

TIPS FOR FINDING JOY

Even on your hardest days!



We all have those days where nothing is going right, something in particular happened and we are letting it ruin our whole day, or we just woke up on the wrong side of the bed. Check out these tips below for beating the funk and finding **joy** on your hard days.

- Take a moment to reflect back on your day or situation. Instead of looking at all of the things that have gone wrong, *look*, actually *look* for the good things. Look for the smiles, the laughs, or maybe it was a good cup of coffee. There is always something good.
- Talk it out. Find someone who you can talk to but who won't just agree with everything you say. Someone who can look at the situation objectively or just be a good listener. Sometimes it takes someone else's perspective to help us see.
- Do something you enjoy. Go for a walk. Read for 15 minutes. Play with your kids or your pets. Work on a project (I always have a crochet project hanging out waiting to be finished).
- Take a nap. Sleep is something almost all of us don't get enough of. If at all possible, take a nap.
- Drink some water. Almost all of us are slightly dehydrated. It sounds crazy but being properly hydrated can help our mood.
- Eat something. Ever heard of the term, "Hangry"? Sometimes we just need a little food to balance out our mood. Grab a piece of fruit, a handful of nuts, or a healthy granola bar.

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- Listen to music. Whatever kind of music makes you want to move or relax. If I am in a funk, listening to music that gets me moving is a sure fire way to lift my mood. “Gorgeous” by X Ambassadors is a recent favorite that makes me feel great and gets me moving.
- Do something that relaxes you. My younger sister loves puzzles (they can frustrate me though), my older sister sews, I crochet, my husband watches WWE. You do one thing for as much time as you can afford, even if it is 5 minutes 3 times a day. It will help you let go and relax enough and as a bonus, when you look back on your day you will be able to look back and smile at those moments.
- Write. Write it out. You don’t have to be someone who journals to find this helpful. Sometimes, just the act of writing something out can help our minds let go of what is bothering us. Then, take it a step further and destroy it. Burn in (safely!!), tear it up in tiny pieces and throw it outside for the birds to make a nest out of, flush it down the toilet. Whatever works for you. When we can see our frustrations being physically destroyed, it is another way of telling our brains it is okay to let it go.

The next time you find yourself feeling so frustrated, angry, hurt, or just plain crabby, refer back to these tips to find some joy in your day.

Love,

Tess