

The Benefits of Play for Adults

How Play Can Improve Your Health, Work, and Family Relationships

The benefits of play

While play is crucial for a child's development, it is also beneficial for people of all ages. Play can add joy to life, reduce stress, supercharge learning, and connect you to others and the world around you.

- **Relieve stress.** Play is fun and can trigger the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Improve brain function.** Playing chess, completing puzzles, or pursuing other fun activities that challenge the brain can help prevent memory problems and improve brain function. The social interaction of playing with family and friends can also help ward off stress and depression.
- **Stimulate the mind and boost creativity.** Young children often learn best when they are playing—and that principle applies to adults, as well. You'll learn a new task better when it's fun and you're in a relaxed and playful mood. Play can also stimulate your imagination, helping you adapt and problem solve.
- **Improve relationships and your connection to others.** Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others. Play doesn't have to be a specific activity; it can also be a state of mind. Developing a playful nature can help you loosen up in stressful situations, break the ice with strangers, make new friends, and form new business relationships.
- **Keep you feeling young and energetic.** In the words of George Bernard Shaw, "We don't stop playing because we grow old; we grow old because we stop playing." Playing can boost your energy and vitality and even improve your resistance to disease, helping you feel your best.

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Play and relationships