

## Health and well-being

# FACT SHEET

## TWELVE STEPS TO HAVING FUN:

So how do you go about making work fun? Like many things in life, making work fun is work. Here are 12 steps that will make it easier.

1. Start with yourself. A rule that successful leaders follow is: the only thing you can change is yourself. Are you having fun? If not, why not? If you're not having fun, who else will?
2. Inspire fun in others. Encourage others to engage in fun-loving activities; lead by example. Don't appoint someone to be in charge of making your workplace fun, you become the catalyst. Do something that will be fun and take some risks; don't be afraid to look silly. It's only fun.
3. Create an environment that encourages fun. Music, bright colours and toys to relieve stress are three easy ways to mould a fun-loving environment.
4. Celebrate the benefits of fun. Every successful cause has a champion. Become fun-atical about recognising fun when you see it. If you reward fun, it will reward you.
5. Make it your goal to find and remove those things and those people that inhibit the free flow of fun. Fun unfettered is contagious and helps you grow.
6. Look for the humour in your situation. Be the person who can laugh when things look bleak. Your greatest source of comic inspiration is often yourself.
7. Follow your intuition-be spontaneous. Don't wait for fun to find you or for the perfect moment; make fun happen when you need it.
8. Don't postpone your fun. Fun isn't a reward; it's the lubricant that gets things done easily and effectively. Make fun a regular part of your daily routine.
9. Make fun inclusive. The first rule of fun has always been "The more the merrier." Fun isn't a private club; fun is for sharing.
10. Smile and laugh – a lot. When you say "Hi" with a smile, you'll find people smile back. It takes no special skill and costs nothing. All it takes is a decision. Yours.
11. Become known as "fun-loving." Make it your personal mission to infuse fun into things you do and you'll be paid the ultimate compliment: everyone will want to be on your team.
12. Put fun into action. A journey of 1,000 miles starts with a smile, followed by a laugh, and pretty soon you're having fun.

If you want staff that are productive and happy, make sure they're having fun. And since you're the leader of this team, it's up to you to have fun first. Start now by grabbing an idea and taking action. Momentum will build before you know it, fun will become a way of life.