

## THE IMPORTANCE OF WORK AND LEISURE ACTIVITY

(YOU COULD BEGIN A REGULAR LEISURE ACTIVITY AS PART OF A “STEPPED” APPROACH TOWARDS “WORK”, PAID OR UNPAID)

- What is work?
- What is leisure?
- Do you have work/work like tasks as part of life at the moment?
- Are you taking part in leisure activities at this time?
  
- Why do you think work is an important part of life for humans?
- What would you say are the main difficulties to overcome to get back to working?
- What can we gain from taking part in leisure activity?
- How can you find ways to participate in leisure activity?
  
- Where would you start if you wanted to get back to a leisure activity?
- Where would you start if you wanted to get back to work?
  
- Do you have a range of leisure activities?
- e.g. social
  - hobbies
  - arts/cultural
  - sport
  - D.I.Y.
  - travel
  - further education/training
  - exciting/fun

“STEPS” TO MOVING FORWARD

End of  
pain management  
Course



Leisure Goal



Work – part-  
full-time  
or voluntary

Apply strategies to  
everyday life.

Build tolerances.

Build fitness.

Goal setting.

Communication skills.

Information gathering.

E.S.A. work group

Training/adult education

Voluntary work.

Finances/benefits/ permitted work.

Test out tolerances and build on them.

Build up confidence.