

Finding New Fun

Social activities for people with mental illnesses are integral to personal success. Too often, however, participants fill their spare time with substance abuse. Using substances can make it more difficult for participants to reach their personal goals, so teaching them that healthy and fun activities exist is critical. Just as important is encouraging them to commit to a social activities search, since the first attempt at fun socialization may not be the right fit. The more participants see they can have fun without substances, the more motivated they may be to work on recovery goals.

The checklist below can be used when having a discussion with participants about finding healthy social activities. Learn more ways to help people find healthy fun in *Team Solutions Workbook 7, Session 8* is titled “Choosing New Ways to Have Fun.”

Fun Things To Do!

There are lots of fun activities to choose from.

The following list gives a lot of examples of fun activities that people enjoy. This list of ideas may help you think of new activities that might be fun for you to try. Put a check by the activities that might interest you.

- | | |
|--|--|
| <input type="checkbox"/> Taking an adult education class | <input type="checkbox"/> Visiting a museum |
| <input type="checkbox"/> Going out to eat | <input type="checkbox"/> Taking an aerobics class |
| <input type="checkbox"/> Listening to music | <input type="checkbox"/> Taking a dance class |
| <input type="checkbox"/> Playing a board game (checkers, chess, cribbage, or backgammon) | <input type="checkbox"/> Bike riding |
| <input type="checkbox"/> Taking a yoga class | <input type="checkbox"/> Making crafts |
| <input type="checkbox"/> Doing crossword puzzles | <input type="checkbox"/> Stargazing |
| <input type="checkbox"/> Drawing, cartooning, painting, or pottery | <input type="checkbox"/> Knitting or crocheting |
| <input type="checkbox"/> Volunteering | <input type="checkbox"/> Going to a movie |
| <input type="checkbox"/> Taking a martial arts class | <input type="checkbox"/> Taking a writing class |
| <input type="checkbox"/> Playing an instrument | <input type="checkbox"/> Hiking or taking a walk |
| <input type="checkbox"/> Lifting weights | <input type="checkbox"/> Playing a card game |
| <input type="checkbox"/> Going to the zoo | <input type="checkbox"/> Spending time doing a hobby |
| <input type="checkbox"/> Cooking | <input type="checkbox"/> Playing a computer game |
| <input type="checkbox"/> Studying history | <input type="checkbox"/> Doing jigsaw puzzles |
| <input type="checkbox"/> Playing a sport (basketball, football, softball, or bowling) | <input type="checkbox"/> Writing poetry or a story |
| <input type="checkbox"/> Going to a sports event | <input type="checkbox"/> Outside games (horseshoes, badminton, croquet, or lawn darts) |
| <input type="checkbox"/> Going fishing | <input type="checkbox"/> Playing catch |
| <input type="checkbox"/> Reading | <input type="checkbox"/> Baking |
| <input type="checkbox"/> Attending a place of worship | <input type="checkbox"/> Other: _____ |

References:

1. Mueser, K., Gingerich, S. 2009. Making Choices: Substances and You. In *Team Solutions, Workbook 7, Session 8*, 77-78, 88.