

## How to Spend Time to Rest, Rejuvenate, and Restore

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It's time to sit back and relax! If you are retired or an older adult, it is very likely that someone has made this comment to you. Sometimes it can be easier said than done. After a lifetime of going to work, raising a family, and taking care of a home, what does it mean to relax? Maybe you haven't had much time to relax over the years and now you're thinking to yourself: What do I do with all this time?

When you no longer have the long list of responsibilities that used to fill your time, the days can seem long. Your children are busy with their own lives, and maybe your spouse has passed on. Your physical health may not be as good as it used to be, and you are limited with the amount of physical activity or movement that you can do. You may find yourself confined to your home for the most part.

There are seven days in a week and 24 hours in a day which means you have 168 hours a week to fill. When you subtract the time you spend sleeping, doing self-care, and a few chores around the house, what else is there to do?

Here are ten activities to consider:

1. Listen to music – What is your favorite genre of music? Rock and roll, country, or jazz? Turn on your tunes and let the music fill the room. Sing along, or simply close your eyes and enjoy.
2. Sit in the fresh air – Spending time outside and breathing in fresh air can be good for you. Fresh air can lighten your mood and help you feel more relaxed. And who doesn't enjoy the sound of birds, the smell of freshly cut grass, or the sight of fresh flowers?
3. Read a book, magazine, or newspaper – Consider getting a monthly subscription to your community newspaper or favorite magazine. You can enjoy the convenience of always having something new to read and the thrill of waiting for it to arrive in your mailbox. Who doesn't like to receive something in the mail other than a bill?
4. Watch television – Today, you are no longer limited to five channels. With Netflix and other streaming services, anything you want is available to you. Do you enjoy old westerns? Sitcoms from the 60s, 70s or 80s? Documentaries or biographies? Cooking shows? Watch the shows you care about that either make you laugh or make you think.

5. Play a game or complete a puzzle – Enjoy a challenge? Test your knowledge with crossword puzzles, brain teasers, or Sudoku games.
6. Pray – Spend time in daily prayer or meditation. No longer able to attend weekly church services? Create your own spiritual routine from the comfort of home.
7. Write in a journal - Do you enjoy writing? Capture your thoughts for the day in a beautiful journal.
8. Send a letter or card – Has it been awhile since you heard from a relative or friend? Write a letter and let them know how you are, and that you are thinking of them.
9. Look at old photos – Do you have photos that fill your heart with happiness and joy? Look at them over and over, and reminisce about the days gone by.
10. Browse the internet – Do you have access to a computer and the internet? If so, any of the activities that you wish to engage in will be available – music, movies, television, books, puzzles, poetry, old photographs. Conduct research on topics that are of interest to you, and compile a list of blogs that you would like to follow.

Just because you are getting older, you don't have to sit in silence and twiddle your thumbs. Spending time in solitude doing quiet activities that you enjoy can fill your spirit and nourish your soul. Often the very activities that help us to relax are the same activities that rejuvenate us. What activities do you like to do? What would you add to the list?