

Wellness is continually experiencing the joy of being alive.

It is a happy talent to know how to play!—Emerson

No matter how fun it is serving in ministry, it isn't the same as play! Everyone benefits by making time and finding ways to play.

Reverend Don Jennings shared in his classes with ministerial students that when he was doing church ministry he learned this the hard way ... saying how imperative it is for ministers and spiritual leaders to include play in one's self-care.

Silly Ideas That Could Very Well Work!

- Keep a coloring book and crayons handy for a five-minute play break to de-stress and gain new perspectives.
- My not-so-secret secrets include reading Calvin and Hobbes for lightening up on myself.
- Dance to rock 'n' roll (or whatever rocks you) in your office or home. (Whose foot *doesn't* tap to *Happy* by Pharrell Williams?)
- Watch movies that fill your soul with delight and are fun to share with friends.
 - *The Hundred-Foot Journey*
 - *The Best Exotic Marigold Hotel* (and sequel)
 - *Big Hero Six*
 - *Frozen*
 - *Inside Out*
 - *Despicable Me* (series)

Make time for social activities. This reduces depression and stress, and helps to prevent cognitive decline.

Know deeply that you are worth high-level self-care. Boldly take your next step delving into fun and frivolity!