



Reclaim Your Joy

Allow your mind and body to relax. Focus on the present moment and connect body, mind, and spirit.

Find joyful activities. When you engage in enjoyable activities, it helps manage stress and reduce symptoms to enhance overall mental health. Positive emotions counteract negative emotions associated with anxiety and depression and help regulate brain chemistry by releasing endorphins and other neurotransmitters to promote mood stability.



Whether you enjoy the energy of socialization or the quiet of solitude, joyful activities, especially ones that include some form of exercise, also have physical health benefits that can further contribute to overall well-being by improving sleep quality, boosted self-esteem, and self-efficacy.

Lean into activities you enjoy to help promote feelings of happiness, excitement, and inner peace.



Here's a list of joyful activities to try.

Dancing

Yoga

Exercise

Art

Creative Writing

Journal Writing

Knitting

Hobbies

Crafting

Massage

Meditation

Energy work

Learn about a special interest

Reading

Podcasts or YouTube channels

about healing/inspiration/wellness

Classes in things that interest

Spend time with animals

Spend time outdoors

Gardening

Singing or vocal exercises

Photography

Adult Coloring Books

Watercolor Painting

Somatic Movement

Cooking or baking

Qigong