

Find Your Fun!

Engaging in activities that are fun and bring joy reduces stress and contributes to an overall feeling of well-being. Fun, depending on the activity, provides mental and physical health benefits. A decrease in stress hormones, release of those feel-good endorphins, and stimulation of the mind improves mood, boosts creativity, and can improve relationships and connections to others. Fun activities that include physical movement strengthen your heart, support lung function, and improve reflexes and coordination, thus lowering risk of some chronic diseases. Find your fun by exploring a few of the suggestions below!



Connect with Nature. Visit a park, walk your dog, or play a nature scavenger hunt. Just 20 minutes with nature can make you happier.



Learn Something New. Pick up a new hobby, become active in a new activity, volunteer at a local charity, explore a new city, join a book club, or visit a museum. Stick to a pattern of learning to gain the most benefit.



Laugh Out Loud. Listen to a funny podcast, spend time with people that make you laugh, research new jokes to share with others. Benefits of laughter are best gained by using humor that does not criticize or degrade others.

For more information about January Mental Health Month please visit go.osu.edu/MentalHealthMonth or facebook.com/ohio4h

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