

Top 10 Reasons for Playing and Expanding Your Well-Being!

- **Marcia Hughes and James Terrell**



1. It feels good and makes you happy!
2. Happy is good! Good for your health, for your decision-making, for your relationships..... Heck, what isn't it good for?
3. It's good for our world economy – a stretch? Maybe, but what about the recreation dollars we spend even if we're just driving to a great hike in the forest and taking a picnic. And happy people have more capacity to slug through the difficult conversations to get to good collaborative decisions. Tell that to the G-20 – or even the G-7 leaders! The news shows that cooperation based on a goal for mutual well-being is much needed!
4. Resilience, defined as the ability to recover quickly from setbacks and elasticity, as in the ability to spring back after things are bent out of shape, is enhanced through play, through relaxing and through nourishing reflecting. Play regularly to be prepared for life's twists and turns.
5. Our play and resulting increased positivity benefits others. Emotions are contagious!
6. You can get good exercise and increase your cardio vascular functioning.
7. Brain health expands, strengthening our wellbeing.
8. We satisfy our own developmental need to be creative and feel competent.
9. We can be more creative while playing with novel possibilities in an environment where we can be flexible and relaxed.
10. To interact and be reflective without it seeming so serious – “Hey, why did we miss that grounder when Holly hit it?” “What shall our team do next time?”



Play has been described as unplanned behavior, in other words activity that emerges and evolves spontaneously from within its own context. It occurs in a climate that facilitates creativity and innovation. Young children accomplish the majority of their most critical early learning through play. But guess what, adults learn best in the same sort of attitude -- relaxed curiosity. We just don't emphasize play nearly as much as can serve us. For children play is considered valuable because it develops their social relationship skills, helps build positive interactions between the child and their classmates, and provides the chance to let off a bit of steam (reduce or prevent anger). It also builds on their skills of sharing and taking turns. Isn't this what we want for ourselves, our families and our teams? Of course it is!



At Collaborative Growth we're declaring July as a great month for playing. We hope you take time to enjoy this beautiful month whether it's quite sunny for you in the northern part of our globe or snow is whitening your world in the southern hemisphere. We also want to express our gratitude for Freedom. In the United States where we live, July 4th is the day we celebrate our nation's Independence. Let us all embrace freedom with our intentions that really includes liberty and justice for all to help build a world that works. Neurologists assure us that seeing requires believing so let's join our combined vision in seeing a world that works for all!

Blessings and our thanks to all of you!