

Community Resources

Community Centers:

- Offer free or low cost classes including: fitness, cooking, crafting, and/or swimming
- Low-income status often considered when applying for membership, scholarships or discounted pricing available
- Free or low cost public events
- Examples of facilities: YMCA, Public Library, Community Recreation Center

Parks and Recreation Department:

- City parks often provide equipment and space for outdoor play
- Maintained and mapped trail networks



CHANGES
COUNSELING &
CONSULTATION

More Information :



(801) 542-7060



info@changescounseling.org



8221 S 700 E, Sandy, UT 84070



<https://www.changescounseling.org/>



Leisure
Exploration
&
Participation



Benefits of Leisure

Therapeutic Use

Leisure engagement has positive psychological, educational, social, relaxational, and physical impacts on the persons involved.

Leisure also serves as a protective factor against stress related illness and disease.

Impact on Criminality

Structured activity reduces time spent engaging in maladaptive behaviors such as substance use.

Leisure engagement provides positive outlets for expression of strong feelings.

What is Leisure?

- Defined as: Nonobligatory activity that is intrinsically motivated and engaged in during discretionary time, that is, time not committed to obligatory occupations such as work, self-care, or sleep.
- Leisure Exploration: Identifying interests, skills, opportunities, and appropriate leisure activities.
- Leisure Participation: Planning and participating in appropriate leisure activities; maintaining a balance of leisure activities with other occupations; and obtaining, using, and maintaining equipment and supplies as appropriate.



Increasing Leisure

Prioritizing leisure through active planning increases engagement.

- Add leisure activities to your daily calendar, allocating specific time for completion
- Place leisure activities among the top of your “To Do” list items
- Complete an activity log placing meaning to how each time interval was spent
 - Identify time *wasting* activities to replace with *meaningful* activity