

GETTING BACK TO ROUTINE



We've all been shaken up by the earthquake in Christchurch and no Cantabrian has been unaffected by it. With this kind of event it's normal to feel anxious about your safety, and that of your family and whanau.

It's times like this that we need to know how to enjoy ourselves and relax as we get back to the normal routine of life.

IDEAS FOR GETTING BACK TO A NORMAL ROUTINE

- Take up an instrument. Playing guitar, drums or another instrument can be great for your self esteem, coordination and confidence.
- Play a good old fashioned board game. Yes, even in today's video saturated world, board games still exist, and they can be a great way to while away a boring afternoon. Try playing one of the many specialty versions of Monopoly, or a brain teasing game of Scrabble.
- Write a letter to a friend or relative. Even in the world of email and instant messaging, letters still exist, and the personal touch they provide will be welcome long after that last email has been deleted.
- Take some photographs of things around the house, or around the neighbourhood. Photography can be a great hobby, and digital photography gives budding artists an opportunity to experiment with different lighting and different formats.
- Exercise and work out to your favourite music. Exercise is a great way to clear the mind and strengthen the body.
- Get some friends together for a game of baseball, football, soccer, netball or another sport.
- Help around the house. Of course this is not high on most teens list of fun things to do, but learning to help out with daily and weekly chores is a great way to build character (and muscles). Take that rubbish out to the curb, offer to make a family meal, empty the dishwasher – your parents will be thrilled!.
- Volunteer for a local charity. Volunteering builds a sense of purpose and getting interested in the world around you can have lifelong benefits. If you are not sure where to start, try your church, or a local civic organization. These types of places are always looking for reliable volunteers.

For more information on these ideas plus plenty more go to:
<http://articles.familylobby.com/334-some-fun-activities-for-the-bored-teenager-in.htm>

Healthy Nibbles

Nutrition Updates for Secondary Pupils
Date: September 2010
Code/Reference: NUT0023S
Authorised by: Nutrition and Physical Activity Team
For more information visit: www.cph.co.nz

Canterbury
District Health Board
Te Poari Hauora o Waitaha