



# Feel-Good Friday

Stuart Brown, M.D. (founder of the National Institute for Play) and Christopher Vaughan (journalist) wrote in their book *Play*: "... **the opposite of play is not work – the opposite of play is depression.**" Although this is not a formal definition of depressive disorders as diagnosed by mental health professionals, the statement speaks to the importance of play in lifting our mood and leads to a discussion of how play offers variety and challenges which can foster creativity and innovation. The authors go on to say, "**Play is called recreation because it makes us new again, it recreates us and our world.**" One of the distinctive properties of play is that play is "apparently purposeless (done for its own sake)."

Reflect on joyful activities you engaged in as a child and find ways to incorporate similar or new forms of play into your week. **Play may seem purposeless, but it can lead to greater purposefulness.** After playing, you might return to your daily tasks with a greater focus that increases your productivity at work. You may feel refreshed and bring more positive energy to your social interactions, which enhances the closeness in your relationships.

With play,  
the possibilities  
are endless...

You Can **TRICK** Yourself  
Into Thinking **Play Is Just for Kids**  
**OR**  
You Can **TREAT** Yourself  
To the **Benefits of Play!**

\*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to [emotional-wellness-no-reply@tricityfamilyservices.org](mailto:emotional-wellness-no-reply@tricityfamilyservices.org)