

WORK REST & PLAY: FINDING THE BALANCE

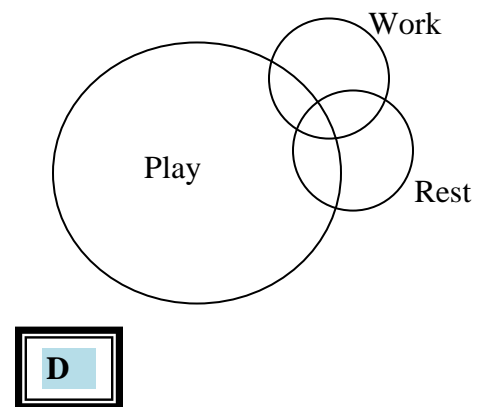
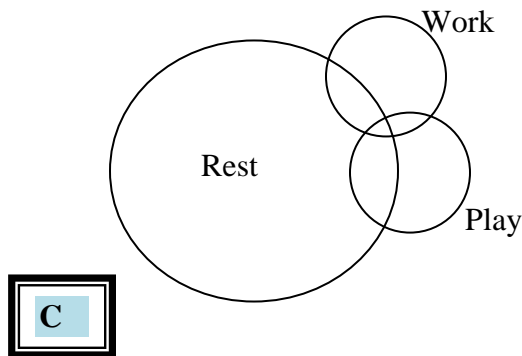
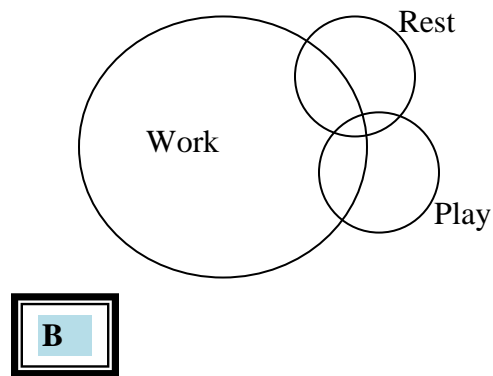
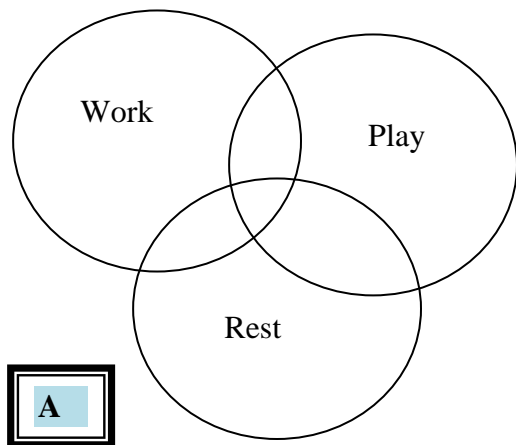
This activity is designed to help you look at your life balance to determine if you need to make some adjustments. It is sometimes difficult to find the balance between work, rest and play, but a good balance is essential to wellbeing.

Work can be our job, but it also includes self-care, caring for others, homemaker chores, and health maintenance. For some people it might mean going to a day program or volunteer work. Rest can be sleep but it can also mean down-time spent relaxing, listening to music, watching T.V. or just hanging around the house.

Play or leisure can include visiting with others, going to the movies, playing games, taking a walk, reading a book, golfing, playing tennis or playing with grandchildren.

Some activities such as exercise might fall under leisure for some but might be a health maintenance chore for others.

Take a look at the diagrams below and think about how you are presently spending your time; which pattern represents your pattern of work, rest and play. Answer the questions that follow.



How Balanced are you???

What activities do you consider work?

What activities do you consider rest?

What activities do you consider play or leisure?

Do you have a good balance between work rest and play as in figure A?

Do you have too much work in your life as in figure B?

Do you have too much rest and napping in your life as in figure C?

Do you have too much time to play in your life as in figure D? Is it healthy leisure?

What do you need to change???