

**THERAPEUTIC  
RECREATION**

—

**FINDING  
YOUR  
PASSION**

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"I knew  
who I was  
this morning,  
but I've  
changed a  
few times  
since then."

-Alice in Wonderland



**WHO  
ARE  
YOU?**

# EMILY

## EMILY IS A...

- Daughter
- Sister
- Wife
- Mother
- Teacher

## EMILY IS A...

- Swimmer
- Backpacker
- Kayaker
- Paddleboarder
- Organizer

HELLO

I am a

# IDENTITY

- “Personal identity is a product of internal consistencies and inconsistencies with one’s past, differences and similarities one has with others, and plans and goals for the future” (Kleiber, Walker, & Mannell, 2011).
- “Leisure identities may be more or less salient in a person’s constellation of role identities. They become more salient to the extent they involve expression and affirmation of his or her central value” (Kleiber, Walker, & Mannell, 2011).

# LEISURE AWARENESS

Preference 1-5 (1 = most fave)	Activities	Frequency (Daily, weekly, monthly, yearly)

# LEISURE AWARENESS

Past	Current	Future

# THINK OF YOUR FAVORITE ACTIVITY...





# WHAT ARE THE BENEFITS?

<b>Physical</b>	
<b>Social</b>	
<b>Emotional</b>	
<b>Cognitive</b>	
<b>Spiritual</b>	

# WHAT ARE THE BENEFITS?

Benefits		
<b>Physical</b>	<ul style="list-style-type: none"> <li>Improved fine/gross motor skills</li> <li>Increased endurance</li> <li>Increased mobility and range of motion</li> <li>Improved hand/eye coordination</li> <li>Improved ADL skills/body awareness</li> </ul>	<ul style="list-style-type: none"> <li>Increased strength and flexibility</li> <li>Improved sleep patterns</li> <li>Improved skin integrity</li> <li>Improved appetite</li> <li>Decreased incontinence</li> <li>Decreased use of pain medications</li> </ul>
<b>Social</b>	<ul style="list-style-type: none"> <li>Improved communication</li> <li>Improved interpersonal skills</li> <li>Improved attention span</li> </ul>	
<b>Emotional</b>	<ul style="list-style-type: none"> <li>Increased socialization</li> <li>Increased motivation</li> <li>Opportunity for creative expression</li> <li>Increased self-esteem</li> <li>Increased confidence</li> </ul>	<ul style="list-style-type: none"> <li>Decreased depression</li> <li>Decreased boredom</li> <li>Utilization of stress management skills</li> <li>Decreased Learned Helplessness</li> </ul>
<b>Cognitive</b>	<ul style="list-style-type: none"> <li>Ability to follow simple directions</li> <li>Decision making opportunities</li> <li>Improved attention span</li> <li>Heightened sensory awareness</li> </ul>	<ul style="list-style-type: none"> <li>Heightened environmental awareness</li> <li>Improved ability to make needs known</li> <li>Improved memory skills</li> <li>Improved self-expression</li> </ul>

“Sooooo... it’s good for me, but how do I get started?”



**SKEPTICAL DOG**

is skeptical



# SOCIAL RESOURCES

- Sign-ups upfront
  - “I am interested in finding others who like to”...
  - Name, number or email address

# REFERENCES

- Kleiber, D.A., Walker, G. J., & Mannell, R.C. (2011). *A Social Psychology of Leisure*. State College, PA: Venture Publishing.
- <http://www.recreativeresources.com/trbenefits.htm>



**THANK YOU!**