

Play, Fun and Wellbeing



"We don't quit playing because we grow older; we grow older because we quit playing." Oliver Wendell Holmes

A positive mindset can make you 31% more productive – and you can cultivate positivity by injecting moments of fun into your working day



Having fun at work can make you more creative, more engaged, and better able to take on challenges

Introducing more jollity into our lives gives us a chance to recharge and reconnect with ourselves



Team lunches are a great way to have more fun at work without eating into your home life

Make a big deal of birthdays at work to encourage moments of celebration



Sharing moments of fun with your colleagues builds trust, deepens relationships, and aids collaboration

Employers should consider encouraging their teams to have regular breaks, to do something that brings them joy



Email quizzes can bring a little fun to the working day – and because they can be done at any time, from anywhere, there's no coordinating schedules

Try sharing stories that have made you laugh; showing your personality at work can really break down barriers

