

PLAY AS ADULTS

NEW WELLNESS EXPERIENCES WITH A FUN TWIST



Learning and finding something new and engaging, are important parts of aging healthfully. If you can be playful in your endeavors, it is even better. Think back to when you were younger. What activities did you enjoy? What made you feel happy, joyful, and free? How can you connect those activities to your life now? Use the wellness-focused ideas in this checklist to get started. You can learn about the benefits of play, and where Friends Life Care members are focusing their wellness endeavors as they plan ahead for the coming year.



Ready. Set. Play! Fun-Loving Ideas for the Dimensions of Wellness

Physical



- Dance with abandon and play the music loud. Need inspiration? Chosic will help you find the perfect playlist.
- Head to the local farmers market and make a new meal with only the foods you can find there.
- Channel your inner child and skip down the sidewalk. Don't be ashamed to hum or whistle as you do.
- Drink more water and have fun doing it with an app like Plant Nanny.
- Leash up your pup and head to the dog park. Remember to bring a ball to toss around!

- Learn all the words to one of your new favorite songs and sing it loud and proud!
- Pull out one of your favorite childhood books from the shelf or check it out from the library and give it another read.
- Check out the [merit badges](#) offered to Boy Scouts and earn one yourself!
- Challenge yourself to learn how to greet your loved ones in a new language. Apps like Duolingo and Drops can help.
- Take a [MasterClass](#) taught by a professional who inspires you.

Intellectual



Environmental



- Paint some rocks and tuck them around your garden or patio to add some flair and color.
- Make a flower arrangement in a vase and gift it to someone special.
- Visit a [bird sanctuary](#) and give the birds names.
- Bring out the lawn chairs and gaze at the stars. Test yourself and see if you can name any constellations.
- Head to your favorite park to collect some unique leaves and beautiful flowers. Then pick up a solar printing kit at your nearest craft store and turn your findings into art!

- Try a 5 minute meditation with an app like [Calm](#).
- Compliment, thank, or smile at someone who is serving you at a retail store or a restaurant.
- Write a letter to someone you are thinking about but haven't connected with in a long time.
- Make up a new mantra and say it once a day for 10 days.
- Take a [mindful walk](#) to tune into your surroundings, or a prayer walk to pray for the needs of others during your stroll.

Spiritual



Emotional



- Dust off your journal and try a new [prompt](#).
- Start a [gratitude practice](#).
- Develop a [self-care routine](#).
- Try 5 minutes of [laughter yoga](#).
- Buy a brand new box of crayons and color a masterpiece.

- Tour local historic sites with a friend.
- Grab your most adventurous loved one and go [geocaching](#).
- Host a [uniquely themed dinner party](#) for your loved ones.
- Attend a sporting event at your local high school or college and show your team spirit!
- Dress up just for the heck of it, take a selfie and post it on social media. Maybe you'll even become a "[grandfluencer](#)".

Social

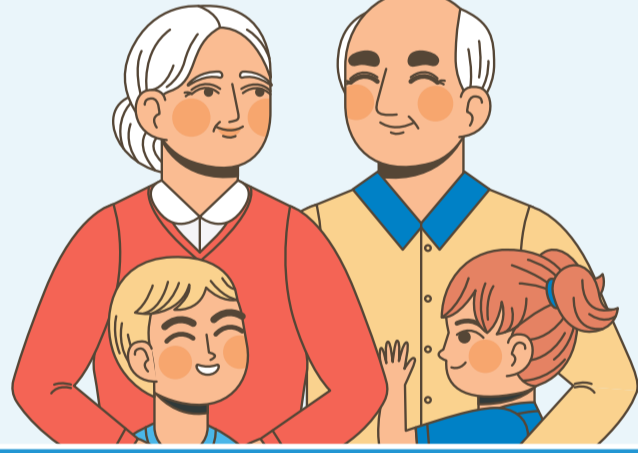


You Now Have Permission to Play – The Science Behind Why It's Good for You



The Importance of Play in Adulthood

Play has been shown to release endorphins, improve brain functionality, and stimulate creativity.



Why It's Beneficial for Grown-Ups to Play

Play enhances bonding and communication, reduces stress, and enhances wellbeing.



10 Ways Adults Can Be More Playful

Play empowers people to be flexible thinkers, creative, young-at-heart, and free-spirited.

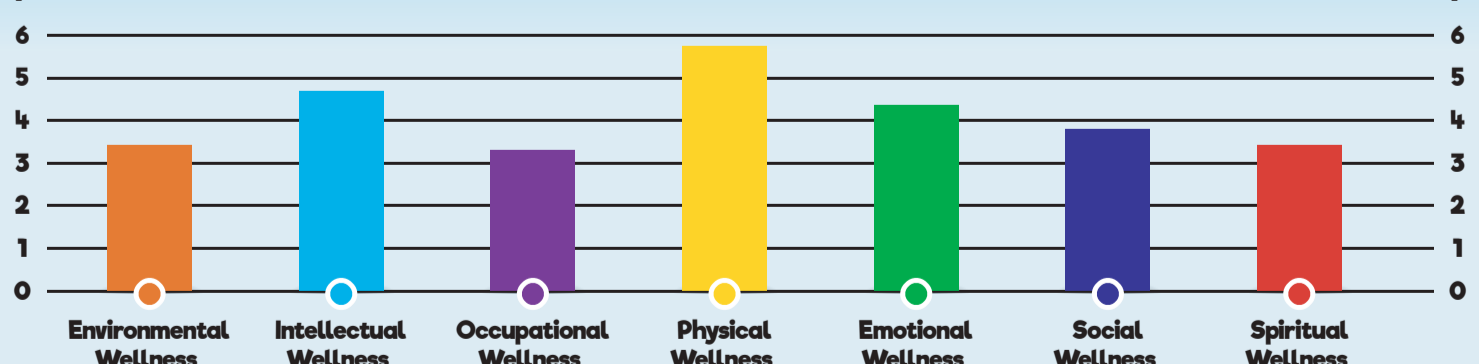


How to Play as an Adult

All sorts of skills grow through play: social perception, empathy, creativity, flexibility, humility, sense of humor, initiative, moving on from mistakes, listening, honesty, inclusiveness, problem-solving.

Where Friends Life Care Members Plan to Grow in the Coming Year

We surveyed Friends Life Care members and asked them to rank how much they plan to focus on improving the following dimensions of wellness in the coming year on a scale of 1 to 7. Here's how they responded.



Friends Life Care provides a holistic approach to wellness, prevention, and care for those who prefer to age in the comfort of their own homes through their membership program. Flexible membership options can provide financial security and allow for peace of mind. For more information call 215-628-8964, x235, email info@flcpartners.org, or visit www.FriendsLifeCare.org.

