



## Men's Roundtable: A Man & His Work

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### Session 5: Relaxation & Recreation

#### Categories of Work

Work: \_\_\_\_\_

Rest: \_\_\_\_\_

Recreation: \_\_\_\_\_

Escape: \_\_\_\_\_

#### Recreation

1. *Low Impact*

2. *High Impact*

## Ideas to Consider

- Relieving stress:
- Litmus test of good recreation:
- Recreating \_\_\_\_\_ work.
- Need to develop a daily/weekly \_\_\_\_\_ for you.
- Recreation is a \_\_\_\_\_.
- How do you handle constantly being “on”?

## Children and Work

- Establish \_\_\_\_\_
- Develop \_\_\_\_\_
- Facilitate \_\_\_\_\_

## Developing Responsibility

## Princesses Included

## To Our Young Men

### *School as Work:*

- 1.
- 2.
- 3.

### *Work outside of school:*

- 1.
- 2.
- 3.

## Discussion Questions

1. What is it about your work that you find most draining?
2. What is the one thing – at work or away from work – that gives you the most energy?
3. What do you do for recreation? Low and/or High Impact?
4. What are your two biggest challenges to have a healthy dose of recreation in your life? How can those challenges be addressed?
5. What opportunities have you given your children to learn how to work and develop responsibility?