

# PLAY Matters



**PLAY** for me is an acronym that in the past ten years has held a significant place in personal recovery. Through the **PLAY** I have found strength to work through copious health and wellness challenges, and with its focus develop a strategy to manage life in a proactive way.

The acronym is

- Find **PURPOSE** in new, emerging ways
- Discover **LIGHTNESS** in everyday simplicity
- Take **ACTION** in small and bigger ways
- Say **YES** I can, take one-step-at-a-time

This simple acronym offers a strategy and solution and acts as a catalyst for personal change. As an adult—to **PLAY** is to discover purpose through an act of participation and engagement in day to day tasks and activities—it is purpose reflected in an outcome through participation and process; it allows us to leave preconceived notions behind and create new ways to live in health and wellness.

**I like to play a little every day, a lot actually.** Why? **PLAY** as a process is contingent on *my* attitude. Through its strategy and steps I am able to repeatedly gain a deeper understanding of myself and insights and keys to what I face. The process of play brings an attitude into an activity, and in my opinion and experience—our attitude is how we **PLAY** our life! We have choices, consistently and constantly, however how we choose to exercise this fundamental freedom of being a human being is also reflected back at us through our choices. **PLAY** is an attitude and *attitude* is simply a point of view, an aspect of commitment, a rendezvous with the unknown, unexplained, and uncharted. **I simply love to PLAY and welcome its gifts.** I am certain you will also marvel at its joys when you trust the process as it helps to inform our health and wellness.

*“**PLAY** relies on process and through practice integrates and informs us at a cellular level. Through acts of **PLAY** small and big transformations take place—to trust the process is an innate gift children have, and as adults—old and young alike, we need to allow the child in us to be our coach through observation and through environments from which we learn, discover, explore, and express. In this way we create new neural pathways.”*