

If you're not having enough fun, you are going to experience more physical and emotional stress.

Let me say it again.
Maybe a tad bit louder.

Just for fun.

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Fun Time.

One of my all-time favorite "medical" questions to ask patients is "What are you doing for fun lately?" *The reactions I get are priceless:*

New grandmother's eyes light up "Loving on my grandbaby every chance I get!"

23-year-old fairly shy girl with a twinkle in her eye "Well my new boyfriend and I are taking kickboxing classes together."

66 year-old new retiree "Well I'm on the golf course about three or four days a week and when I'm not there, I'm in my workshop tinkering away ."

But also...

"Fun? What's that? All I do is sleep and work."

"Fun? I'm in too much pain to do anything."

"Fun? Between my elderly mother's care, my three kids' activities and everything around the house, I don't have any energy left over for fun."

Can you relate?

Fun may not seem like the key to your health at first glance, but if we dig a little deeper I could make that argument pretty well. If we are suffering physically, our fun suffers. If we are suffering emotionally, our fun suffers. If we're not sleeping and tired, our fun suffers. If we're having relationship stresses, work stresses, financial stresses, our fun suffers. Any stress on the body, whether physical or emotional, keeps us from feeling our best and having fun.

But what if I told you, it works the other way too? If you're not having enough fun, you are going to experience more physical and emotional stress. Which comes first the chicken or the egg, right? Our sense of life satisfaction is a huge player in our health. When we feel a sense of ease and enjoyment in life, our body's natural mechanisms can work optimally to help us feel our best.

Fun Time.

You may be thinking, "Well that's all fine and good there Dr. Paige, but I am way too (fill in the blank) tired/broke/in pain/stressed/short on time/depressed." Or maybe it's, "I don't even know what I like to do?" Sometimes our idea of fun needs redefined right? I'm not talking about going to an amusement park every day. Some days fun may be chair dancing to some oldies cruisin down the freeway.

You see, when it comes to the health benefits of fun, it really doesn't matter if it's big or small, as long as your brain registers a fun signal, you reap the health benefits.

You may be right though.

You might just be too (fill in the blank) tired/broke/in pain/stressed/short on time/depressed. Many times there are tough decisions to be made to prioritize our own fun or lift ourselves up to have fun.

You may need to say no to something else, ask for help, let others solves their own problems, set aside mommy guilt, see a doctor, put down the phone, turn off the TV, hit the snooze button one less time, talk with a counselor or something else altogether just to be able to get to a place where you are ready to embrace fun.

This is where the Self-Rx: FUN! Challenge comes in...



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Think about what it will take to free up mental and physical space and resources to have FUN!

Preview the eight prescriptions for fun. Pick one activity on at least five of the eight prescriptions to complete during your challenge period. Pick activities that you are confident you will be able to complete, but don't be afraid to reach outside your comfort zone.

Look at your schedule, pick a challenge week and pick the best days for each challenge. Free up time as needed (cancel things if you need to!) and schedule it on your calendar as an important date with yourself.

Free up funds as needed. Splurge on yourself or be as frugal as you want. There's a way to do most challenges for free if your choose.

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R,	PATIENT NAME: PRESCRIPTION:Some Freakin Fun! AMOUNT:As much as possible.
· /	BEFORE YOU BEGIN: □ Print Out Your Rx Sheets (The pages that follow.)
	□ Review The 8 Day Challenge & Pre-Pick The Ones That Seem Like The Most Fun For You
	□ Schedule Any Necessary Time In Your Calendar
	□ Free Up Any Necessary Funds
	INVITE A FRIEND!
	☐ One is the loneliest number. Grab a friend, family member, coworker, neighbor to do this with you!
	SIGNATURE: DR. Gige

R INVITE A FRIEND

Grab a friend, family member, coworker, neighbor to do this with you!

Send them this invite:

Hey! Dr. Paige is doing this cool Self-Rx: FUN! Challenge and I would love for you to do it with me. Check it out here and let me know if you're in!



Challenge Day 1 MUSIC

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R

PRESCRIPTION: \underline{MUSIC}

AMOUNT: <u>As much as possible.</u>

OPTIONS:

(CHOOSE 2 For Today!)

- O Dance Party In The Car
- O Dance Party In The Kitchen
- O Singing Loud As Possible In The car
- O Morning Shower Singing (The Entire Shower)

SIGNATURE:

Dance-by yourself or with someone, at home or in public, sing out loud in the car, sing out loud in the shower, listen to a type of music that is different for you, play an instrument

FRIEND CONNECTION

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PATIENT NAME: _____

PRESCRIPTION: FRIEND CONNECTION

R

AMOUNT: __ONE ACTIVITY

OPTIONS:

(CHOOSE 1 For Today!)

