

CONSIDERING THE BALANCE OF MY ACTIVITIES



Name:

Date:

Self-care activities	Examples	Examples of my activities	Time spent
Personal care	<ul style="list-style-type: none"> • bathing • dressing 		
Health-related care	<ul style="list-style-type: none"> • attending appointments • filling prescriptions 		
Productive activities	Examples	Examples of my activities	Time spent
Paid work	<ul style="list-style-type: none"> • work for an employer for pay • self-employment for pay 		
Unpaid work	<ul style="list-style-type: none"> • work for an employer without pay 		
Volunteer & other civic work	<ul style="list-style-type: none"> • unpaid work for a community organization or association 		
Education & related	<ul style="list-style-type: none"> • attending school, workshops or training • web-based learning 		
Day programs	<ul style="list-style-type: none"> • attending treatment programs or services 		
Parenting	<ul style="list-style-type: none"> • taking care of children 		
Home management activities	<ul style="list-style-type: none"> • cleaning • renovating • shopping for goods & services 		

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Leisure activities	Examples	Examples of my activities	Time spent
Active leisure	<ul style="list-style-type: none"> • sports • clubs • entertainment events 		
Passive leisure	<ul style="list-style-type: none"> • reading • watching TV • listening to music 		
Socialization	<ul style="list-style-type: none"> • sharing a coffee with a friend • attending a dinner party • talking with a friend on the telephone • joining a friend's Facebook site • writing a letter to a friend 		
Rest activities	Examples	Examples of my activities	Time spent
Night sleep	<ul style="list-style-type: none"> • the time of day you get the bulk of your sleep 		
Naps	<ul style="list-style-type: none"> • incidental sleep during the day 		

Adapted with written permission from: Krupa, T., Edgelow, D., Radloff-Gabriel, D. & Mieras, C. (2010). *Action Over Inertia: Addressing the Activity-Health Needs of Individuals with Serious Mental Illness* (p. 29-30). Ottawa, ON, CAOT Publications ACE.