

# Checklist: Identifying your patterns of reduced activity



**You will probably have noticed changes in at least some of these.**

As a result of how you feel, are you:	Tick here if you have noticed this – even if just sometimes
Getting up and going to bed at a regular time?	
Stopping or reducing doing hobbies or other things you previously enjoyed or did to relax?	
Going out or meeting friends less than usual?	
Eating poorly (for example eating less or eating more ‘junk’ food)?	
Noticing physical consequences of reduced activity – such as worsened pain or restricted joint movement?	
Brooding over things or just sitting watching TV?	
Not working or doing things that you value and see as important, such as helping others?	
Failing to keep up with housework (are you ‘letting things go’ around the house)?	
Not always answering the phone or the door when people visit?	
Putting off things you should do, such as leaving letters/bills unopened or not replying to them?	
Paying less attention to your self-care (for example washing less, less bothered about your appearance, not shaving)?	
Enjoying or playing a sport	
Gardening	
Playing a musical instrument/singing	
Reading a good book or watching a film	
Less interested in sex (for example pushing your partner away because of a lack of enjoyment/energy for sex)?	
Staying inactive so that you are far less physically active than before?	
<i>If you have a religious faith:</i> have you reduced or stopped reading your Holy book, praying or going to meetings?	