- O Call Up An Old Friend For Coffee
- O Call Up An Old Friend Just To Chat
- O Schedule A Lunch/Dinner Date With A Friend
- O Write A Letter & Mail It To A Friend

Challenge Day 3 YOU TIME

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PATIENT NAME: $\underline{ME!}$

PRESCRIPTION: YOU TIME

R

AMOUNT: <u>AT LEAST</u> 20 MINUTES

OPTIONS:

(CHOOSE 1-2 For Today!)

- O Take A Hot Bath
- O Light A Candle & Read A Book
- O Eat Dinner Alone At A Quiet Table
- O Read An Entire Magazine In 1 Sitting
- O Meditate

THE NEW YOU...

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PATIENT NAME: _ ME!

PRESCRIPTION: $\underline{THE NEW YOU...}$

R

AMOUNT: AS MANY AS YOU WANT

DIRECTIONS

It's fun to change up your appearance every once in awhile, so try something new. Put on a new outfit or one you haven't worn in so long it feels new, wear those "sassy" shoes, put on some bright red lipstick, wear no makeup at all, take a hair adventure: down, up, cut, colored, natural, curled, straightened...whatever is different for you, accessorize in a new way: no earrings, dangly earrings, bangles, that chunky necklace, scarf, belt, brooch... The point is get totally dressed up in something you love just because you can.

SERVICE

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PATIENT NAME: ME!

PRESCRIPTION: <u>SERVICE</u>



AMOUNT: __ONE RANDOM ACT OF SERVICE

DIRECTIONS: Pick a time and place to perform a random act of kindness and absorb how that feels even if nobody knows you did it

- O Pay For The Person Behind You In The Drive Thru
- O Wait At A Door And Open It With A Big Smile
- O Shovel Your Neighbor's Sidewalk or Mow Their Grass
- O Make A Food Treat For Someone And Take It To Them
- O Babysit For A Friend

PHYSICAL ACTIVITY

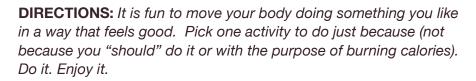
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PATIENT NAME: ______

PRESCRIPTION: _

PRESCRIPTION: __PHYSICAL ACTIVITY

AMOUNT: _AT LEAST 20 MINUTES



- O Dance
- O Play A Sport (Basketball, Tennis, Golf, Bowling)
- O Go For A Walk
- O Stretch From Head To Toe (Even If You Stay Seated)
- O Play On The Playground (Yes, that's allowed!)
- O Take A Class (Zuma, Yoga, Pilates)
- O Play An Active Video Game
- O Play A Game (Hide & Seek, Freeze Tag, Marco Polo)

SIGNATURE: DR. Signature:

DATE WITH YOURSELF

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	PATIENT NAME:
R	PRESCRIPTION:DATE WITH YOURSELF
	AMOUNT:ONE DATE

DIRECTIONS: You are your own best date. It can be fun to put aside any self consciousness and experience an activity all by yourself. Pick one. Do it mindfully. Enjoy it.

- O Go To A Coffee Shop
- O Treat Yourself To A Movie
- O Have A Drink At A Bar
- O Dine At Your Favorite Restaurant
- O Walk Around A Museum
- O Go To The Library & Read In Quiet
- O Watch A Sporting Event

SIGNATURE: DR. Jaige

TREAT YOURSELF...

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R

PATIENT NAME: $_^{ME!}$

PRESCRIPTION: <u>TREAT YOURSELF...</u>

AMOUNT: $_AT\ LEAST\ ONE$

DIRECTIONS: Give yourself a simple gift-free, cheap or expensive. Enjoy it.

- O Give Yourself Flowers

 No matter a carnation, a wildflower, a fancy bouquet or a picture you make for yourself
- O Give Yourself Perfume
 Paid or free sample from a fancy department store
- O Give Yourself A Compliment
 Write it down and say it to yourself in the mirror or write
 yourself a thank you note and read it back to yourself
- O Give Yourself A Piece Of New Clothing Or Accessory Doesn't matter if it's from the thrift store or a boutique
- O Give Yourself A Piece Of Jewelry
 Whether it's a ring pop or a diamond, gift it with pride

SIGNATURE: DR: \