



Make Time for Fun and Relaxation

A sense of play and the ability to relax are second nature to some people. These folks don't need to be reminded of how good it feels to whack a tennis ball over a net or help their kids build a model railroad. For others, it helps to be reminded that play and relaxation have a purpose.

Why You Need Leisure

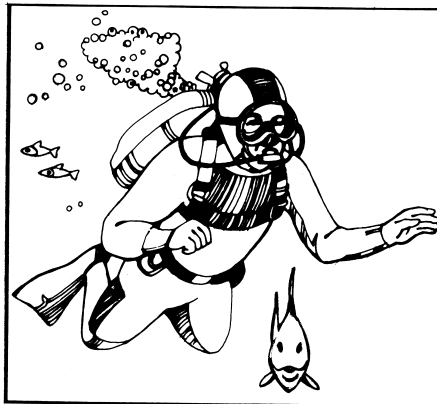
- ✓ In addition to providing satisfaction in itself, as little as an hour a day of leisure time helps you stay in balance.
- ✓ Physical fun in the form of aerobic activity helps dissolve the tension that accumulates in your body during stressful times.
- ✓ When you add more leisure to your life, you'll become a healthier and more effective employee and parent.

How to Have Fun

Have you forgotten how to have fun? If so, don't lose hope. Play is serious business for kids, so take some cues from your children.

Healthy, happy kids invest their entire heart and soul into their play activities. They approach their physical games and flights of imagination with a kind of abandon most adults have forgotten is possible.

- ✓ When it's your turn to play, choose some activities that are just for you and others you can do as a family.
- ✓ If you need to schedule leisure time activities into your busy day, do so.
- ✓ Pick sports, hobbies and outings that give you and your family a sense of enrichment or simply make everyone feel good.
- ✓ Remember to allow time for unexpected pleasures.
- ✓ Reserve quiet times at the beginning or end of the day to meditate or relax with a favorite quiet activity, such as reading or crafts.



Devote Yourself to Fun

Once you've chosen an activity, put your whole heart and mind into it. If you have trouble letting go of worries and responsibilities, imagine that you've

sealed your cares in a carton and stashed it under your desk for a few hours. The box will be there whenever you need to retrieve it. Here are some ideas for having fun:

Personal Recreation

- ✓ Pursue a new hobby or revive a former one.
- ✓ Establish and maintain a regular exercise program.
- ✓ Learn a new sport. Consider racquetball, cycling, jogging, boating or dancing.
- ✓ Join a book discussion group.
- ✓ Seek a creative outlet in crafts, music or art.
- ✓ Join a community group.
- ✓ Enroll in a class.
- ✓ Call someone you haven't talked to in a long time.
- ✓ Go for a walk in a new part of town.
- ✓ Visit an antique shop.

Family Fun

- ✓ Attend a sports or entertainment event together.
- ✓ Take your children to a special movie or amusement center.
- ✓ Go on cycling trips.
- ✓ Visit the zoo.
- ✓ Fly a kite.
- ✓ Take day trips to the country.
- ✓ Take walks around the neighborhood or to the park or library.
- ✓ Play charades and board games instead of watching television.
- ✓ Visit science and art museums.
- ✓ Make planning your vacation a family activity. Encourage your children to read travel brochures and library books about your destination. Discuss your trip and some of the sights you'll see.
- ✓ Participate in bike-a-thons, walk-a-thons and other fund-raisers.
- ✓ Try family folk dancing and square dancing.