

Taking Time to Relax & Rejuvenate

Everyone benefits from taking time to relax and rejuvenate in their lives in order to balance the stress of work, other required activities, and life.

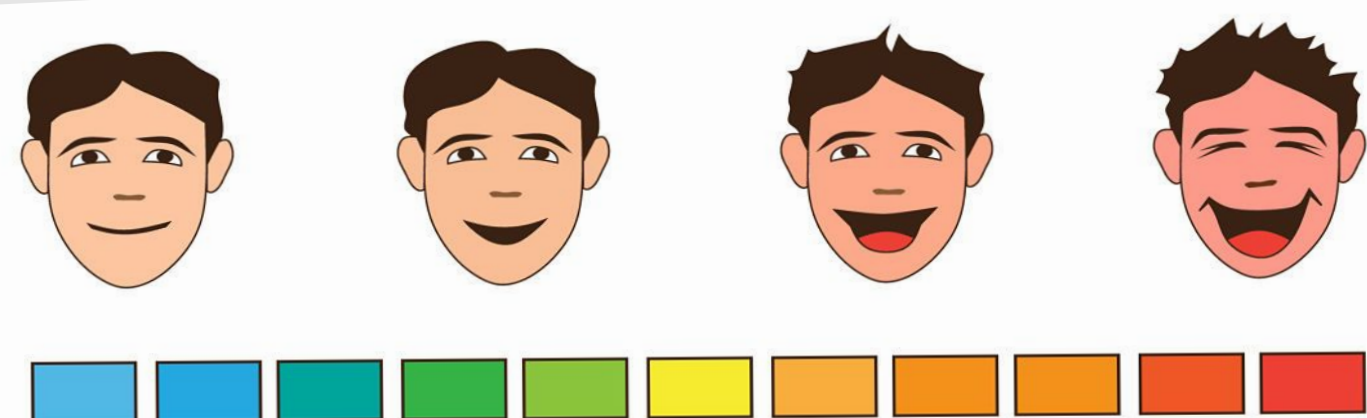
Incorporating activities help people to re-energize and positively affects other parts of their lives, particularly health and wellness.

Play, recreation, and leisure are necessary for a full and flourishing life for a host of reasons.



Mental wellness is an important part of our overall health and can impact our physical well-being. Studies consistently demonstrate that engaging in different kinds of leisure time activities improve multiple areas of social and emotional health.

It's GOOD to Laugh!
Laughing decreases stress hormones, increases immune cells, & helps infection-fighting antibodies. This improves resistance to disease.
Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.



