

# DISABILITY CAMPAIGN

## Things to Do While on Bed Rest

“Bed rest” is a general term used when your health care practitioner wants you to limit your activities. For some, it means just getting off your feet every couple of hours and resting in bed, but for others it may mean strict bed rest or rest in a hospital. Regardless, bed rest does not necessarily mean complete inactivity for everyone. In fact, inactivity and lack of socialization may lead to feelings of depression and hopelessness. Below are some ideas of activities suitable for some types of bed rest.



Remember, only you and your health care practitioner know what's best for you. Your practitioner will tell you the specific “do’s” and “don’ts” for you while on bed rest, so before participating in any activity that may require physical and/or mental exertion, contact your practitioner.

1. **Learn a new computer skill.** There are hundreds of computer programs you can use to learn new computer skills or improve your current computer skills.
2. **Learn a language.** Order some audio tapes or books in a language of your interest. You can also go online to find free language learning resources. Learning a new language will keep your mind active and allow you to learn more about a different culture!

3. **Write letters.** Very few people write letters now a'days. Ask a friend to purchase stationary and stamps for you and then, kindly ask him/her to take the completed letters to your closest post office. Whoever receives your letter will be pleasantly surprised!
4. **Learn a craft.** There are starter kits for all kinds of crafts, including knitting, painting, scrapbooking, etc. You can gift your crafts to your caregiver(s), nurses, doctors, or family and friends visiting.
5. **Take an online class.** Community colleges and some online organizations offer free classes or classes with low costs that vary in length and difficulty. Some classes are available for you to participate in without having to take exams or complete assignments.

6. **Draw or paint.** You don't have to be an expert painter to make something beautiful and meaningful. Pastels, watercolors, sketch paper, coloring books ... give it a try!



7. **Read a book.** You can rent a book from the library with the help of a friend, or buy an online book to read on your ereader or laptop.
8. **Watch a movie or some TV.** This is probably the easiest and quickest activity that can take too much time from your day. Think about setting a time limit and watching something educational at times, while at other times watching something for enjoyment. If you don't have a television in your bedroom, consider borrowing from a friend or purchasing a portable device for watching videos.

9. **Play some online or board games.**



Go online for free games or register on an online game site. You can also play board games with a friend visiting. These will keep your mind sharp and may help improve your linguistic and mathematical skills!

10. **Write a poem or a short story.** Many people would love to do creative writing, but don't have the time for it. While on bed rest, work on writing a poem, short story, or maybe even a novel. You can share your written works with your friends or on a blog—or maybe even contact a publisher to share your writing with a larger audience!
11. **Listen to music or inspirational messages.** With a portable music player and speakers or headphones you can listen to your favorite playlist or stream music. Turn on your radio and tune-in to your local radio station for music and sing along. You can even listen to inspirational speakers to cheer you up.
12. **Volunteer from a distance.**

Many organizations provide opportunities for volunteers to serve at a distance. Your computer skills, language skills, etc. may be of use to bring good to others. Check volunteer websites or contact your favorite nonprofit to learn more about opportunities available to you.



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