

# Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Group Call #56 Workbook

## THE POWER OF PLAY

*“The opposite of play isn’t work, it’s depression.”  
– Brian Sutton Smith*

## INTRODUCTIONS

(20ish Mins, 2-3 mins each)

*Fawn will lead intros*

1. Name
  2. Location
  3. Memory/Gratitude of a PLAY experience
  4. Where are you on a scale from 1 to PLAY?
- 

## BELIEFS ABOUT “PLAY”

**GROUP SHARE!**

1–2 Mins Each, Popcorn

- What does “play” mean to you?
- What are some examples of adult “play”? Activities?
- When was the last time you *really* played?
- What are you like when you’re “playful”?
- How do you feel when you’re playful?
- What areas of your life do you take WAY too seriously?

# PLAY

## PLAY (v):

*To engage in activity for **enjoyment** and **recreation** rather than a serious or practical purpose.*

## PLAY (n):

*Activity engaged in for enjoyment and recreation.  
A physical or mental leisure activity that is undertaken purely for enjoyment or amusement and has no other objective.*

## PLAY

*Play is the gateway to vitality. By its nature it is uniquely and intrinsically rewarding. It generates optimism, seeks out novelty, makes perseverance fun, leads to mastery, gives the immune system a bounce, fosters empathy and promotes a sense of belonging and community.*

*National Institute of Play – <http://www.nifplay.org/>*

## PLAY

*Our ability to play throughout life is the single most important factor in determining our success and happiness.*

*Play is something done for its own sake," he explains. "It's voluntary, it's pleasurable, it offers a sense of engagement, it takes you out of time. And the act itself is more important than the outcome.*

Stuart Brown, MD

["Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul"](#)

# THE BENEFITS OF *Play in Adulthood*



## **Say Goodbye to Stress**

Playing can release endorphins, which are the chemicals in our bodies that make us feel good.



## **Stimulates the Brain & Improves Function**

Adults learn best when the learning activity is interactive, fun, and engaging.



## **Increases Emotional Well-Being**

Helps us to turn negative beliefs and behaviors into positive ones.



## **Boosts Productivity**

When our mindset is happy, the quality we put into our work increases.



## **Prevents Burnout at Work**

Playing outside of work, and even at work, can help relieve stress associated with deadlines and work-related activities.



## **Refreshes Your Mind & Body**

Play is a natural healer of the brain and the body. It provides us with energy, adrenaline, and positive feelings.



# BARRIERS TO PLAY

## GROUP SHARE

- *What gets in the way of YOU and PLAY?*
- *How do you feel when you DON'T have PLAY in your life?*

## WHAT TAKES US OUT OF PLAY?

- Brules + Cultural Conditioning
- Perfectionism
- Shoulds
- “Right and Wrong” mentality
- Internal or External Judgement
- EGO

*From [“Play Doesn't End in Childhood”](#)*

*Adults play for many important reasons: building community, keeping the mind sharp and keeping close the ones you love.*

*And, says Brown, there's another big factor: If we don't play, there are serious consequences.*

*"What you begin to see when there's major play deprivation in an otherwise competent adult is that they're not much fun to be around," he says. "You begin to see that the perseverance and joy in work is lessened and that life is much more laborious."*

*In other words, all work and no play makes everyone a whole lot duller.*

# LET'S PLAY!!!

## PLAY ACTIVITY #1: *“Inner Child Wisdom”*

- What was your favorite way to play as a kiddo? (Round Robin Share)
  - *How can you connect with those joyful, out of time, pleasurable, voluntary experiences? (Round Robin Share)*
  - *If I wasn't taking myself so darn seriously I would...*

## PLAY ACTIVITY #2: *The “7 Year Old Me”*

- How would the “7 Year Old Me” create PLAY with my adult daily tasks, activities, or life overall?
- How would the “7 Year Old You” create PLAY with your adult daily tasks, activities, or life overall?

## PLAY ACTIVITY #3 *Silly Scenarios: “Outside the Box”*

- Have someone volunteer to share a challenge or goal that they are working on
- Have the rest of the group play with ideas that are SUPER playful and/or WAAYYY *Outside the Box!*

# RESOURCES

<https://www.fix.com/blog/adults-playing/> ← Great article w/lots of suggestions:)

<https://neuroscience.stanford.edu/news/opposite-play-not-work-it-depression>

From [www.helpguide.org](http://www.helpguide.org) "*The Benefits of Play for Adults*"

## USING PLAY TO BOOST PRODUCTIVITY + INNOVATION

Success at work doesn't depend on the amount of time you work; *it depends upon the quality of your work*. And the quality of your work is highly dependent on your well-being.

Playing at work:

- keeps you functional when under stress
- refreshes your mind and body
- encourages teamwork
- increases energy and prevents burnout
- **triggers creativity and innovation**
- helps you see problems in new ways

## CREATING OPPORTUNITIES FOR PLAY

**Host a regular game night** with friends or family.

**Arrange nights out with work colleagues:** bowling, playing pool, miniature golf, or singing karaoke.

**Schedule time in a park** or at the beach to throw a Frisbee or fly a kite with friends.

**Play with a pet.** Puppies, especially, make very willing playmates. If you don't have your own, borrow one from your local animal shelter.

**Surround yourself with playful people.** They'll help loosen you up and are more likely to support your efforts to play and have fun.

**Joke with strangers** at a bus stop or in a checkout line. It'll make the time pass quicker and you may even spark up new friendships.

**Visit a magic store** and learn some tricks. Or invest in art supplies, construction toys, or science kits and create something new.

**Play with children.** Goofing around with kids helps you experience the joy of play from their perspective. If you don't have young children, arrange a play date with your grandkids, nephews, nieces, or other young relatives.