



MESI Moments

#OneTeam,

Let's talk about something serious — having fun! Living a life of playfulness isn't just for kids, it is something we can choose to do no matter how old we are. It encompasses a mindset and approach to life that embraces joy, spontaneity, and lightheartedness. Our to-do list will always be there. Other than ensuring that the most urgent and important matters are addressed, taking pauses more regularly throughout the day helps find moments of fun and play that research has shown benefit our wellbeing by creating connection, sparking creativity, and promoting a sense of presence and flow.

MESI Practice | Random Acts of Playfulness

Having fun doesn't have to be difficult or expensive. As a simple practice to incorporate more fun into your life, set aside a few minutes each day to engage in an activity purely for the joy it brings. Almost any activity can be fun when approached with playfulness - the key is to let go of any expectations and simply immerse yourself in the moment.

(Examples could include learning a new joke and telling it to someone, going for a walk or a hike, playing a game, creating a playlist with a silly theme, solving a puzzle, practicing a new dance move, or researching restaurants you want to try)