



Discussion points for: The Importance of 'Fun'

Its Role in Positive Living

About this episode:

In this episode we discuss the importance of striking a balance between studies, fun, and relaxation. They delve into their personal experiences, methods to relieve stress, and how they keep academic pressure at bay. In this engaging discussion, they shed light on the art of balance and the science of fun. Below are ten questions to spark thought-provoking discussions among young people.

Discussion prompts

- What are some of your favourite hobbies or activities that make you genuinely happy and relaxed? How do these activities impact your overall well-being?
- Hobbies can provide positive energy. How do you manage to incorporate your hobbies into your busy schedules, especially during demanding times like exams?
- The importance of not getting overwhelmed by negative aspects of life was emphasised. How do you find the balance between focusing on the things you enjoy and addressing the challenges you face?
- Sherlyn talked about being present in the moment and not letting worries about the future dominate our thoughts. How do you practice mindfulness and stay present in the midst of your responsibilities?
- Movies and relaxation time were discussed as sources of happiness. Can you share a movie or an activity that always lifts your spirits, even during stressful times? How do you find out what makes you happy?
- Negative experiences can amplify the value of positive moments. Can you share an example of a time when you appreciated a positive experience more due to a preceding negative one?
- The concept of balancing fun with priorities came up. How do you strike a balance between dedicating time to activities you enjoy and fulfilling your responsibilities?
- The importance of taking breaks and engaging in activities you love was mentioned. How do these breaks impact your overall productivity and mental state?
- The school psychologist, Milan, discussed the science behind boosting oxytocin. How do you feel after engaging in activities that trigger oxytocin release, such as exercising or laughing?
- Drawing from the discussion on negativity and positivity, how do you cope with challenges and setbacks while still maintaining a positive outlook and enjoying life?

Let's keep the conversation light, insightful, and filled with the enthusiasm that comes from exploring the importance of having fun and enjoying ourselves.