



REST AND PLAY



Twenty-five percent of American adults report insufficient sleep or rest at least fifteen out of every thirty days. Sleep is required to fight infection, support metabolism of sugar, make positive decisions, think creatively, and manage stress. Lack of sleep contributes to a variety of chronic disease such as diabetes, heart disease, obesity and depression.

In the book Wholehearted Living, Brene Brown said 'Let go of exhaustion as a status symbol and productivity as self-worth.' Now more than ever, this guidance is important.

In our society, there are a lot of common beliefs about rest. It is believed to be a luxury, or that people who rest more are lazy. It is believed that productivity is what makes us worthy. In this time of uncertainty, imperfection abounds. Everyone is doing their best and taking things hour by hour to make it through. This experience is exhausting because you are managing so many new ways of working and existing.

Play, or purposeless, all-consuming fun, is a biological need, as integral to our health as sleep or nutrition. People are designed by nature to flourish through play. Respecting your biologically programmed need for play can transform your work. It can bring excitement and newness to your job. It shapes your brain, helps you foster empathy, and is at the core of creativity and innovation. Just a little bit permeates through the rest of your life making you more productive and happier.

As the duration of this pandemic continues, consider investing in some play and rest by incorporating some of the following:

- » If you have young kids, play a game of hide-and-seek or blow bubbles outside on a beautiful day.
- » Take a nap or go to bed earlier than normal.
- » Take time to read a book.
- » Play a virtual game with friends.
- » Enjoy time just sitting and relaxing on a sunny day.
- » Go for a walk and enjoy the sights and sounds of nature.
- » Turn on your favorite music and dance.
- » Go for a bike ride.

Whatever you decide to do, the most important thing is to enjoy it. Making time to play and rest will pay dividends when it comes to your mood, your health and overall well-being.