



# Having Fun makes you more Productive

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For some reason many of us have the idea that working hard and being productive and efficient is hard work. We think hard work means strain and effort and stress. Perhaps this is because those in authority, those in charge of schools, workplaces, and other organisations we associate with work tend to have that sort of a mindset. And they convey their ideas to us and we accept them without questioning them. The truth is, there is no reason why you cannot have fun when you study, you work, you train, or when you do most things for that matter. And the best part is that having fun is good for you in so many respects.

Having fun results in:

1. Being healthier. When you have fun you are less stressed, less anxious, and less angry. All of these make for a much healthier you and have been shown to reduce illness and absenteeism. Being stressed, anxious, and angry also affects those around you. Other people are affected by your moods.
2. Making it easier to “be in the flow”. Being in the flow is a term that refers to effortless excellence. It happens when we are so involved and so content in what we are doing that we do it brilliantly. Being “in the flow” reduces our chances of “choking” – sabotaging our own efforts to perform at our best.
3. More energy. When we have fun, we have more energy, we are more alert, we concentrate and focus better. We are just able to do more and do it well.
4. Improved creativity. Play is important for children because it encourages creative thinking. Having fun does so for adults. When we are having fun we are more able to engage the higher thinking areas of our brain (think pre-frontal cortex) and so are much better at problem solving, being creative, and making decisions.
5. Better relationships, improved communication and collaboration. When we have fun we are much nicer people to be around and we treat others well. That encourages people to share information and engage and work together.
6. Improves motivation. Our brain is designed to move towards what brings us pleasure and fun, and to move away from what causes us pain. If we are having fun our brain wants us to do more of what is fun. This makes it much easier to like and look forward to working. In turn this improves job satisfaction and commitment in the workplace.

7. Encourages teamwork. It is much easier to think of the good of the team when you are enjoying yourself. When people are unhappy and miserable they tend to shut themselves away, keep to themselves, and focus on their own unhappiness.
8. Improved trust and honesty. When people are having fun they are far more likely to be honest and open than when they are unhappy or stressed. They are more likely to view other colleagues and managers in a more positive light.
9. Improved performance. There are studies that support this. In fact there is quite a lot of research. As I said to one client, instead of worrying so much about what you are saying to a customer and what the customer thinks of you, focus on enjoying yourself. That way you will end up doing a good job and the customer is most likely to enjoy the interaction with you.
10. Improved brand ambassador. When we have fun at work, we tend to talk about our work in positive ways. This makes us great at singing the praises of the company we work for, and in fact helps to build the reputation of the company.



When I talk about having fun at work I am not talking about team building events, socials and lunches. By all means have those. But I am talking about having fun with your daily work tasks. Find ways to make your work fun. Have mini-competitions with yourself and colleagues. Play games with your tasks. Where you can, change the way and the environment where you do the work. Add in variety. Add in mini-rewards and appreciation statements for yourself and others when you have completed a section of work. There is no reason why work has to be a struggle to do. You determine your thoughts and so you determine your mindset. You can decide if you want your work experience to be stressful and unpleasant or you want to enjoy it.