

Research & Discussion: ‘Brain Benefits-Adults Having Fun’

We all experience days filled with ‘to do’s’ and before we know it, the day is over. As adults, we sometimes forget to just stop, enjoy the moment, and allow ourselves to have fun. Somewhere along the journey of life, often during the child rearing years, the idea of having fun takes a backseat. The worries and cares of life can get in the way, so it’s up to us to be purposeful about having fun and remembering to laugh!

In a survey, adults were asked where they were most likely to spend their free time. 79% of those answering had similar answers, “Zoning out in front of the TV”. (Although the answers were given in a variety of verbiage, the meaning was the same.)

As we discussed earlier in the workbook, there is one outcome researchers have come to agree on, and that is... ‘Watching more than 3 hours a day of television can actually cause atrophy in the brain.’ We noted previously, that watching shows that challenge you to think and engage your brain, such as certain documentaries and game shows, may be an exception. However, regardless of we’re watching, too much can still have a negative impact on our health, since watching television doesn’t require us to move our bodies.

Back to having fun...So, why is it important for adults to have fun?

Engaging in various types of games and socializing, provides the following:

- A great source of relaxation and increased emotional well-being as laughter is shared, as its the enjoyment of socially connecting.
- Imagination & creativity are fueled, which provides an array of brain benefits, including better problem-solving skills.
- Provides a distraction from the stresses of day to day life.
- Having fun adds an enormous amount of joy to our lives, and...
‘A Happy Heart is medicine to the body’.
- Endorphins are released, promoting an overall sense of well-being...
(and may even give temporarily relief from pain)
- Can improve the capacity to learn, as well as one’s brain function.
Research shows that engaging in games with others may help prevent or slow down memory loss.
- Has been shown to reduce depression
- Can improve friendships and is also a great way to meet new friends.

References

The Benefits of Play for Adults. (2017, November 15). Retrieved from Help Guide :

<https://www.helpguide.org/articles/mental-health/benefits-of-play-for-adults.htm>