

# THE FEDELI GROUP'S MONTHLY WELLNESS NEWSLETTER

## Take a Break to Play

Since July is National Parks and Recreation Month, we wanted to highlight why it is important to take a break for play in our daily lives. Today, with our seemingly never-ending to-do lists, you may feel like there is not enough time for fun in your life. However, research continuously shows that play for adults is still just as important as it is for children. Play is generally something imaginative, self-led, and guided by creativity. Allowing yourself to be silly and play just for the sake of playing can help maintain memory sharpness, improve stress management, and improve cognitive functioning. Play in adulthood keeps you energetic and creative and allows us to connect and maintain our social, mental, and physical well-being.

“  
*We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing.*”  
**CHARLES SCHAEFER**

Do something today that brings out your inner child and your inner happiness. Play "is an action you do that brings you a significant amount of joy without offering a specific result" said Jeff Harry, a positive play coach who uses applied positive psychology to improve businesses and organization's day-to-day routines (NYT). Since play has no result, many adults may lose sight of the joy that comes from doing something just for the fun of it. Play can include anything from bike riding to doodling to playing a board game with friends or family. If we can harness the ability to see work as play, we can add more wonder and excitement into our lives. Here are some ideas for how to make work feel more like play:

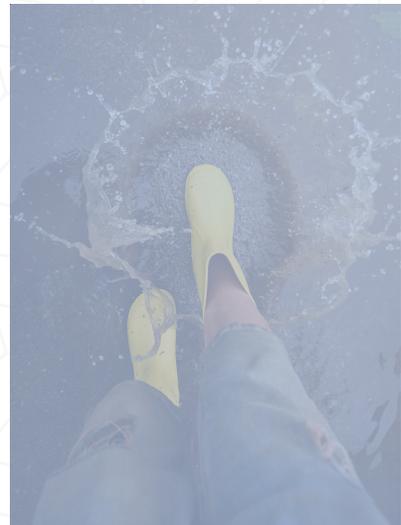
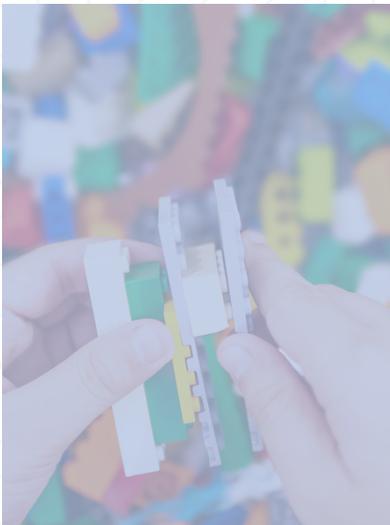
- **KNOW WHEN TO TAKE A BREAK.**
- **MAKE IT A GAME.** This could be as simple as eating a piece of candy for every twenty cells filled in a tedious spreadsheet or writing each task from a to-do list on separate notes, balling them up one by one and aiming for a wastebasket.
- **PRACTICE GRATITUDE.** A positive mindset means seeing your life as a gift and a privilege rather than a chore which can make you more receptive to new knowledge, self-improvement, and play.

“  
*We don't stop playing because we grow old; we grow old because we stop playing.*”  
**GEORGE BERNARD SHAW**



Another way to take a break for play is to utilize the vast system of both local and National Parks that we have access to. In Northeast Ohio, we are fortunate to have many parks and trails in our backyard. The Cuyahoga Valley National Park spans from Cleveland all the way down to the Akron/Canton area with over 140 miles of trails. We also have access to an additional network of local Metroparks to enjoy. Searching online for “parks near me” is an easy way to find local parks or recreation areas near your home. Some activities you can do in the park include hiking, biking, camping, or picnicking. Bring along your pets, friends, or family to make playing in the park more beneficial and fun!

There are endless ways to play, including simple joys like splashing in puddles, finger-painting, picking flowers, or playing with Legos. Remember, making space in your day for play is essential to your physical and mental well-being. So, get out there, be silly, and most importantly, remember to have fun!



**Learn More Here:**

Play Doesn't End With Childhood: Why Adults Need Recess Too | [www.npr.org](http://www.npr.org)

How to Add More Play to Your Grown-Up Life, Even Now | [www.nytimes.com](http://www.nytimes.com)

Adults need recess too. Here's why you should make time to play. | [www.nbcnews.com](http://www.nbcnews.com)

Fact Sheet - Cuyahoga Valley National Park | [www.nps.gov](http://www.nps.gov)



## RECIPE OF THE MONTH

## SMOKED TUNA CANAPES



## INGREDIENTS

- 3 oz reduced-fat cream cheese, softened
- ¼ c finely chopped red onion
- 2 tbsp snipped fresh chives, divided
- 2 tsp olive oil
- 1 tsp reduced-sodium Old Bay Seasoning
- ½ tsp Worcestershire sauce
- ½ ts liquid smoke
- 5 oz can very low-sodium chunk white tuna, drained
- 2 tbsp diced pimiento, drained
- 24 almond crackers
- ½ of a 12-inch English cucumber (about 8 oz), cut into 24 slices, each about 1/4 in thick



## TOTAL TIME

1 hour and  
25 minutes

## SERVINGS

6

## CALORIES

112 calories  
per serving

## INSTRUCTIONS

01. Stir cream cheese, onion, 1 tablespoon chives, the oil, Old Bay seasoning, Worcestershire sauce, and liquid smoke in a medium bowl until creamy.
02. Flake tuna with a fork. Add the tuna and pimiento to the cream cheese mixture; stir until well mixed. Cover and chill for at least 1 hour or up to 24 hours. (The smoke flavor will build. It may seem faint at first, but refrain from adding more liquid smoke until after the mixture chills. If desired, stir in an additional 1/8-1/4 teaspoon liquid smoke.)
03. To assemble the canapés, spread 1/2 teaspoon of the tuna mixture on each cracker. Top each with a cucumber slice and another 1 1/2 teaspoons of the tuna mixture. Sprinkle with the remaining 1 tablespoon chives.



FOR MORE NUTRITIONAL FACTS AND  
MORE INFORMATION, SCAN THE QR  
CODE WITH YOUR SMARTPHONE!

MONTHLY NEWSLETTER

# WORD SEARCH & QUIZ



### FIND THE WORDS BELOW

- Play
- Fun
- Stress
- Memory
- Social
- Creativity
- Happiness
- Park
- Alive
- Recreation
- Well Being
- Joy
- Connect
- Adulthood
- Doodling

### TEST YOUR KNOWLEDGE

01. Play "is an action you do that brings you a significant amount of joy without offering a specific \_\_\_\_\_"  
 a. Job  
 b. Result  
 c. Message  
 d. Reward
02. Circle One: **True or False?** Only children need to play.
03. Which definition of play does not belong?  
 a. Play is a full-day activity  
 b. Play is self-led  
 c. Play is creative  
 d. Play is imaginative
04. All of the below are benefits of play, except?  
 a. Improves stress management  
 b. Maintains memory sharpness  
 c. Decreases social connection  
 d. Improves cognitive functioning
05. Which National Park do we have access to in Ohio?  
 a. Shenandoah National Park  
 b. New River Gorge National River  
 c. Great Smoky Mountains National Park  
 d. Cuyahoga Valley National Park

# MONTHLY CHALLENGE

Take a break at least 2 times a week to do something that brings you joy.  
Use the calendar below to write down the activities you did.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					