



Be Pain Smart – Physical activity

My plan for getting back into leisure

Read the example below and then try it out yourself.

Step 1 – What are the things that interest you?

Write down five leisure activities you want to try.

1. *Fishing*

2. *Bush walking*

3. *Kayaking*

4. *Bowling*

5. *Cooking*



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There are so many possibilities – here are some ideas:

Art	Dancing	Jewellery making	Singing
Baking	DIY/home improvement	Karaoke	Skiing and snowboarding
Basketball	Drawing/doodling	Kayaking	Surfing
Bicycling	Filmmaking	Knitting/crocheting	Swimming
Billiards/pool	Fishing	Lego/model building	Tai chi
Bowling	Flower arranging	Martial arts	Tennis or table tennis
Camping	Golf	Photography	Travelling
Canoeing	Gym classes	Pottery	Weightlifting
Chess	Hiking/walking	Rowing/boating	Writing letters, poems, stories
Cooking	Horse riding	Sailing and boating	Yoga
Crafts	Ice/roller skating	Sewing	

Step 2 – Pick one

My leisure pick

I would like to try fishing.



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Step 3 – What are the possible barriers?

Think about the possible barriers and put them in the 'Barriers' column.

Step 4 – What are the potential solutions?

Work out the ways you can get around these barriers. These go in the 'Solutions' column.

BARRIERS	SOLUTIONS
Carrying my gear. My fishing tackle is heavy to carry.	My old mate, Ben, said he will come with me and help me carry the gear and any fish we catch.
Travelling to my favourite fishing spot always flares my pain.	My favourite spot is 1.5 hours away, but there is an okay spot about 15 minutes from my home. I will start going there and then can slowly travel further. Ben said if I really want to go to my favourite spot, we could stay at his mate's place that lives 20 minutes from the spot.
Sitting down for too long makes my pain worse – I can only sit for 20 minutes.	Ben said he will drive the 15 minutes to the river. I will take my comfy camping chair and put my timer on so that I change position every 15 minutes.
I always think about going fishing, but I just never seem to make it happen.	I talked about this with Ben and he said he will pick me up next Saturday no matter what. We even talked about doing this once a month and asking some of our other mates to come along.



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Step 5 – Action plan

Let's put together an action plan to get you back into leisure. You need to figure out what, where, when, who and how. Ask yourself the following questions and then write them into the plan. You might not need to answer all of the questions; just fill in the ones that help you with this leisure activity.

WHAT?

What is the leisure activity?

Going fishing.

What is it going to cost?

Bait \$20

I have everything else.

What do you need to take with you?

Rods

Knife

Bait

Tackle box

Esky with drinks

Net

Snacks

Bucket

WHERE?

Where are you going?

Bulli Beach.

(Address)

Where do you meet?

Ben will pick me up from my place.

(Address)

WHEN?

Day?

Saturday

Date?

2nd November

Time?

6am to 10am



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WHO?

Who is coming?

Ben and I.

Who do you need to tell you are going?

I'll let my flatmates know to expect me back around 10ish.

HOW?

How do you get there?

Ben will pick me up.

How do you get home?

Ben will take me home.

THE BIG QUESTIONS

Imagine how you will feel when you do the activity

It will be great to finally get the rods out. I have always loved fishing and it helps me to unwind and relax. It will be good to spend time with Ben when other people are not around because I find it hard to keep up. At least with Ben there, if my pain gets bad, he can carry the gear and drive home.

What would you get out of regularly doing this activity?

We have already talked about doing it once a month. It will be great to do something with my mates, but not feel pressure to talk the whole time. Sometimes I do not know what to talk about or cannot remember what I have been doing to keep a conversation going for too long. I reckon I will feel more calm and less stressed out.



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My plan for getting back into leisure

Now it is your turn to have a go. Work through the steps and fill in the parts below, so you can make an action plan.

Step 1 – What are the things that interest you?

Write down five leisure activities you want to try.

1.

2.

3.

4.

5.



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BARRIERS	SOLUTIONS
	
	
	
	



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WHAT?

What is the leisure activity?

What is it going to cost?

What do you need to take with you?

WHERE?

Where are you going?

(Address)

Where do you meet?

(Address)



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WHEN?

Day?

Date?

Time?

WHO?

Who is coming?

Who do you need to tell you are going?

HOW?

How do you get there?

How do you get home?





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THE BIG QUESTIONS

Imagine how you will feel when you do the activity

What would you get out of regularly doing this activity?

Once you have had a go, try another leisure activity and remember to pace yourself!