

WORKSHEET: CREATING YOUR RECIPE FOR FUN

Now it's time to play with fun in your own life! Don't know where to start? Try experimenting with these ideas below – mix-and-match one activity from each category – to help you get out of your comfort zone. Example: Mindfulness – put your phone on airplane mode; Freedom – take a mental health day; Novelty – go explore a new city/trail Put them all together and see what sort of fun you have! Afterward, reflect on this combination and see if it's the right fit for you.

PRACTICING MINDFULNESS

- Leave your phone at home/in the car
- Put your phone on airplane mode
- Engage the 5 senses
- Make eye contact while you speak
- Practice smiling at everyone you see
- Notice the way your body feels when you smile or laugh
- Pay attention to the emotions you feel around people you love
- Practice authentic self-expression
- Express gratitude
- Express your emotions
- Journal about the present moment
- Practice drawing or painting a nature scene, pet, or loved one
- Write a poem

CULTIVATING FREEDOM

- Take a moment just for you
- Get a babysitter and set a date night
- Let your friend/partner plan a date
- Delete the email application from your phone
- Silence notifications
- Take a mental health day from work
- Set limits on new responsibilities when possible
- Ask for help
- Book a retreat and let someone else plan your activities
- Stay somewhere with cleaning and food service
- "Unfriend" frenemies/ "Unfollow" negativity
- Go for a drive without a destination
- Walk aimlessly

PLAYING WITH NOVELTY

- Plan a vacation
- Go to a new coffeeshop
- Road trip to a new town
- Take a different route
- Introduce yourself to someone new
- Attend a new community event
- Try a new activity
- Explore a new park/trail
- Try a new restaurant
- Go camping somewhere without cell service
- Read a new genre
- Go to a live music event
- Plan an activity with an acquaintance
- Try laughter yoga (yes, it's a real thing!)

REFLECT:

What three things did you choose today?

Did you have fun? What was one moment that sticks out in your memory as fun?

Do you want to try that element with another option from the list? Make a plan here, and then keep experimenting, cultivating your fun-filled summer!