

# Tip sheet

## Having fun

In the hustle and bustle of daily life, it's easy to forget the importance of having fun.

Incorporating fun into your life can have profound short-term and long-term benefits, including improved overall wellbeing and increased productivity at work.



### Tips to help you have more fun!

#### Prioritise personal time

- Allocate time for yourself regularly, even if it's just a few minutes each day
- Engage in activities that bring you joy
- Practice mindfulness to stay present.

#### Embrace hobbies

- Rediscover or develop hobbies that make you feel excited and passionate
- Hobbies can act as a creative outlet, reducing stress and increasing happiness
- Having interests outside of work can provide a valuable mental break.

#### Socialise and connect

- Spend time with friends and loved ones who bring positivity into your life

- Social connections can provide emotional support during challenging times.

#### Explore the great outdoors

- Nature has a calming effect on the mind
- Fresh air and sunlight can boost your mood and recharge your mental batteries.

#### Learn to say no

- Overcommitting to things can reduce available time, making it harder to have fun and lead to burnout
- Set boundaries by politely saying 'no' when necessary.

#### Incorporate play into work

- A playful attitude or approach can boost creativity, enhance problem-solving skills and improve teamwork.
- Find ways to inject fun into your professional life, such as gamifying tasks or celebrating achievements

#### Practice gratitude

- Reflect on the things that bring you joy and express gratitude for them
- Gratitude can shift your focus from what's lacking to what's abundant in your life
- A positive mindset enhances mental wellbeing and resilience.

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#### Contact

0508 664 981  
assistance@vitae.co.nz  
www.vitae.co.nz