

PLAY'S CREATION AND THE THAW OF SERIOUSNESS



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You had just finished your first lap. There you were oblivious to the world, your body screaming in pain and your mind contemplating running the next grueling nine laps around the track. Your goal was to do this workout the rest of your life. But lurking in the darkness of your brain was a beserk Brain Cell who discovered your plan to continue this constricted workout for the rest of your life. This Brain Cell persuaded thousands of cousin Brain Cells to declare a strike because they were not being heard. Not to be denied of your fair share of endorphins, enkephalins and all the good things that come with exercise, you discussed the situation with your brain cells. They loved being in shape but felt deprived by too much seriousness. Your brain cells contended they had so much to offer (excitement, creativity, serenity, delight and even at times utopia) if only they were given attention and time to be themselves. Your Brain Cells needed to play!

When we structure our workouts are they goal oriented, serious, competitive and

hard? Do we ride a number of miles on a bike without ever looking up, hike to the top of the mountain without taking an excursion to explore a rock or feel the wonder and fascination surrounding us? Many of us have made our workouts excessively goal oriented, competitive and especially serious.

As children, we had a part of us that wanted to be accepted so we obeyed and performed to our parents' expectations to be that "good child." We grew up with images of what we "should" become. These images either guided us and supported us or the images became our judges that destroyed us by our own debilitating messages in our self-talk.

Many of us also learned to be competitive because winning is rewarded, it is being the best and the top. However, losing is failing and being bettered by someone else. With such extreme dichotomies, is it any wonder we've become so serious! Be perfect, be strong, hurry up, and try hard are just a few of the rigid phrases we try to live up to. If we throw away the seriousness that freezes us and allowed feelings of play (fascination, absorption, laughter, fun, excitement and creativity) to flow through us it would be much more difficult to view our workout as mundane or serious.

Play often takes a backseat to goal oriented activity because it is viewed as meaningless, but play refreshes our vitality, inspires our spirits and makes life fascinating again. Webster refers to play as recreation. If you take apart recreation then you have *re • create* — that's play. Play is not serious, competitive or working towards a specific goal rather it's an attitude you carry with you that can transform the mundane into delight, mud pies into chocolate cake and a run around the track into a trek through the wild savannahs of Africa. The point is to use the attitude of play to get more out of your workouts for your whole being, not just your body.

If you find yourself frozen in seriousness try the Poor, Pitiful Pearl technique or the Monkey Meditation technique from the Wellness Workbook. The Poor, Pitiful Pearl technique magnifies your mood to a point of absurdity. Really get into the sad, burdened, ailing creature you've become. You can dress up and take a picture of this memorable moment. Monkey Meditation is a marvelous technique in which you position yourself in the weirdest possible ways for about 10 or 15 minutes during those grave moments. Your mantra is your best laugh. Or, you can try finding the humor around you. For example, have you ever noticed the pained grimaces of people in the weight room? Or the weight lifter who got stuck in one of those weight lifting contraptions, or the biker who forgot he/she was wearing toe-clips when he/she tried to stop! People really are funny. Let those beserk Brain Cells experience play's creation and the thaw of seriousness!

FROM THE HIP

Come Play

Oz and Us

Campus Spots

and much more

Hey all you winter hibernators!!!

Do you feel like you just crawled out of a cave . . . groggy and out of shape? A peer health counselor is just the answer to setting up a reasonable program of good eating and reasonable physical activity for those sunny days to come. Stop by the health education center on the first floor of the Student Health Center and make an appointment today!

Watch out . . . the "Sex Shoppe" is soon to appear.

What? You heard us right. Are you interested in learning to "play safe?" STDs are on the rise along with AIDS and unwanted pregnancies. Watch out for the Sex Shoppe and new ways to keep you and the ones you love safe . . . coming soon to a college campus near you. (hint: it's in Eugene located between 13th and 18th streets).

What's your Nutrition I.Q.?

Are you having a difficult time figuring out how to eat for better health, physical condition and weight management? We can help you! The Health Education Program at the Student Health Center has files and files of resources, shelves of books and free health consulting. Check it out from 10-4 on the first floor of the Student Health Center.

Love your heart . . .

learn how to take care of yourself for a future of vitality and good health. What you do today effects how you'll live in the years to come. Stop by the health education center on the first floor of the Student Health Center and ask us about free blood pressure screening, dietary counseling and free total cholesterol screening. Yep, you heard right . . . it's FREE!