

1: Time for Fun | Wubbzypedia | FANDOM powered by Wikia

Recapturing the Fun. Here's a key thought for you on making time for fun. Ask your wife to share some of the qualities that attracted her to you. I'll bet one of those qualities was your fun-loving nature. Your wife-to-be felt happy around you. You made her laugh. She always knew that the two of you would be having fun on those wonderful dates.

Not merely feeling somewhat pleased, but fully enjoying yourself? The truth is we often feel guilty even thinking about having fun, let alone actively engaged in something we consider fun. Here are eight reasons why. Instead of dreading the job or feeling stuck in a go-nowhere career, change your mindset. A great attitude also provides motivation and inspiration for having fun and making a job or task more enjoyable. A study by Ford et al. Having fun helps relieve anxiety and depression. There are numerous studies on methods and activities that help quash mental health issues such as anxiety and depression and some contain gems of wisdom applicable to having fun in the process. One study looked at dance and dance movement therapy and its effect on increasing positive mood and well-being, as well as diminishing outcomes of clinical anxiety and depression. Even more reason to get your groove on with a dance class or dancing to the music on the radio in your living room, right? Boost your mood with a wardrobe switch-up. If putting on the same type of outfit or attire day after day starts to get you down, consider a wardrobe switch-up. Remember when you were a kid and the school had backwards-day, meaning students could wear their clothes backwards or mismatched socks and tops and bottoms. Still, the advice to add a bit of zip to your attire by including a contrasting color or even to-die-for undies nobody knows but you can serve to elevate your mood and brighten your day. Shopping for clothes can have a dramatic effect on mood. The title of their research published in MIS Quarterly was: They identified cognitive absorption and defined it as deep involvement with software and theorized it was exhibited by heightened enjoyment, curiosity, control, focused immersion and temporal dissociation. Remember that the next time you find yourself engrossed and having fun with technology-related devices and projects. Bust stress with some laughter therapy. The science behind why laughter is good for you is quite concise. Whether you laugh by yourself or in a group, go ahead and let it loose. The Cancer Treatment Centers of America recommends laughter therapy for its healing powers and ability to enhance overall health and wellness. These include muscle repair and consolidation of memories. Enhance relationships with a playful nature. Yet, a slight attitude change, such as adopting a playful nature, can help smooth away difficulties. Having fun and sharing activities with others helps build empathy, compassion, trust and intimacy. Fun helps improve brain function. Everyone can realize gains in mental acuity, concentration, focus and clarity from playing chess, working on puzzles or crosswords and other brain challenging activities. Not only do these activities work to improve brain function, they may also help prevent the onset of memory problems. Passionate about helping others live a vibrant and purposeful life, she writes daily for her website, www. She is a regular contributor to Psych Central. Retrieved on November 15, , from <https://>

2: Make time for fun | The Up Devo

Make time for fun with family & friends Fun is a serious business for happiness and especially important for our close relationships. Yet it's easy to overlook when we are busy with work and the practical demands of everyday life.

I hope you enjoy her post as much I did. My husband is a military pilot “ with long and unpredictable hours. My son Holden has some special needs, so physical therapy and trips to the doctor happen often for us. But despite all of this, in our house, we laugh often, we love to wrestle and sword fight and play with dinosaurs. The answer is both surprisingly simple, yet incredibly tricky to pull off. Maybe this seems counter-intuitive. Instead, when the fun is scheduled, I have the freedom to truly enjoy it! I use a loose time-blocking system for my schedule. This way, every day I know that the important parts of my life will be taken care of. Time-blocking allows me to do just that. The same is true of my business. None of us can work for 20 hours straight without feeling the strain it places on our brains. Breaks are necessary for doing your best work. Friend, your to-do list is not your permission slip. It will be there tomorrow. Those precious people in your life? Is the point of your life simply to get as much done as you possibly can? This makes finishing that list and making time for fun a nearly impossible task! Take a look at your list for the day, move about half of those items to a different day, and go from there. Be gentle with yourself. Grab the Top 5 Passions Worksheet to solidify what matters most. This means blocking off time for your great big goals and the people that matter most. Finally, use the Only the Best Worksheet to brainstorm ways to bring more fun and joy back into your life and ways to eliminate some of those joy-stealers. Beth Anne Schwamberger is a big dreamer, adoptive mom, and military spouse. She has a blog and online shop at [BrilliantBusinessMoms](#). Her brand-new, Brilliant Life Planner is now available on [Kickstarter](#). Subscribe to the Scattered Snippets Newsletter Every few weeks I send out a newsletter with links to all the newest posts and printables! With your subscription, you also get access to our Secret Printables Library!

