

Happiness and joy are skills and choices. You can create them with practice, patience and intention. Finding and cultivating happiness and joy in hard times is not a betrayal of or a turning away from the realities of what we are experiencing; rather, it is honoring that there is a *both/and* in our reality.

## **PAUSE IN THE MOMENT**

Ask yourself, “in this moment what problem do I have right NOW?”

## **NOTICE YOUR HABITS OF THINKING**

Where can you make a shift and really show up regardless of whether or not you “like” it?

## **SAVOR**

Look for the small miracles. Experience them fully 15 seconds or more before moving on to the next thing.

## **FIND WAYS TO OFFER YOURSELF**

Where can you offer a kindness or be of service? What gifts can you share with others? In what ways can you be generous?

## **CONNECT WITH OTHERS**

Set a goal to call a friend, make a friend, join a group or find another way to build and nurture a social connection. Remember there is a high correlation between happiness and connection.

## **GREAT-FULLNESS**

- For one week, write down three things that went well during the day. Take a few moments to savor each item on your list and link them in your mind. Then track your happiness and contentment levels.
- Think of someone you are grateful for. Write them a letter of gratitude. Read it to them in person if possible. Notice how it feels.
- Work with a gratitude partner. Each day send your partner your three gratitudes for the day; no need to write anything else. Notice that when you receive your partner’s gratitudes, your heart becomes light and happy too.

## **CARE FOR YOUR BODY AND MIND**

- Nurture your overall health.
  - Get outside and find things to appreciate in nature.
  - Stay physically active and move your body every day.
  - Meditate.
  - Prioritize sleep.

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