

1. Why is having fun important? Make sure to pull concepts from the Ted Talk in your answer.

Having fun is important due to it allowing for you to feel alive. Playfulness, connections, and flow all lead into the true meaning of fun. With all three of these aspects being incorporated you can reach the peak of fun. Fun can also make us better people and make us healthier due to us gaining some memories and physical and mental dopamine.

2. Do you feel like you have enough fun in your life? Explain why or why not while also sharing how integrating this into your life benefits/could benefit you.

I do feel like I am having quite a bit of fun in my life. However, I could be having a bit more fun. I do quite a bit of fun stuff such as hanging out with friends or doing one of my patients such as snowboarding but I could have substantially more fun if I followed the suggestions given in the Ted talk. Integrating this into my life would benefit me by having my life balance be better and by making more memories for a lifetime.

3. What stood out to you in this study and why (Be specific, we need to know that you read it)

Something that stood out to me in this study is how engaging with nature can help us as humans advance our wellbeing. An example of this is, "Spending time in nature is associated with greater life satisfaction, lower anxiety, improved vitality, meaningfulness, happiness, creativity, pro-social behaviors, and pro-nature behaviors." This example helps highlight what stood out to me the most in this study. This stood out to me because I find it fascinating that nature can help health or help make us be better and feel better. It is sad how much we take nature for granted.

4. How can you integrate nature more into your life.....pull concepts from the study to support your response.

I can integrate more nature into my life through the use of nature activities such as hiking, gardening or just being out in the wilderness. This inturn will help me balance my emotional state and help me be the self I can be. I can accomplish this by hiking more often or going for a stroll on some trails out in the desert. Another way I can do this is by going out and just relaxing in the secret garden by the MU at ASU. I believe that doing this will integrate more nature into my life.