



Cultivating Joy

Mindfulness and Awareness:

1. Pay attention to the present moment: Notice the beauty in everyday things, like a pleasant sound or a comforting sensation.
2. Practice gratitude: Regularly reflect on things you are thankful for, which can shift your focus to the positive aspects of your life.
3. Be mindful of your thoughts and emotions: Acknowledge your feelings without judgment and gently redirect your attention to positive experiences.
4. Slow down: Give yourself time to fully experience and appreciate moments of joy, rather than rushing through them.

Building Connections7 Being active

1. Foster relationships: Spend time with loved ones, engage in activities together, and build strong social connections.
2. Find joy in simple pleasures: Appreciate small moments like a good cup of coffee or a beautiful sunset.
3. Engage in activities you love: Pursue hobbies and interests that bring you joy and fulfillment.
4. Explore new things: Step outside your comfort zone and discover new ways to create, play, and express yourself.
5. Serve others: Helping others can bring a sense of purpose and joy.
6. Move your body: Regular physical activity can boost your mood and increase feelings of joy.

Limiting Negativity / Strengthening Resilience:

1. Limit social media: Excessive social media use can contribute to negative emotions and comparisons.
2. Surround yourself with positivity: Spend time with supportive and uplifting people.
3. Let go of negativity: Practice letting go of negative thoughts and experiences, and focus on positive self-talk.
4. Celebrate small wins: Acknowledge and celebrate accomplishments, no matter how small.
5. Give yourself permission to feel joy: Don't feel guilty for experiencing happiness, even during challenging times.