

## ***APPENDIX E***

### ***List of Recreational Activities for PTSD Sufferers***

Wilderness Programs using hiking, camping and related outdoor activities

Physical Exercising such as cycling, running, swimming, walking, golfing, MMA

Simple artistic activities like painting, drawing or sculpting clay

Meditation and Yoga

Attending movies, theater, or live music events

Therapeutic Gardening

Retreats, Seminars, camps and programs for military veterans

Volunteering

Reading