

THREE GAMES

> TO GET YOU THROUGH <

from **PLAY YOUR WAY SANE:**

120 IMPROV-INSPIRED EXERCISES TO HELP YOU CALM DOWN, STOP SPIRALING, AND EMBRACE UNCERTAINTY

by Clay Drinko, PhD

Saying that life is uncertain right now feels like the understatement of the century. I know I for sure struggle with even the mildest uncertainty, so this year has been tough. That's why I've designed 120 improv-inspired exercises to help me (and you) stop spiraling and enjoy the moment.

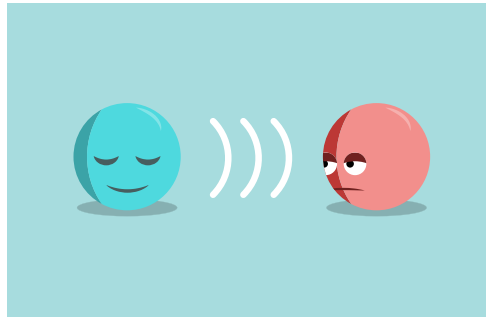
Here are 3 games you can play as you run errands, work remotely, or try to homeschool your precious little liabilities. These games will help you shift your focus from overthinking to in the moment and add some much needed fun to your daily grind.



GAME 3: CALL IT LIKE YOU SEES IT

As you walk or drive to work or while you're running an errand, I want you to point to things you pass and simply name them, "Sidewalk! Car! Curb! Store! Tree!" Just walk, point, and name. Don't judge either. Avoid adjectives. Instead of "cracked sidewalk" and "stinky flower," I want you to stick with only the facts, "Sidewalk" and "flower." That's all.

Now, I do see how pointing and naming could be problematic. People might stare at you and worry about your mental health. You might just feel uncomfortable, which is not my goal here at all. So if physically pointing and naming is too uncomfortable, or you find yourself drawing unwanted attention, you can certainly modify the game and do it only in your head. But if at all possible, throw caution to the wind. Stop caring what people think. Call it like you sees it, and then sees what happens.



GAME 17: RELAX-ATHON

The next time you're ramping up, I want you to make relaxation a competition. Play to your strengths. If you're a competitive type-A type, relax to win!

Look around at all those chill people, and then do what they do. Chill. Then try to chill more than them. Pay attention to their breathing and posture. How do chill people move and interact with others? Then do the hell out of those things.

And even if you don't win the Relax-athon, at least you'll kind of win at life because if being stressed out is losing, calming the hell down has to be winning.



GAME 44: CURIOUS DETECTIVE

Imagine you're Columbo or Sherlock Holmes or a junior gumshoe looking for Carmen Sandiego, if that's your flavor. The point is, you're a detective.

Now, you're not trying to solve a crime. You're just trying to crack the case of who the person you are talking to really is. What makes them tick?

Get to the bottom of what makes them special and what their values are.

Ask questions, observe body language, and listen carefully to every response. This will help you to stop thinking about yourself and stop judging others. True curiosity about others helps to engage us more fully during interactions (and learn more about the world.) So put on your detective hat and actually give a shit the next time you chat someone up.

[LEARN MORE](#)

www.playyourwaysane.com