

Self Care Newsletter

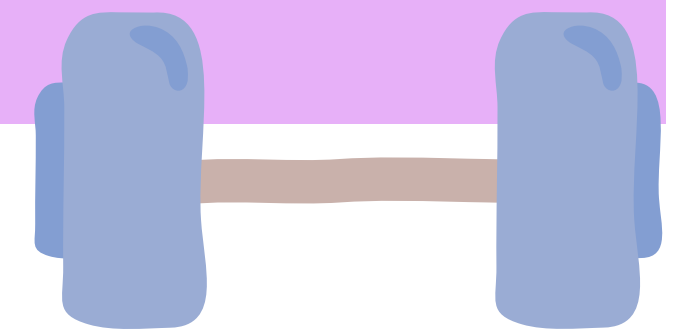
We all have more open, unscheduled time on our hands. While unstructured time can be relaxing and rejuvenating, too much can create boredom and frustration.

These two models can help you evaluate how you are spending your time and/or help you structure your time. Embrace the opportunity you have within COVID restrictions to grow and meet your needs in new, creative ways.

Try to Find These 3 Hobbies for Your Life

1 that keeps you in shape

- Try a new type of exercise
- What kind of movement did you enjoy as a child? Liked hula hooping or dancing--look up a youtube.com video to bring it back into your life.
- Check out a new fitness DVD from the library.



1 that keeps you creative

- Get creative with your connections: have a zoom call with friends. Make it a happy hour or meal together. Play a game together. Do karaoke or dance!
- Find a new hobby. Need ideas: https://en.wikipedia.org/wiki/List_of_hobbies
- Write
- Make art.
- Make something with your hands.
- Brainstorm or mind map



1 that gives you knowledge

- Research a subject you are interested in.
- Check out a new book from the library.
- Take a class. Check out these free classes you can take with a library card: <https://education.gale.com/l-monarchs/>
- Ask someone what they are an expert in or have a passion for.



The suggestion for these three hobbies came from
evolveblog.org 6/14/19

See if these activities are a part of your day or week. Which ones are you drawn to most and which ones are missing? Try to find a balance of all four.

Cognitive Behavioral Therapy Framework of Activities

Enjoyable Activities

- What things do you find enjoyable to do?
- When do you find yourself having fun?



Productive Activities

- What activities give you a sense of accomplishment to complete?
- What tasks have you been putting off that need to get done?



Activities that matter

- What activities do you engage in that fulfill a deeper part of yourself?
- What activities fit your values?



Activities you have been avoiding

- You know what these activities are. Make a list of them.
- Do you need to ask someone to help you?



These activities came from this blog post:
<https://nosidebar.com/normalcy/>

Check it out for more inspiration and ideas!