

HAVE FUN

Educators Benefit Services—Have Fun!

October

Fun and Health

As we get older and busier fun can sometimes elude us. Our lengthy to-do lists and packed schedules often keep us from cultivating time for carefree good old-fashioned play. But scheduling a little fun into every day is an important way to cultivate good health and overall happiness.

Go with the Flow

When people are having fun, they go with the flow. Learning to live in the present rather than worrying about things you can't control in the past or future is an effective way of managing stress and anxiety.

Stop Stress and Anxiety

Doing something enjoyable can help you relax and slow down which is a vital strategy for healthy living. Too much stress can negatively affect you. Having fun allows people to connect to themselves.

The good kind of selfish

Taking time for oneself is not a selfish act but a way to remain whole and available to those around you. Have fun for the sake of having fun! You will reap all kinds of healthy benefits investing in your playful side.

Suggested Monthly Wellness Activities

- *[Meetup](#)—find a group of people interested in the same things as you.*
- *Plan an after school event with staff bringing their favorite board game to share and play.*
- *Joke of the Day—have staff submit jokes and share them on a bulletin board or through a wellness newsletter*
- *Scavenger Hunt—plan a scavenger hunt around campus. Use the app [Scavify](#)*
- *Plan a family fun night—set up basketball games, volleyball games, obstacles courses and invite families to join in on the fun.*

Fun



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