Remember when a box was not just a box? It was a rocket ship to fly to the moon or a boat to travel to across the world. Children have an impressive ability to live in the present moment. Worries, fears and doubts do not yet inhibit their confidence and creativity. Children embrace the novelty of a situation and find the fun!

Good news abounds! As adults, we can find the fun by making an intentional effort to keep this innate skill sharp! Finding the fun in a situation can help you live in the moment by bringing a deeper sense of meaning to the task at hand. Adults often become entangled in the seriousness of life and focus solely on work and family commitments.

In fact, incorporating fun activities that you enjoy into your daily and/or weekly schedule will help you make joy a priority. Take the time to celebrate life’s little milestones and successes. Has your friend just turned 45, finished training for a new job or run a marathon? Celebrate it! Search for ways to celebrate both the big and small victories in life. Even the most difficult situations offer you something worthwhile; you do have the option to look for the positives in these times and embrace them.

Laugh and giggle. Break the epidemic of seriousness by encouraging laughter in yourself and others. Tell your co-workers your favorite funny story, or let that “autocorrect fail” ride when texting your family or friends. Encourage and engage in situations that induce laughter and lightheartedness, and the fun will start to find you. You will soon see how much more joyful life can be by practicing these fun truths.

“Encourage and engage in situations that induce laughter and lightheartedness, and the fun will start to find you.”
-Gretl Kruse, Employee Well-Being Specialist

12 Habits for Well-Being: Find the Fun

Goal: Allow yourself to have fun with others throughout the week.

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Use these quick tips and make it a habit to Find The Fun

• Allow yourself to live in the present moment by dismissing distractions.
• Embrace the novelty of each situation you find yourself in. Notice the details in life.
• Engage with the people around you in the moment.
• Encourage playfulness and creativity in yourself and others.