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Adults should have mandatory playtime at work.

“All work and no play makes Jack a dull boy.” Playtime is very important in encouraging relaxation, and increases better mental health. That is why I think that adults should have mandatory playtime at work. The adults of today face many challenges, including depression. “Playtime” at their jobs could help with this as it provides time to work off this problem and have fun. This matters because, according to Johns Hopkins Medicine, “Approximately 9.5% of American adults ages 18 and over, will suffer from a depressive illness (major depression, bipolar disorder, or dysthymia) each year.” ([hopkinsmedicine.org](https://www.hopkinsmedicine.org)) According to recent statistics, there are approximately 258 million adults in the US. That means approximately 25 million people experience depression annually—a number that continues to grow.

There is evidence that playtime or “fun” things in the workplace have been proven to improve productivity. A study conducted by the University of Oxford displays this. According to the University of Oxford, “Happy workers are 13% more productive.” (www.ox.ac.uk) The University of Florida also proves this in the study they did. “Not only did employees report being in better moods and more engaged in their work, they also performed better on the job.” (archive.news.ufl.edu) This provides undeniable evidence. When “fun” happens at work, not

only would it benefit the company due to the workers being more productive, but it also improves the worker's lifestyle. When happy, the workers can enjoy their jobs more, giving them a better lifestyle on average.

How would this affect people in the world? This means that if businesses around the globe allow or require recess for their workers, the average depression for workers could decrease dramatically. The outcome of this is as follows: higher productivity, better job satisfaction, increased creativity and innovation, lower healthcare costs, and an overall positive effect.

Why is this important? Addressing workplace mental health can be a strategic advantage for companies around the globe. According to Forbes, "Organizations which cater proactively to mental health issues always save incremental costs" (www.forbes.com) By supporting an enjoyable work environment, businesses can unlock more productivity, creativity, and better employee well-being.

In conclusion, it is important for companies to schedule regular breaks and fun in the workplace to ensure mental well-being as well as a host of other positive outcomes, such as a better, more creative workforce. In order to do this, companies must focus on more than just working to ensure the well-being of all in the workforce and improve the lives of the workers and the families of the workers.

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