3: Make time for FUN: Planning your Scrapbooking - Digital Scrapbooking HQ

Making time for fun might mean refusing to take on something new or asking for help with an overwhelming project. If you're still having trouble fitting in your fun time, schedule it -- if it's on your calendar, you're more likely to treat it with just as much importance as you do meetings and appointments.

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4: Enjoy Life Quotes (quotes)

The truth is we often feel guilty even thinking about having fun, let alone actively engaged in something we consider fun. Yet, there's good evidence supporting the recommendation to carve out.

Make time for FUN: I hope this post inspired you to make time for scrapbooking in How much will you scrap this year? Carrie Arrick of the Digi Scrap Geek podcast had a thought provoking and cool! Rather than reviewing , I began to plan out my scrapbooking for the year You too can plan your scrapbooking for this year! Now before you stop reading, I have to say something about planning. In fact, too much planning, like too much organizing and shopping can prevent you from even getting started and gaining momentum. So this year, as I do most years, I am planning time to scrapbook and to print my layouts. A time to scrapbook 2. Inspiration strikes much more often then I can actually sit down to scrap! I typically spend an hour on each layout so I use that as my basic scrapping time. Like many scrappers I enjoy scrapbooking on Sunday and even started posting my layouts with ScrappingSunday on Instagram and Facebook. I also set aside an hour on Wednesday to do some scrapbooking. Each year I itch to try traditional project life weekly spreads, and have completed a few here and there. So that begs the question I tend to scrap random pages rather than going in chronological order or even doing specific projects. Each year I try to create: All up this will total about 60 pages. The other 40 or so layouts I create will be prompted by activities, moments or challenges that I participate in. My schedule is to allow time for the joy of creating!

5: How I Make Time for Fun as a Busy Mom

Fun is infused into everything we do because it's fun to be a part of the world's best team. Working at Clickstop has been life changing for me. For the first time in a long time I am balancing work and family life. I can come into work, do my best, and go home to be with my family at the end of the day.

