a plan for how to do the activity</p> <p>While you may not be able to do activities you have always enjoyed, there may be many things you can still do. But you may have to plan how to do others. If you need to do less, consider breaking the activity into simpler steps. For example, if you like to cook:</p> <ul style="list-style-type: none"> Look for new recipes in magazines or on cooking shows and websites Make a shopping list of ingredients Make one dish instead of a whole meal Prepare your dish in stages. Rest between steps Ask for help with certain tasks if you need to, such as cutting or mixing 	<p>Plan a time to do the activity this week</p> <ul style="list-style-type: none"> Set a time and stick to it as you would a meeting or a doctor's visit Pick a time of the day when you typically feel your best <p>Remember, setting aside time to enjoy yourself is an important part of pain management.</p>

Use this work sheet to help you plan time for enjoyable activities.

Day	Pleasant Activity	Set a Time	Notes
Monday	<i>Cooking. Read cookbook, make shopping list for new apple pie recipe</i>	<i>3:00-3:30 PM</i>	<i>It feels good to be thinking about cooking something the family will enjoy.</i>
Tuesday	<i>Cooking. Make the crust and freeze it in the pan.</i>	<i>3:00-3:30 PM</i>	<i>I plan to make the filling tomorrow.</i>

Day	Pleasant Activity	Set a Time	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			