It’s such a small word and yet means so much. We spread joy, we can be joyous and we receive joy. Sometimes joy is evasive. We are not joy-filled all the time. In periods of discontentment or unhappiness, seek the joy in your life. Spend a few minutes reflecting on those positives in your life—no matter how small. A clean towel? Food on your plate? Know that at this exact minute you are exactly where God wants you to be—and if it is a good spot, great. If it isn’t, have faith that God will help you through. Gratitude and mindfulness are important strategies to finding joy.

It can be as easy as a smile, giving someone a compliment or holding open a door. Recognize when it comes your way. If someone is sharing a joy, celebrate with them and take a little with you—and then spread it to someone else.

In this world of uncertainty, negativity can be easy to come by. Being aware can make all the difference.

"... the joy of the LORD is your strength." —Nehemiah 8:10 ESV

It’s such a small word and yet means so much. We spread joy, we can be joyous and we receive joy. Sometimes joy is evasive. We are not joy-filled all the time. In periods of discontentment or unhappiness, seek the joy in your life. Spend a few minutes reflecting on those positives in your life—no matter how small. A clean towel? Food on your plate? Know that at this exact minute you are exactly where God wants you to be—and if it is a good spot, great. If it isn’t, have faith that God will help you through. Gratitude and mindfulness are important strategies to finding joy.

It can be as easy as a smile, giving someone a compliment or holding open a door. Recognize when it comes your way. If someone is sharing a joy, celebrate with them and take a little with you—and then spread it to someone else.

In this world of uncertainty, negativity can be easy to come by. Being aware can make all the difference.

"... the joy of the LORD is your strength." —Nehemiah 8:10 ESV
Find more health and well-being information at wespath.org/benefits.

Provided by Wespath Benefits and Investments

Wespath is providing information in this publication as an educational service to illustrate some practices that may have a positive impact on well-being. Wespath’s sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.