

Mindfulness Monday Message #30 – 28 November 2016

We adults can be very serious. The responsibilities of family and work can make us forget how to play and have fun. But research is increasingly showing the importance of having fun in building psychological resilience.

The first place to start when you are thinking about bringing fun back into your life is to smile. Smiling, even when you don't particularly feel like it, is its' own reward. What you will find is that people will smile back. Laughing has the same positive effect.

The next step is to start to think about what was in childhood that you enjoyed as play. Was it drawing or painting? Swinging on the hills hoist? Whatever it was, thinking about ways of bringing those sorts of activities back into your life, is an important way of reconnecting with the mindfulness that play can bring into your life.

Start a toy box and include some crayons, paints and those games of snake and ladders and Twister you enjoyed as a child. Think about the fun things that you have always wanted to do and include those as well.

The next step is to get out your diary and factor fun time into your schedule as a matter of priority, not an afterthought. Finally, find a play-mate! Sharing fun times not only doubles the fun, but will keep you motivated.

Dr Annmaree Wilson