

Welcome to the Play Tip for Week Four.

We're all different. Some of us need more variety and flexibility, while others thrive with a strict routine we can count on.

Some of us like team sports, others need quiet reflection. Don't force yourself into anyone else's box. Make a list of activities that make you feel lighter—that make you feel like you can breathe more deeply—that bring a smile to your face. Post the list in plain site.

When you feel stuck or discouraged, choose one and do it to get an instant lift.

For me, surfing is high up on this list. The best thing I can say about it is that there has never once been a time, in over thirty years of being a surfer, that I have not felt better after I got out of the water than I did before I went in. There are very few other activities I can say that about.

Playing with my daughter Sylvie is another one. No matter how difficult my day has been, it all just falls away when I take Sylvie out for a bike ride, or on a walk, or play a game with her, or read her a book.

Okay, that's the Play Tip for this week. See you next time.