



BOOST YOUR MENTAL WELL-BEING WITH PLAY

Building resilience and reducing stress may be simpler than you think. Learn how cultivating a more playful approach to work and life can help to boost your creativity and relax your mind and body.

It's easy to get caught up in the daily grind. From deadlines to responsibilities, the weight of the world can sometimes feel heavy on our shoulders.

But what if you discovered that there's a simple yet powerful antidote to this stress? Enter playfulness – a mindset that can revolutionise the way we approach life and enhance our mental well-being in profound ways.

REDUCING STRESS THROUGH PLAY

Picture this: you're at work, knee-deep in a pile of tasks, feeling the pressure mounting with each passing moment. Suddenly, you decide to take a mental breather and infuse a bit of playfulness into your day.

You pick up a stress ball and give it a squeeze, feeling the tension melt away as you engage in a moment of light-hearted fun.

This simple act not only provides immediate relief but also

sets the stage for a cascade of psychological benefits.

According to Pearl Tshabalala, an Employee Wellness Programme Care Counsellor at Life Health Solutions, fostering a playful attitude can significantly enhance creativity and problem-solving skills. 'When you are playful, you relax your mind and body while releasing any stress you might have,' explains Pearl. 'This allows you to be open with your thoughts and not limit your abilities. Through playfulness, you gain the confidence to think outside the box.'

In fact, research shows that playfulness allows us to explore multiple solutions to a problem rather than fixating on a single approach. By embracing playfulness, we create space for innovation and breakthroughs, leading to more effective problem-solving strategies.

HOW PLAY BUILDS RESILIENCE

But the benefits of playfulness doesn't stop there. Pearl highlights how embracing playfulness contributes to building resilience and coping strategies in individuals. 'You can use playfulness as a coping mechanism, which builds resilience when facing challenges,' she says. 'Resilience allows us to better manage challenges in our lives, which reduces dependency.'



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Essentially, playfulness serves as a buffer against the stresses of life, equipping us with the resilience to bounce back from adversity and thrive in the face of challenges. By approaching life with a playful mindset, we cultivate a sense of flexibility and adaptability that empowers us to navigate life's ups and downs with grace and ease.

CULTIVATING A PLAYFUL MINDSET

So, how can individuals cultivate a more playful mindset in their daily lives, especially in environments where seriousness is often prioritised?

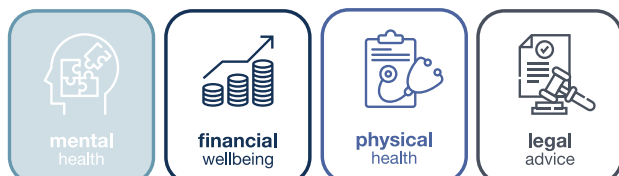
Pearl offers some practical insights: 'Create a playful area where you work. If you use a desk, make it playful by including things you can play with between tasks, like play dough, which is easy to clean. Take breaks between tasks and engage in playfulness.'

Incorporating moments of playfulness into our daily routines doesn't just provide temporary relief – it lays the foundation for a more joyful, fulfilling life. Remember, life is meant to be lived, not merely endured. So let's infuse a little playfulness into each day and rediscover the magic that lies within us all.

References

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