

# Social and Physical Health and Wellbeing



Engaging in social and leisure activity is a great way of enhancing physical health, mental health and general wellbeing. [This may be socialising with friends and family](#), participating in community events and groups, and/or taking part in leisure and sporting activities.

However, it is important to remember that some activities can be hazardous for a person living with epilepsy (for example, swimming). So, it's important to choose activities that provide a reasonable degree of safety and are consistent with your interests. A range of sports deemed risky for people living with epilepsy are discussed in the [Living with epilepsy](#) section.

A healthy lifestyle can also assist with the management of epilepsy. It is important for a person who lives with epilepsy to get adequate sleep, eat a balanced diet, reduce stress, and limit alcohol consumption. Participate in appropriate exercise and engaging in social activities is also important for anyone's general physical and mental health.