Have Fun

When was the last time you did something you really enjoyed or that made you laugh?

It's easy to become so sad or worried about our problems that we lose sight of life's simple pleasures. Taking the time to do something you enjoy can keep your mind off your worries. Completing a favorite hobby can also help you feel good about yourself.

"Laughter is the best medicine" is an age-old saying. A "good laugh" helps relax our bodies and indirectly boosts endorphins, a chemical in the brain that acts like a natural painkiller. And let's be honest…you just can't be sad when you're laughing!

For more tips on bringing humor and laughter into your life, go to: http://www.helpguide.org/life/humor_laughter_health.htm.

Make a list of the things that you enjoy doing and that can help keep you from feeling blue. Take it slow by doing one fun thing a day.

Here's a list to help you get started:

Find or Re-discover a Hobby
- Crafts: crocheting, scrap booking, woodworking
- Cooking or grilling
- Drawing or painting
- Fantasy sports
- Gardening: indoor plants, flowerbeds, container gardens

Enjoy Nature and the Outdoors
- Explore a local park
- Go for a bike ride
- Play outside: shoot some hoops, toss a Frisbee, play badminton
- Feed and watch the birds in your yard
- Go fishing

Plan an Outing
- Visit a museum
- Go bowling
- Take a factory tour
- Meet a friend for lunch
- Go to the movies

Just for Fun!

- Play a card game: Solitaire, Gin Rummy, Bridge
- Play a game of checkers, dominoes or your favorite board game
- Play with a pet
- Put together a puzzle or work on a word puzzle
- Turn on the music and dance

Resources:

Websites:

Ideas for hobbies:

www.hubpages.com/hub/How-to-Choose-a-Hobby

www.freeintenyears.com/frugal-tips/100-cheap-hobbies

Resources for Local Activities

If **you** or someone you know is in **emotional** distress or **suicidal crisis**, **call** 1-800-273-**TALK (8255).** National Suicide Prevention Lifeline

It is very important to talk with a doctor about depressive symptoms you or your loved one are having. This website is not intended to replace a visit to a doctor.