

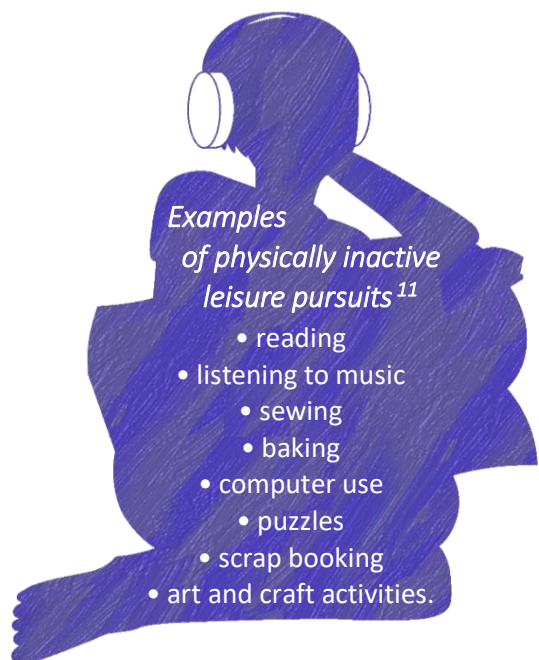
# Quiet, Physically Inactive Leisure Pursuits that you do alone:\*

## Essential to your Health and Well-Being

*Created for mothers by Helen Bourke-Taylor PhD©*



Physically inactive leisure pursuits are the activities that we do for enjoyment that do not require us to be physically active. Mothers of children with a disability often say that most of their time is spent caring for their child and family. Time alone to engage in these activities allows mothers to reconnect with their passions and interests, and can form an important part of their weekly schedule.



### ***Benefits of reading for pleasure<sup>24</sup>***

For adults, reading for pleasure is associated with high levels of enjoyment and relaxation. In addition, there is growing evidence that reading decreases the symptoms of depression, and can increase a person's understanding of their self-identity.



### ***Benefits of engaging in the arts<sup>25, 26</sup>***

Creative pursuits such as painting, music appreciation and craft activities have been associated with many health benefits. Expressing creativity through a variety of activities can provide enjoyment, improve mental health through reducing stress and anxiety and can empower mothers through skill development and mastery.

## **So what can I do?**

Schedule in some time to participate in a physically inactive leisure pursuit, whether it be reading, completing a crossword, listening to music or being creative. You know what you enjoy doing, and allocating time for yourself every week to do something meaningful to you is an important step in the right direction.

**Physically inactive leisure pursuits are an important way to reconnect with our passions and interests, and are key for our health and well-being.**

Visit our website at <http://www.healthymothers-healthyfamilies.com/> for more information.

\*Item 7, HPAS, Helen Bourke-Taylor© see references 9, 11, 12 and 20.

References 11 and 24–26: See Fact Sheet 13 for full list of references.