

WHY FUN IS AN INVESTMENT YOU CAN'T AFFORD NOT TO MAKE!

It snowed today and I found myself with no clients and my mind automatically turned to all those things that I could use the time to catch up.... the list looked daunting! As I began the process of whittling down the priorities I noticed that my earlier upbeat mood was dipping and I got curious about that – what was making me feel as if the energy and space was draining from my day? Just then my beloved cat Lacey came flying in through the cat flap, fur spiky with snow, paws slipping and sliding with the delicious wetness and eyes sparkling with all the fun she was having with the unexpected gift of the snowy play ground.

As I looked at her, it struck me! I wanted to celebrate the gift of the unexpected free time and enjoy myself too...a childlike longing to be free and revel in the opportunity to play welled up in me.

What makes it so hard for us to stay in touch with that ability to drop everything and live in the moment? Clocks, responsibilities, and commitments – all of these are good and we need to have them, but we dare not lose the ability to see the moment and value the opportunity to re-create ourselves. Scientists tell us that when our brains are having fun, then they register the world around them as safe and the people we are having fun with as safe too. In a world that is changing so rapidly from day to day and even moment-to-moment, what a gift it is to have times when our whole body has a mini holiday. Our blood chemistry changes for the better, our brains use neural pathways that are positive and bring health to us, relationships improve and we feel great. Money can't buy that sort of benefit!

So I'm off to practise what I preach and Lacey and I are about to have the mother of all snow fights.....