



# Nostalgia as Play

How might play evoke memories that challenge, inspire, traumatize, and heal...?

**NOSTALGIA** IS DEFINED BY THE CAMBRIDGE DICTIONARY AS “A FEELING OF **PLEASURE** AND ALSO SLIGHT **SADNESS** WHEN YOU THINK ABOUT THINGS THAT HAPPENED IN THE PAST.” WHETHER THIS IS A POPULAR VIDEO GAME FROM YOUR CHILDHOOD, OR EVEN A **MEMORY** ABOUT A PARTICULAR SPORT THAT BRINGS **JOY**, THE RELATIONSHIP BETWEEN **NOSTALGIA** AND **PLAY** IS SIGNIFICANT. THE PHYSICAL BENEFITS OF **PLAY** AND/OR PHYSICAL ACTIVITY HAVE BEEN WELL DOCUMENTED AND ESTABLISHED; HOWEVER, RESEARCH ALSO SHOWS US THAT THERE IS SIGNIFICANT **REWARD** TO BE ATTAINED FROM PLAY WHEN IT COMES TO **OVERCOMING** INDIVIDUAL TRAUMAS AND ENHANCING OUR **EMOTIONAL** WELLBEING AS WELL. FOR EXAMPLE, THE SYSTEM OF “MULTI-MODULAR MOTION-ASSISTED MEMORY” OR 3MDR IS BEING UTILIZED TO ASSIST VETERANS WHO ARE SUFFERING FROM PTSD. PARTICIPANTS ARE UTILIZING IMMERSIVE VIDEO GAME EXPERIENCES TO **RELIEVE** POSITIVE EMOTIONAL MOMENTS, AS WELL AS TO **EXPERIENCE** THE VERY TRAUMA EXPERIENCES WHICH ARE THE ROOT CAUSE OF THEIR PTSD. THIS FULLY IMMERSIVE NOSTALGIC PLAY THERAPY IS SHOWING GREAT POTENTIAL AS A TOOL TO ASSIST VETERANS AND OTHERS **OVERCOME** EMOTIONAL ISSUES, AND TO UTILIZE THEIR FULL **POTENTIAL**. (VAN GELDEREN)

THEME:  
**#6**



REAPING THE **BENEFITS** OF NOSTALGIA AND PLAY FOR OUR EMOTIONAL AND PHYSICAL **WELLBEING**, DOESN'T NEED TO BE EXPENSIVE OR ARDUOUS. IT ALSO DOESN'T JUST BENEFIT ONE AGE RANGE, OR CONDITION. THERE ARE BENEFITS FOR **EVERY AGE** DEMOGRAPHIC. A 2019 STUDY OUT OF THE INTERNATIONAL JOURNAL OF NURSING EDUCATION AND RESEARCH EVEN FOUND A **POSITIVE** COROLLARY EFFECT BETWEEN THE ROLE OF PLAY AND THE EMOTIONAL WELL-BEING OF CHILDREN AND YOUNG ADULTS WHO WERE EXPERIENCING **ISSUES** WITH ANXIETY (PAJAPATI).

**Our goal is to build value in the power of play to enhance not only our physical, but also our emotional wellbeing. Whether this involves group activities or solo endeavors, the benefits for each of us are well established. We ask that you find ways to use the power of nostalgia and play to engage with others and to look out for yourself as well.**

**Participation Options**  
**Stay Involved!**

- OPTIONS TO GET INVOLVED IN YOURSELF AND YOUR COMMUNITY:**
1. DESIGN AND INTRODUCE A GEOCACHE BASED ON A FUN GAME OR EXPERIENCE FROM YOUR CHILDHOOD FOR OTHERS TO EXPLORE.
  2. MEET UP WITH FRIENDS TO ENGAGE WITH EACH OTHER AND PLAY A GAME SUCH AS “POKEMON GO” IN A SAFE PUBLIC SPACE.
  3. DO YOU LOVE ANIMALS? CONSIDER VOLUNTEERING TO WALK AND/OR PLAY WITH ANIMALS FROM YOUR LOCAL SHELTER.

