

HEALTHY HINTS

Just for the HEALTH of it!™



WEEK TWO-PLAY

1. Inspire you to think differently!
2. Bring greater JOY in your life!
3. Increase LONGEVITY-reduces Stress.
4. Reduce struggle, conflict, and worry.
 - Fosters sense of belonging and connection to other people.
5. Increase your sense of lightness. Refreshes-recharges.
6. Stimulate imagination, curiosity, and creativity!
7. Softens the heart-decreases hypertension and depression.
8. Enhance your energy!
9. Opportunity to take risks!
Explore, experiment.

play 4 life

<http://www.creativity-portal.com/bc/other/play.html>

WHAT are YOU going to do this week that is

FUN and PLAYFUL??

Write it here...keep it clean! ;)