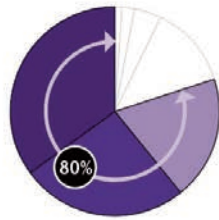


InterPlay Has an Immediate Effect on Well-Being

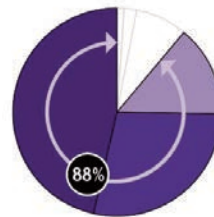
Almost 700 people rated their response to eleven different statements of personal experience associated with well-being at the conclusion of a single InterPlay event. A “7” indicated “very true” and a “1” indicated “not true.” The darker areas indicate a stronger agreement with the statements.

Overall, participants **responded positively on all elements** that were being rated.

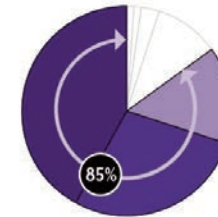
On each one, “7” (very true) was the most frequent response and the **positive rating** for each statement (5-7) ranged from **80-94%**.



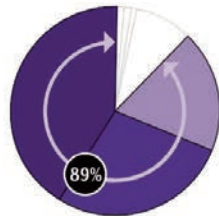
I am more aware of my whole body.



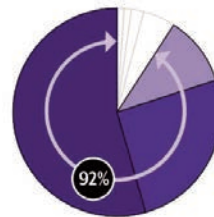
I feel more part of the group.



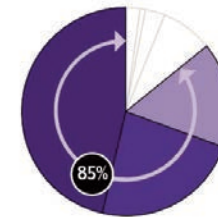
I am more at peace.



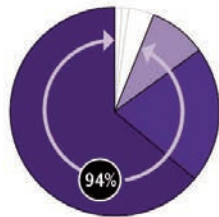
I am more energized.



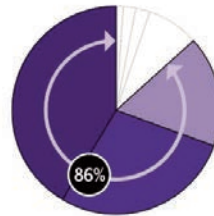
I connected with others in the room.



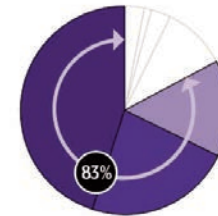
I challenged myself to do something outside my comfort zone.



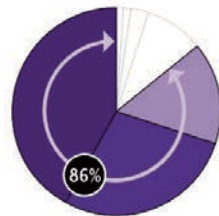
I found some joy or laughter.



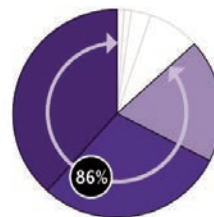
I feel more creative.



I can see ways to use InterPlay in my daily life.

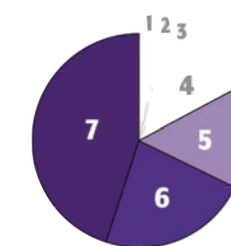


I am more at ease.



I am more hopeful.

Reading the Graphs



The purple areas indicate a positive response (5-7) and the white areas a neutral or negative response (1-4).



InterPlay
unlock the wisdom of your body

www.interplay.org