

The Fun Fifteen



Week Three - Get Happy

Do you exercise on a regular basis?

“What form of exercise do you enjoy?”

When we exercise, we release tension from our bodies, and there are chemicals in our brains that stimulate happy emotions. Our bodies can become tight from stress. There can be tight muscles across our shoulders and other areas of our bodies.

When we exercise, or move our bodies, that tightness will sometimes go away. That means that we can be more relaxed and therefore, happier. When we exercise, it's like we are telling our brains and our bodies, that we matter, and we're important. We are tricking ourselves into believing that we are worth being taken care of.

Refine the list you made last week to ensure the exercises are ones you can enjoy.

Weekly To-Do's:

1. Continue on your 21-day Fun 15 challenge and keep it going! (If you already exercise regularly, make sure to pick a new type of exercise to challenge yourself with)
2. Make sure to use your 21-day Challenge Journal to track your progress.

Alternative Discussion

- If Bull represents the “all work and no play” ideal, what part of his “what I do matters” work ethic is good for the island?
- How can we establish hard work as a positive attribute while recognizing that it's also important to understand that what we think matters too?