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LIVE 4 YOU COACHING'S

Self-Care For The Soul

Just For Fun



"The music of your life is meant to be played. When you find it, embrace it. Don't let it fade away."

Spring will soon end and summer will begin. You know when summer has arrived. The sun shines daily with an occasional shower to cool down the dry, hot air. Flowers are as beautiful as can be, including June's flower—the rose. Bees buzz from flower to flower collecting their nectar and at night, beetles appear when the light attracts them.

Pools, ice cream stands, and boardwalks open once more, welcoming our eager faces. Cars travel south on a weekly basis packed with people waiting to claim their spots on the beach. Let's not forget the ice cream trucks that travel around with that old familiar song! I hear children playing outside my apartment window. I see people walking their dogs, jogging, and taking leisurely walks throughout the day. These images remind me how happy people appear to be when they are enjoying their time and having fun. If I asked you, when was the last time you really enjoyed yourself, what would you tell me? What is your idea of fun? Most of us "schedule" our fun time, waiting for vacations and holidays. This is understandable because life can get pretty hectic. Just getting through work, appointments, dinner, taking care of children/loved ones, errands, etc., is hard enough, right?!

The problem is without fun and enjoyment, your health and well-being suffers. It is a powerful component for self-care.

Here are a few questions I'd like you to think about:



- What fun things do you schedule into your daily routine, if any?
- What percentage of your day consists of stress free activities?
- What might you be able to do to make these activities more enjoyable?
- How guilty do you feel when you are having fun? Why do you think that is?
- When you make time for yourself, how concerned are you about what others might think?
- On a scale of 1-10, (10 being extremely deserving), how much fun do you think you deserve to have in life?

These questions will help you determine whether or not you may want to take steps to bring more fun into your life. Only you can decide what the benefits will be. Keep in mind, if at the end of the day it is difficult for you to laugh or smile, chances are you've forgotten how to enjoy your life. The good news is you have more control over this than you think!

Our experiences with fun come from within. We all have qualities and interests that contribute to our definition of fun and enjoyment. I love to read. A trip to Barnes & Nobles is fun for me; I can get lost there. For someone else, this could be torture! Our attitude and perception of things play a huge part in how we create more fun in life. Think about an area of your life that might benefit from a different perspective/attitude. For example, you may have to cook dinner daily for your family and have become very tired of the routine, not looking forward to another evening in the kitchen! What can you do to change things up? How can you get your family involved? What is one thing you can do when your cooking that actually makes it fun? I listen and sing to music while I cook. It has become a routine for me that I really enjoy. Think outside the box, be silly, dance, and most importantly, laugh at yourself!

"You've
mastered the
art of life
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it"

Most of us have priorities and responsibilities, causing us to put fun and enjoyment on the backburner. We grow and learn from life's challenges but we can also grow from our positive experiences. Fun enables us to fully express ourselves, satisfying the soul.

Take the time to stop and think about what is going on in your life.

How can you create a life where fun/enjoyment are in balance with the other areas of your life? Recognizing the benefits of fun can motivate you to make simple changes in your schedule:

- Alter your work schedule to allow for some "me time." For example, arrive 10-15 minutes earlier to give yourself some quiet time before the day begins.
- If you commute to work and have a long ride, listen to your favorite music, read a good book, or write in a journal.
- Take lunch breaks with co-workers who you can laugh and joke around with. Plan to go out once a week for lunch if you usually stay in the workplace.
- Usually people wait until the weekends to plan activities with family and friends. Why not pick an evening during the week where you can go to a movie/rent one, go to the park, meet a friend for coffee, order take-out, take a long walk with the family, play games with the family after dinner, or go to the gym?

These things may not be as much fun as going to a concert, club, or vacation spot, but they will break up the feelings of boredom that most of us experience with our routines. You can choose to experience more fun in your life and you don't necessarily have to go out to experience it. Taking the time to add more enjoyment in your life has great rewards. You will have a better attitude, more energy, improved physical health, decreased stress, improved relationships, and a sense of balance.

Everyone has their own definition of fun. Connect with your inner child and define what it means to you. Now what can you do *Just For Fun?!*

"A day of fun engages the heart, renews the spirit, and deepens the soul"



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