

Coach's Corner

Don't forget to have fun

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By Sharon Pahlka, NKC Kidney Patient

Your life is not your disease. It's part of it but not all of it. So, don't forget the other parts of your life—especially fun. Remember being a kid when fun just happened? We forget about this as we grow up. Let fun happen to you again. If having fun has escaped you for a while, plan to have fun.

Having fun can be as easy as playing with a puppy or strolling through the park or reading a good joke. Start by taking small steps. Just add one fun thing into your day. Keeping fun in your life is the best way to reduce stress, increase your feelings of well being, and to relax. It also:

- Restores perspectives and renews us.
- Lifts us out of our pain and problems.
- Helps us find new solutions to problems.
- Helps heal disease by relieving tension & relaxing muscles.

Remember that being playful and joyfulness creates blessings for all.

Coaching Question:

Are you remembering to have fun?

Coaching Tip:

I heard of a research study that said children laugh 80 times a day and adults about 8 times. Have you been laughing? Have some fun and laugh. Life is supposed to be fun.

Homework:

First, make a list of all the ways you can add fun into your life. Next, do one thing from your list each day until fun becomes a habit, and you no longer have to ask: "Am I having fun yet?" It will already be there.

Quotes:

"Some kinds of fun last longer than others." *Betty Hutton*

"Are we having fun yet?" *Carol Burnett*

"Getting there isn't half the fun, it's all the fun." *Robert Townsend*

"He who laughs, lasts." *Poole*

"Dance like no one is watching, love like you'll never be hurt,
sing like no one is listening, live like it's heaven on earth."
William Purkey

Resources:

<http://www.worldlaughtertour.com>--a clearinghouse for information, ideas and news about therapeutic laughter

Serious Laughter, by Yvonne Francine Conte—ideas and practical suggestions of how to add humor and laughter to your life.

Sharon Pahlka is a life coach specializing in helping those with chronic health challenges live well and meaningfully. For more information, visit her Web site: <http://www.lifeisagift.com>.