



RECESS AT WORK

Week 2 Tip Sheet: Benefits of Play, Individual

Employees who play at work tend to suffer less from fatigue, boredom, stress, and burnout. It can also reduce time off due to illness. Play can increase job satisfaction, a sense of competence, and creativity. Play can increase the overall positive environment within an office. Studies have also shown that when tasks are presented in a playful manner, participants are more engaged and devote more time to the assigned task.

“Those who play rarely become brittle in the face of stress or lose the healing capacity for humor.”
-Stuart Brown, MD

For this month’s challenge, you are asked to play a small, quick game with one or more co-workers at least ten times throughout the month, on ten separate days.

Games played during this week are worth 4 squares each. On your tracking sheet, count four squares and then record the date.

Need game ideas?
Try this:

[Office Minute To Win It](#)

Remember to return your Tracking Sheet to wellness@weber.edu or MC 3501 by July 6th.



WEBER STATE UNIVERSITY
Employee Wellness