



# Have Fun.

**Relevant to:** Mental Health in the Workplace:  Depression:  Anxiety:

Since the days of the Greek philosophers, and probably before, mankind has debated the best ways to have an enjoyable life! It turns out that having lots of fun (Hedonism) isn't the answer. However, it is part of the answer.

**A reasonable summary of current thinking about what makes a rewarding life is that there are four parts to it:**

1. It's good to identify your talents, and nurture and use them.
2. It's good to identify what your principles are, and actively live life by them.
3. It's good to be altruistic – to do things purely for other people.
4. It's good to have some fun. And, it turns out that fun is more fun if you are doing the first three as well.



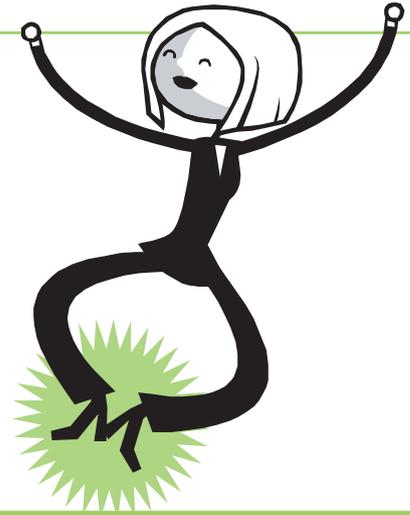
**Noel Coward famously said that "work is more fun than fun". Curious, because Noel Coward was famously fun-loving – parties, the highlife, everything. So this begs the question, What is fun?**

Your group-leader might like to stop reading at this point and ask you what you do for fun!



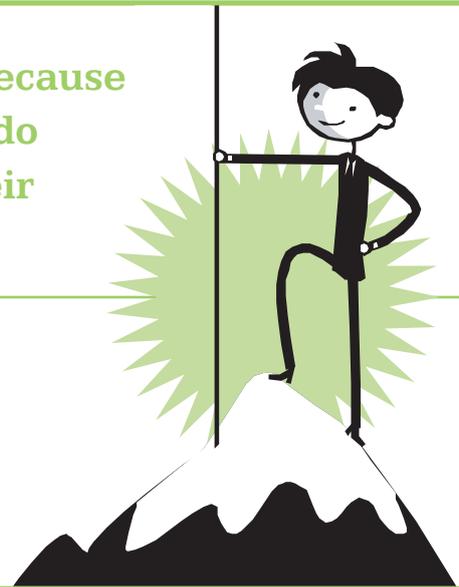
## Let's look at some ideas that others have come out with:

- Partying and drinking with others.
- Playing with your children – playing football, playing pretend games, playing anything they want to play.
- Karting – driving a little overpowered four-wheeled machine round a circuit.
- Having a nice meal with people you like.
- Watch a comedy.
- Play a game, like board-games, cards.
- Get together with your intimate partner.
- Do some joke dancing.



This invites us to ponder what is fun, because there are other activities which people do “for fun” but are more like fulfilling their talents. Activities such as:

- rock-climbing
- listening to informative radio programmes
- sports training.
- All these are good and maybe enjoyable, though not necessarily “fun” in its truest sense.



## How do you do it?

Do people do fun things spontaneously or do they plan them out? The answer is both. You can't go karting unless you book up your place at the karting track. On the other hand, not many people plan to do a joke dance at 3 o'clock in the afternoon ... or any other specified time!

## In group exercise:

Many people are shy about saying what they regard as fun for fear that other people will mock them. Even so, if you can bring yourself to say what you do for fun, or have sometimes thought you might like to do for fun, then it would be great to share ideas in the group.

## Project for the week:

To do some things purely for fun! While it's great to do things for others, to nurture and develop your talents, and to actively live life according to your principles, doing something for fun is definitely the icing on the cake. If you already do this, then that's probably working well for you. If not, then why not give it a go!