

The Magic of The "F" Word (FUN)  
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Words, Words, Words, Glorious Words. One of my favorite words is Fun. That's what the F stands for. Life has to be fun. Isn't that what we really wish everyone when we send birthday and holiday greetings? Our greetings convey a message for a healthy, happy, vibrant, life --- Every single day of our life. Even having Cancer need not translate into living Fun-less days!

FUN is pure energy. It reflects a certain attitude and willingness to live. Having fun means creating more opportunities to dance on the ceiling and feel the joy of living. When we are experiencing fun, we are living in the moment, with a smile on our face, and a twinkle in our eye, or perhaps a beanie hat on our head!

Have you ever thought about how many words have fun as their root and we miss the point! Take the word Fundamental for example: Fundamental means the basics. The first three letters spell fun. That means enjoyment needs to be the basics for just about everything we do. If you're working at a job and not having fun or enjoying what you are doing, get a new job!

Now here's a really good word. Funeral. Are you ready for this one? The first three letters of the word funeral spell - you got it! Fun. However, we often think of funerals as sad, sobbing scenarios. Maybe, that's why we see family members at funerals that we haven't seen in years. They come to be resurrected and reconnected to experience a sense of belonging. Don't wait for a funeral; connect with your family while you are alive.

With a little bit of creativity, we can create our own fun words. Wonderful becomes Funderful, fantastic becomes Funtastic, exercise becomes Funercise and Sunday becomes Funday.

Fun never goes out of style. Try this on for size. A silly rhyming game. Choose a word, any word and follow it with rhyming nonsense words or real words. For example: moose, moosey, goosey, loosey, zoosey and so on. Now it's your turn. Turn to the person sitting next to you and rhyme a word for the next 30 seconds.

Is this fun or what! Give yourself permission to be silly. There is no need to care about what others are thinking. You are living in the moment and laughing all the way!

If we didn't have a funectomy (the removal of our fun gene) when we were born, this is how our sense of humor might have developed.

Remember when we were preschoolers and we rolled over laughing when we heard a riddle that went like this: "What do you get when you cross an elephant with a jar of peanut butter? The answer was You get a peanut butter sandwich that never forgets! We weren't trying to be funny, we were having fun naturally.

By the time we were eight years old we were beginning to develop our witty sense of humor and have more fun. We could identify comical aspects in the craziness of daily life; remember this riddle? " Why do hot dogs come in packages of 12 when hot dog rolls come in packages of eight?" This riddle continues to circulate on the internet. We are older than eight years old and we still laugh.

The magic of fun never stops.

As I look into the mirror of miracles, I am able to experience fun through my senses.

Fun tastes like eating freshly baked chunky, chocolate chip cookies with friends and family.

Fun is the sound of robust laughter coming from children and adults as they drop trucks and blocks off of the top of a banister.

Fun smells like gardenias, roses, and lilacs blooming in the spring.

Fun is having friendships that are intertwined with honesty, trust, loyalty, and unconditional acceptance.

When I Connect fun with a sense of humor, magic happens:

I don't think about aches, pains, and my breast cancer.

The right side of my brain meets the left side of my brain making me more flexible and creative.

Friends, colleagues, and family actually like being in my company -

After all, when we laugh together, we like being together.

I am known as Chief Coping Coordinator to myself and even to others.

I never leave home without a hug!

Best of all, I am internally happy.

I am eternally grateful for the ability to live life laughing daily;

Appreciating whatever the day brings.

I like to think of fun the way Dr. Clifford Kuhn, author of "The Fun Factor" thinks of it: "When you're making others laugh, you're having sex with them. But if you're sharing a laugh with them, you're making love."

Have FUN now, why wait?