

FREE EXTRACTS FROM

Enjoy Being You

*How your
leisure interests
help you become
the person
you want to be*

Peter Nicholls



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Having Fun is No Joke

As much as we all enjoy a good laugh, we still tend to believe that work is the centre of life, while having fun tends to be regarded as frivolous, time-wasting and non-essential. To be seen laughing in an office can still be construed as 'slacking on the job'. There is growing evidence of the healing value of laughter, but most doctors still regard the practice as being in the area of unscientific alternative medicine.

Philosophically, happiness has for centuries been closely linked with efforts to explain the meaning of life. Much of the welfare state concept is based on the philosophy of 'the greatest happiness for the greatest number'.

The value of fun is perhaps better appreciated if we surmise what life would be like if there was no fun. *All work and no play* not only makes Jack or Jill dull people, it can also result in mental breakdowns, the collapse of the family and many other social tragedies generated by the daunting pressures and strains of modern life.

The ability to have fun adds dignity and value to life. Evidence suggests that fun makes people socially attractive, more interesting and interested, better able to cope with stress, more positive and perhaps even more productive. Fun is essential to mastering the serious side of life. It provides the balance that keeps us sane.

Lively Eyes Show Health Better than Lively Muscles

Regular physical exercise is good for physical health. Total health is, however, more complex. It relates to the whole being, embracing the mind, body and soul. Lively eyes are often a deeper indicator of health than lively muscles.

Healthy people have a twinkle in their eye, a spring in their step and a song in their heart. This can be due to many factors, including being involved in activities that can be physically, intellectually or socially stimulating. Older people often exhibit a greater degree of total health than many younger people.

The same applies to the health of a community. Even though only a minority undertake regular physical exercise, it can be argued that we are in fact a vibrant and healthy community. Most people watch too much television, but few only watch television. People participate in one or more of hundreds of types of leisure activities - from the most physically demanding to the gentleness of reading and listening to music.

Health is reflected in a person's ability to show a strong interest in life and to be able to do things for enjoyment. The extent to which a person has access to and enjoys being absorbed in leisure interests - physical, mental, or spiritual - is a strong indicator of the state of their total health and wellbeing.

The Whole World is a Recreation Facility

There are places set aside specifically for our enjoyment, including parks, sporting grounds, recreation centres, swimming pools, skate parks, playgrounds, hotels, restaurants, golf courses, walking trails and cycle paths. How many of them are part of your life or that of your family and friends?

Opportunities for enjoyment do not of course only occur in facilities specifically designed for recreation. Shops, offices, factories, schools and any other place where people gather are all places where formal or informal recreation occurs. In fact, the world's most heavily-used recreation facility is the home.

The opportunities for enjoyment are present and ready to be activated by you and those around you in every aspect of life. Fun is generated by many things, only one of which might be the place where it occurs. There is no set location for humour, relaxation and fun and the circumstances and timing should never surprise you. It can often be that the more unlikely the setting, the greater the benefits that fun can engender.

Relax and let laughter be on the tip of your tongue everywhere you go and in all that you do.

ENJOY BEING YOU

I hope that even in reading these extracts from **Enjoy Being You**, you have found at least one idea that helps you achieve a new sense of direction; one that brings you hope, excitement and, above all, enjoyment.

May your efforts to learn more about enjoying being your true self instil in you a feeling of dignity and independence, borne of knowing that you are exploring, discovering and enjoying the unique being that you are, whom the world has been waiting to recognize and appreciate as a person of worth.

For just a small financial investment, you can now unlock the full benefits of experiencing



With my very best wishes

Peter Nicholls

