

# JOY INDUCING ACTIVITIES



We go through numerous emotions every day. Some feel pleasant and others do not. Emotions, similar to our behaviors, form patterns. If your emotional pattern is that of unpleasant emotions it is helpful not only to find ways to cope and but to also intentionally experience joy. Some activities are to uplift you, amuse you, find release, or even distract you. Find what works for you and do more of that. I welcome you to add to this list.

- Practice having realistic expectations.
- Make a list of things that you feel grateful for.
- Make a list of things you feel optimistic about.
- Do something nice for someone else.
- Learn something new.
- Practice self-affirmations.
- Give others heartfelt compliments.
- Write a thank you letter.
- Exercise regularly for a week and notice the increase in mood.
- Savor your favorite food item.

- Practice mindful eating.
- Savor nutritious food & affirm you are eating to nourish your body that serves you well.
- Meditation (especially Loving Kindness Meditation).
- Start a daily gratitude journal.
- Engage in expressive writing.
- Do a random act of kindness for a stranger.
- Engage in something creative.
- Practice non-judgment.
- Make a list of things you do well.
- Sit in nature.

- Schedule quiet time.
- Listen to comedy you enjoy.
- Maintain "happy posture."
- Set a time to vent or worry and stick to the allotted time (then move on).
- Start a garden.
- Nurture a plant.
- Write a positive letter to your past self.
- Write a positive letter to your future self.
- Send a loved one a letter.
- Listen to music that you connect to.
- Watch the sun rise.

- Watch the sunset.
- Attend live theater.
- Create "downtime" and unplug from devices.
- Practice forgiveness.
- Journal.
- Dance like no one is watching.
- De-clutter your environment.
- Practice good sleep habits.
- Read a book you can enjoy.
- Sing aloud like no one is listening.
- Smile.
- Practice intentional stretching (more often known as yoga).
- Spend time in the sun.

- Reflect on your daily accomplishments.
- Reduce time on social media.
- Wear something that makes you feel good.
- Use your imagination.
- Make a list of your best memories.
- Hug someone.
- Engage in a bath.
- "Be where your feet are." Practice mindfulness.
- Stop over-apologizing.
- Connect with something artistic.
- Spend time with loved ones.
- Get your hands & feet in the soil. [play in the dirt]