

## The Importance of Play

Play is an important stress management tool that influences both our mental and physical well-being.

Going beyond the health benefits, play brings us joy. Being able to let loose with a deep belly laugh is one of the most rewarding aspects of life.

This article from the [Washington Post](#) takes a deep dive into all the ways in which play is important in adult life.

Here's a playful challenge which I discovered the other day. My husband even gave it a shot, and many laughs were had. Check it out and let me know how it goes!

### [The Shoe Challenge](#)

