



**Creative Arts and Hobbies
Discussion Questions**

July 2023

1. What are some hobbies you enjoy?
2. Given your health, have you either:
 - adapted a hobby to make it work? or
 - started a new pastime that works given your condition?
3. What are ways you can connect with others who have the same interests?
(For example: online groups, local meetups or clubs)
4. Do you make time for enjoyable hobbies and activities? Why or why not?
5. How do your hobbies help your pain or mental health?
6. When dealing with a flare up or difficult time, what are ways you can still make time for a little fun in your life?
7. Would you like to look for a new hobby?
For example, have you tried looking for online classes, YouTube tutorials, or visiting your local library for classes and activities?
8. When you were a kid, what did you enjoy doing?
Is it worth revisiting something you liked as a child to see if it might be fun to do now?