That was fun when we caught our limit of fish within the first two hours. That was fun when we wrestled the alligator. That was fun when we saw the Grand Canyon. That was fun when we gathered together for her surprise birthday party. Success at work has never been an issue and is evident when you consider his track record. Prior to Clickstop, Sean was managing large budgets and leading large teams. He was successful, and his career growth was on a good trajectory. Why would he leave? Success, like fun, can be different from person to person. At Clickstop, we are driven to succeed personally and professionally, and guided by a core set of values that demand the balance between work, fun and family. They drive us to succeed at work, to give our best effort day in and day out and to hold each other accountable to the same level of performance. They also drive us to succeed outside of work and to hold each other accountable to doing so. What matters outside of work is different to each of us, so the point of the values is not to define it, but to drive it. Whatever that looks like for you, passionately and unashamedly pursue it through the values that you hold. True Success Sean came to Clickstop because success at work, with no success at home, is no success at all. We know the difference between sacrifice and surrender. To sacrifice our time is to maintain control while giving a portion. To surrender, is to give our rights fully to another. Sean had surrendered his rights to his organization and wanted to take them back. Now, at Clickstop, he is making a great impact without fear that the impact will lead to surrender. The Interview What is your role at Clickstop? How long have you worked here? What brought you to Clickstop and why is it such a good fit for you? Clickstop was a reason for me to move my family out of congested Southern California. The history of Clickstop and how the CEO started by selling material out of the back of his van to where we are today gives me a sense of excitement to see where we will be in the future. Clickstop is the perfect place for me to work and play hard as well as be myself. My previous workplace only cared about the company and not the employees, so working 50 hours per week in the building and another 10 from home never gave me any time for myself or my family. How do you relate to this core value? You hear stories of these dreamy places to work like Google and Intuit but never think you will find yourself in that sort of situation. I now have the opportunity to see my kids grow up. I now have time to go on dates with my wife, vacations with my family and coach my kids sports teams. What advice would you give to others who want to embrace this core value? Work is important, but family always comes first. I was so focused at my last job that and worked so many hours that I lost focus on what is most important in my life which is my family. We only get one chance at life so make sure you focus on the important things. The people I work with create a positive and entertaining environment. Like I said, we work hard and play hard. It is truly difficult to get through a day without having multiple LOL moments. Also, being able to work out with a good group of people on my lunch break gets me energized and drives my motivation. What small gesture from a coworker made a big impact on you? I had a big learning curve when I moved from California to Iowa. Snow arrived about one month after I did. When this occurred, I was approached by a couple coworkers throughout the day asking if I wanted a ride home while also telling me I should leave early before the roads were covered in snow. Their eyes communicated that it was genuine and that they cared about my well-being even though I had only known them for about 1 month. It meant a lot to me until they made fun of me for asking if I needed chains to drive home. Like I said, I had a lot to learn. All corn is not the same. I thought I could walk into any corn field, pick some corn, take it home and cook it up. That is not the case. For everybody not from the Midwest, Feed corn is used to make corn meal, animal feed and a bunch of other stuff. Sweet corn is what's for dinner. Playing ice hockey, coaching my daughter Violets soccer team and my son Keegan in football, walking my boxers Lexi and Murphy, and taking my wife to Capps for pizza and beer. Pretty much anything outside. I currently have 3 cats and 2 dogs. I have to go with Dogs, they show continuous love no matter what the situation is.

MAKING TIME FOR ENJOYMENT pdf

6: Q2 Value Award - Make Time For Fun & Family - Clickstop, Inc.

To us, making time for fun as a family is just as important as all the other items on the to-do list, so it deserves a spot on my daily schedule and on my weekly to-do's. Maybe this seems counter-intuitive.

7: Make Time for Fun | HowStuffWorks

Wouldn't your days be more renewing if, alongside cultivating your relationship with God, you intentionally made time for some laughter? Life can get get tough. So make time for fun.

8: Action for Happiness

In this Article: Article Summary Having Fun on Your Own Having Fun with Others Having Fun at Work Having Fun at School Community Q&A If you want to have fun, you have to get into the right mindset and embrace every opportunity for a good time.

9: 4 Ways to Have Fun - wikiHow

"Sure, children and jobs make things tricky, but when we used to commit to fun and intimate kid-free time, all our responsibilities just felt easier to deal with." Not surprising. "A relationship is a living thing that needs to be nurtured and fed or it doesn't make it," suggests Ojai, CA-based psychotherapist and couples specialist.

Will Roods friendship Information processes and technology the preliminary course second edition Environmental chemistry lab manual Panasonic rr-830 manual Christ in practice The clothing customs Society pays the high costs of minimal brain damage in America Fabulous Finger Food Nuremberg Trials and American jurisprudence: the decline of legal realism and the revival of natural law Scanning letter size ument results in legal size The phantom friend Ross Perot in his own words Blues the poetic spirit Who Stole My 15,000,000 Mansion? The rumble of California politics, 1848-1970. The arrangement series Protestant Women Novelists Irish Society 1879-1922 (Lund Studies in English) James Day Lydia Keen 191 Bang and Shout (Baby Day Board Books) Code name-Princess The biggest cultural variable of all: the Child Careful! and watch out for the children Lets Learn Bengali (Esho Bangla Porhi) Ratchet Clank Future Stress testing Ian Brown and Donald Schreiber The man with Picassos eyes Generation X Field Guide Lexicon Cinematic orchestra to build a home sheet music Secret 3: When its the men vs. the women, everybody loses Maternity posing guide Obstetrics for nurses. Back talk for grandparents (and their grandchildren) But Who Cares Now The Red Book Eat Well In Wales By Myself and Then Some CD When good science is the endangered species Balance work and life Factors affecting athletic movement V.IX New economic policy; Socialist construction. Stop the world, I want to get on What leaders expect