



Get Out and Play

When was the last time you skipped, played baseball or hopscotch or tested out your yo-yoing skills? Adulthood is hard and it is important to take a break and go out and play. Play may seem silly, but research shows that play is something that you do need to take time for. Whether it is with a child or a like-minded friend playing fosters creativity, helps to improve thinking and decision making and brings joy according to [Margarita Tartakovsky, M.S. at psychcentral.com](#).

How to play if you've forgotten?

- Find an expert – ask a child. Spend time with them and have them remind you what it's like.
- Think back to what brought you joy as a child, and then give it a try. You may need to modify some movements, but that can be fun too.
- Drop your defenses and just have fun. Play is not about being perfect or winning, it's about letting go and enjoying what is around you.
- There is no right or wrong - don't take yourself too seriously. It's ok to mess up!



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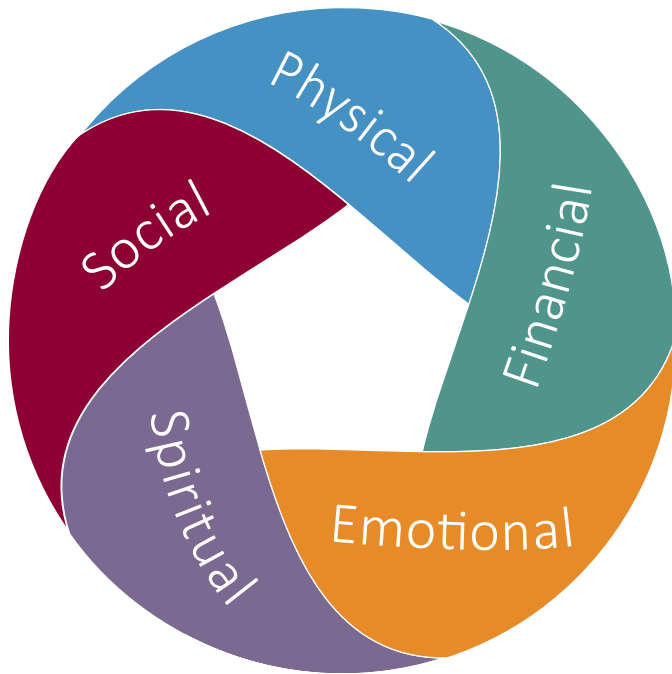
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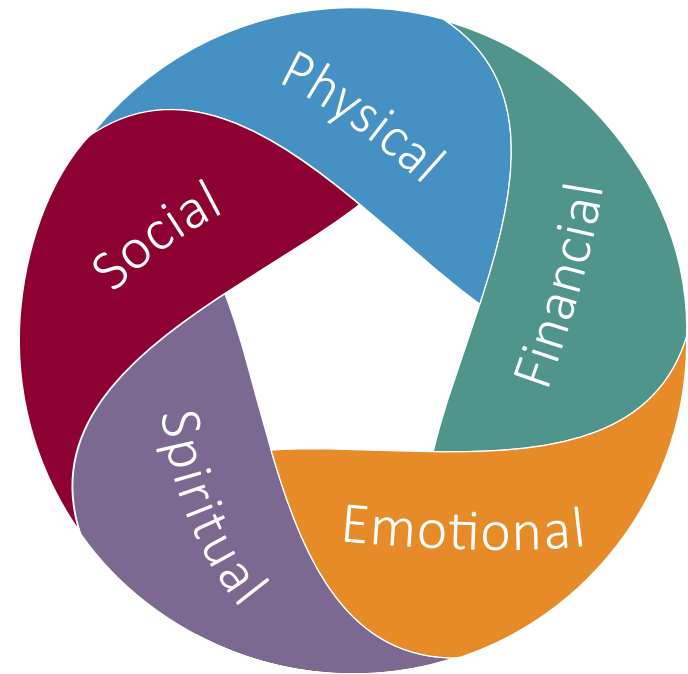
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