

Powered by PLAY

Recharging our batteries mindfully



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"You've got to jump off cliffs all the time and build your wings on the way down."

~ Ray Bradbury

Let's mingle!

Why PLAY?

Google learned that there are five key dynamics that set successful teams apart from other teams at Google:

1. Psychological safety
2. Dependability
3. Structure & clarity
4. Meaning of work
5. Impact of work

Source: <https://rework.withgoogle.com/blog/five-keys-to-a-successful-google-team>

Why PLAY?

Google also found that psychological safety – being able to take risks without feeling insecure or embarrassed – was far and away the most important indicator of team success.

Psychological safety is increased in a workplace culture that embraces presence, vulnerability, and resiliency.

And... a mindset of PLAY encourages these vital ways of being!

Why PLAY? To cultivate presence, vulnerability, and resiliency

"Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally."


~ Jon Kabat-Zinn

Why PLAY? To cultivate presence, vulnerability, and resiliency.

Our minds spend an incredible amount of time rehashing the past and imagining the future, but our bodies can only exist in the present.

Present moment awareness of our bodies brings us back and allows us to rejoin what is happening around us.

Authentic play brings us into the moment.



Vulnerability is the
birthplace of innovation,
creativity and change.

Brené Brown

“ @workofart ”

Why PLAY? To cultivate presence, vulnerability, and resiliency

Resiliency is the capacity to recover from adversity and pursue your goals despite challenges. It helps you survive the worst day of your life and thrive every day of your life.

~ Rick Hanson, Ph.D., author of *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness*

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Pema Chodron, author of *Fail, Fail Again, Fail Better*, defines failure as something that hasn't gone the way you wanted it to.

She urges us not to turn that back on oneself, as in "I am a failure."

Just a little more science, and then we'll PLAY!

"Play is a state of mind, rather than an activity..."

Play: an absorbing, apparently purposeless activity that provides enjoyment and a suspension of self-consciousness and sense of time. It is self-motivating and makes you want to do it again."

Source: *Play, How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul* by Stuart Brown, M.D.

Just a little more science, and then we'll PLAY!

"For humans, creating simulations of life may be play's most valuable benefit. In play we can imagine and experience situations we have never encountered before and learn from them. We can create possibilities that have never existed but may in the future. We make new cognitive connections that find their way into our everyday lives. We can learn lessons and skills without being directly at risk."

Source: *Play, How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul* by Stuart Brown, M.D.

PLAY and work complement each other

"Respecting our biologically programmed need for play can transform work. It can bring back excitement and newness to the job. Play helps us deal with difficulties, provides a sense of expansiveness, promotes mastery of our craft, and is an essential part of the creative process."

Source: *Play, How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul* by Stuart Brown, M.D.

Improv?

"Improvisation is yoga for your social skills. Improvisation is loud, noisy group mindfulness — it's a practice in being unpracticed."

~ Kelly Leonard, Second City Improv and Second City Science Project (a collaboration with Chicago Booth Center for Decision Research)

Let's PLAY!

"Play is called recreation because it makes us new again, it re-creates us and our world."

Source: *Play, How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul* by Stuart Brown, M.D.

Take-home exercise

Observing children at play

The most exciting
phrase to hear in
science, the one that
heralds new discoveries,
is not 'Eureka!' but
"That's funny..."
~ Isaac Asimov

Hamilton Children's
Garden at San Diego
Botanic Garden



Photo: Rachel Cobb

Take-home exercise

Observing children at play

1. Please spend 15-30 minutes in your children's garden (or somewhere else that kids hang out).
2. Watch how they interact and make up games.
3. Allow your whole heart & body to watch, not just your mind.
4. Touch into their perspective, pacing, and focus.
5. Notice if your experience is affected by feeling hurried or worried.
6. Take a few moments to journal about your experience and how you will carry it forward.

Source: *Soul Without Shame* by Byron Brown

Obligatory proud mama photos



How will you PLAY?

The New
Children's
Museum in San
Diego knows
that adults need
to play too!



How will you PLAY?

1. Grab an index card and jot down the first ideas that come to mind. Don't judge or discount anything.
2. Choose one or two and commit to doing them within the next 30 days.
3. Look around and choose an accountability partner. Share your intention with your partner.
4. Also think of an accountability partner at home - twice the support!

Thank you for playing with me!

The master in the art of living makes little distinction between his work and his play... He hardly knows which is which. He simply pursues his vision of excellence at whatever he does, leaving others to decide whether he is working or playing. To him, he's always doing both."
~ James Michener

Questions? Want to play with me?
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