Emotional Benefits of Leisure Activities

**Greater Psychological Well-Being
Higher Quality of Life
Higher Morale & Life Satisfaction
Greater Optimism**

**Higher Self-Esteem, Self-Efficacy
More Social Interaction**

**Keener Mental Abilities
Lower Anxiety
Lower Depression
Lower Incidence of Loneliness
Less Frustration & Hostility**

Leisure is experiencing things in a celebrating spirit: indoors & outdoors

Manage
Screen
Time

Stay
Hydrated

Read a Book

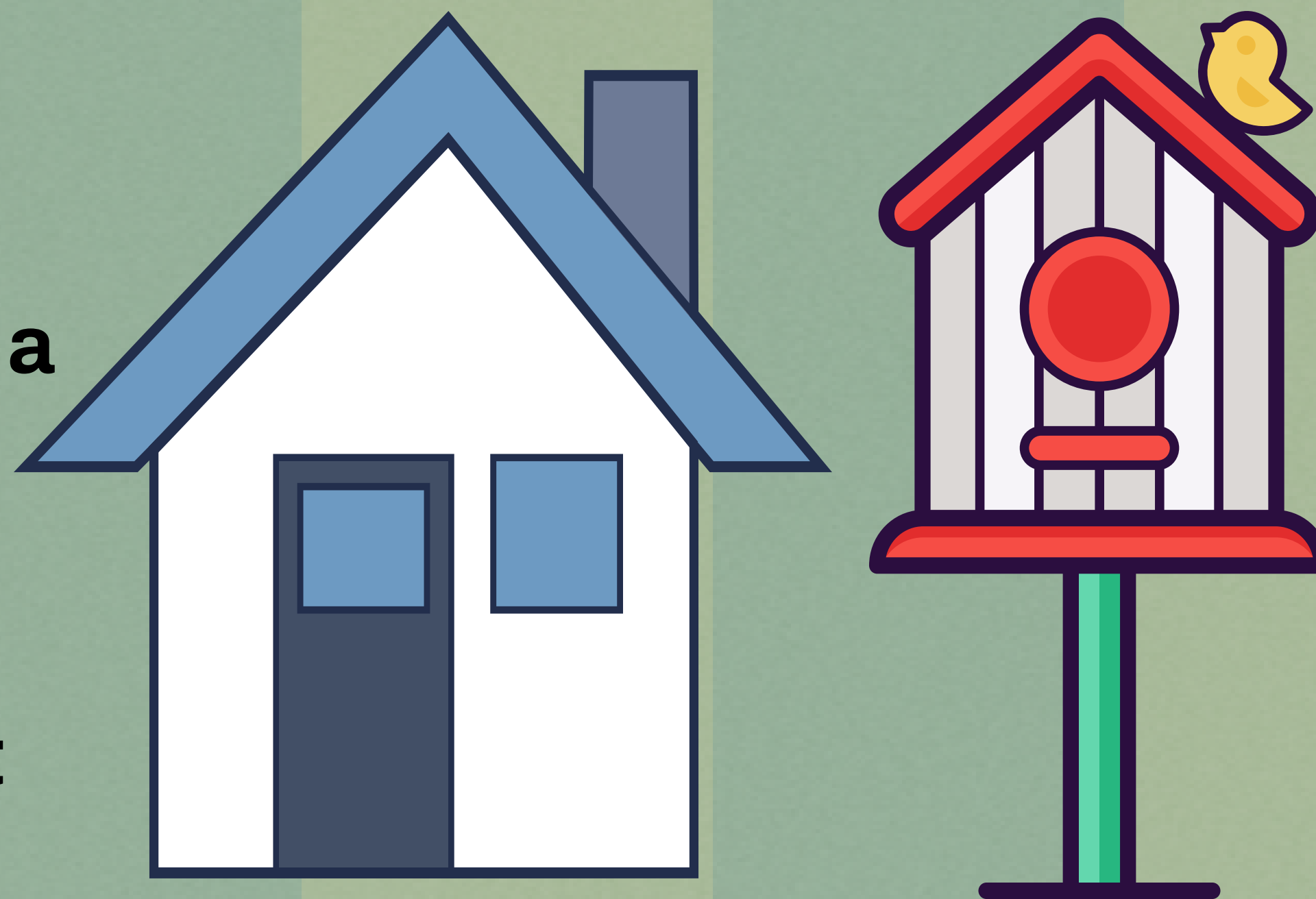
Work on a Puzzle

Play Cards/Game with a
Friend

Listen to Music

Draw, Sketch or Paint

Try a New Recipe



Take a Walk with a Friend

Go for a Bike Ride

Visit the Park or Lake

Go Bird Watching

Gardening

Plan a Picnic



Intentionally creating space and time for personal and family recreation strengthens relationships with those who matter most to us.

Time off is good for our physical & emotional health!

Leisure & recreation play a role in our personal happiness.

It allows us to re-create ourselves in order to return to ordinary life renewed, refreshed & reinvigorated.



The Physical Health of Leisure & Recreation

Improved General Health
Improved Circulation
Improved Respiration
Lower Blood Pressure & Cholesterol

Greater Flexibility
Greater Strength
Greater Endurance
More Energy

Improved Mobility
Greater Physical Independence
Greater Longevity

Reduced Fear of & Risk of Falls

