

9. Recreational Wellness

Definition: Engaging in leisure and play that restores energy, sparks joy, and balances daily responsibilities. Recreational Wellness involves making time for hobbies, fun, and relaxation that nourish wellbeing.

Recreational Wellness Checklist

- Scheduling leisure time for hobbies and play
- Exploring new recreational activities or interests
- Prioritising joy alongside responsibilities
- Balancing productivity with play and relaxation
- Connecting with friends or the community through recreation
- Honouring downtime without guilt
- Using recreation as a tool for stress relief and renewal

Reflective questions

- Do I make time for activities that bring me joy and fun?
- Do I balance productivity with play and relaxation?
- Do I explore new hobbies or recreational interests?
- Do I participate in recreational activities with others for connection?
- Do I allow myself to enjoy downtime without guilt?