



choose joy

Many of us are so drawn into reacting throughout the day that we overlook one very simple tool for preventing stress: joy.

Pull out this card when you're having "one of those days." Or better yet, start your day with it. Remember, this one's just for you. If it feels like you shouldn't be doing it, you're on the right track.



The most wasted of all days is one without laughter.

E.E. Cummings

try this

Listen to music, savor a favorite food, look at pictures, or enjoy time with your kids.

Part of what makes these activities purely enjoyable is allowing yourself to be completely immersed, even if it's just for a few minutes a day.

What are some of your favorite activities that bring you pure joy?