

Quiet, Physically Inactive Leisure Pursuits that you do with others:*

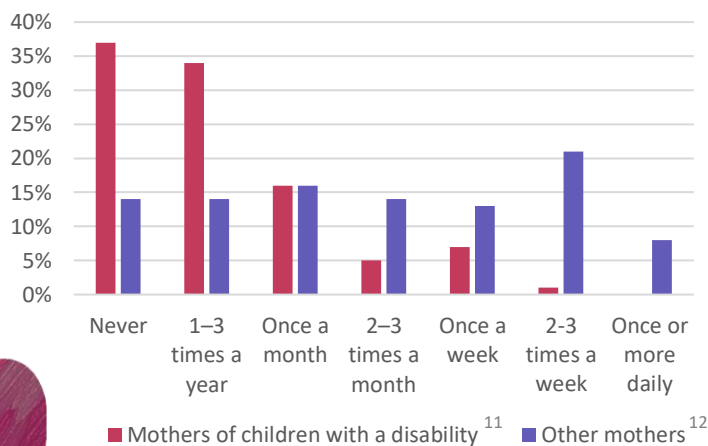
Essential to your Health and Well-Being

Created for mothers by Helen Bourke-Taylor PhD©



Often, mothers of children with a disability find that they are time poor due to their caring tasks. It is important to have a balanced healthy lifestyle to promote health and well-being. One way to do this is to participate in quiet, physically inactive leisure pursuits with others. This may be with family, friends or supportive others.

How often do mothers participate in physically inactive leisure pursuits with others?



Examples of physically inactive leisure pursuits with others¹¹

- meeting a friend for coffee/lunch
- celebrating cultural occasions
- playing cards or games socially
- social networking via computer.
- eating a meal with others
- watching a DVD
- outings

Benefits of sharing a meal or having a coffee with a supportive person

Having time to sit and enjoy the company of a friend, family member or supportive other has many benefits. It can reduce stress, create a sense of belonging and improve self-esteem.²¹

Taking time out to spend with others in a physically inactive way can play a significant role in promoting overall health.



So what can I do?

Find an activity that you love to do with friends or family. Having time to socialise through leisure pursuits is part of a healthy lifestyle design. It is important to recognise that time in quiet and passive activities are as healthy as physical activity.

Time spent with others in entertaining, social, or enjoyable activities is part of a balanced lifestyle.

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

*Item 8, HPAS, Helen Bourke-Taylor© see references 9, 11, 12 and 20.

References 11, 12 and 21: See Fact Sheet 13 for full list of references.