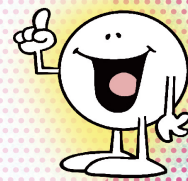


All work and no play... makes a college student moody, drowsy, & not OKAY!



Just as research has shown that chronic stress can zap us of our energy, focus, good mood, & overall wellness, we now know that the road to optimal long-term wellness may be paved by a steady supply of pleasure, joy, & laughter...in other words, **PLAY!**

JOY & LAUGHTER

- ▶ Benefits on both mind & body
- ▶ Relieves everyday worry & stress
- ▶ Boosts the immune system
- ▶ Increases “feel good” hormones in the brain
- ▶ Relaxes muscles & eases tension
- ▶ Adds positivity & resilience
- ▶ Improves overall happiness & mood
- ▶ Helps ease anxiety & fear

GETTING PAST GUILT

Although science tells us that pleasure is important, maybe even **ESSENTIAL**, for our well-being, many of us feel a certain degree of guilt about devoting time and energy solely for pleasurable pursuits. Here are some tips to release that guilt...



Remember thoughts are not facts! Try not to buy into those thoughts that say taking time for pleasure means that you are lazy or that you must not be working hard enough.

Recognize the profound impact pleasure, joy, & laughter can have on our well-being... and even on our productivity & focus.

EMBRACE & PURSUE pleasurable activities with mindful awareness.

HOW DO YOU PLAY? ASK YOURSELF...

What delighted you when you were younger?



Creative pursuits? Sports? Friends?

When do you lose track of time?



Painting? Music? Crossword puzzles? Hiking? Identify those things that you lose yourself in from pure enjoyment.

What would you do if you had the time?



Reading a novel just for fun? Going to a café? Snuggling with your partner or a pet? **Give yourself permission, give yourself the time!**

WAYS TO PLAY...

- * Go sledding at golf course
- * Have a snowball fight
- * Reread a favorite book
- * Have a Netflix night with friends



...AT DARTMOUTH

- * Go ice skating at Occom Pond
- * Play video games
- * Treat yourself to a meal off campus
- * Have a dance party in your dorm room



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