

# FINDING JOY EVERYDAY

## WHAT IS JOY VERSUS HAPPINESS?

Joy can mean different things to each of us. If helpful, think about it as that inner feeling, that glow when we see a baby smile, a firework go off, a kitten chasing its tail, smell a bowl of homemade soup on a cold day, pompoms, ice cream with sprinkles! Joy is something which we can have in our lives everyday despite any hardships or challenges we may be facing. Joy comes in moments, and we can have many moments.

Happiness is a strong emotion and one we may all pursue. However, when life is challenging, we may find it hard to capture and hold onto happiness. Joy, on the other hand can be found every day if we only start looking for it.



## WHY JOY IS GOOD FOR OUR WELLBEING?

Joy creates a reaction which is good for our wellbeing. There is a whole science behind this around hormones and neurotransmitters, but the short answer is, it is good for us. There can be many ways we can experience Joy. Take a moment to think, what brings you Joy?



## INTERESTING TED TALK


[Where joy hides and how to find it Ingrid Fetell Lee](#)  
Well worth the watch for ideas on finding Joy.





# IDEAS TO BRING MORE JOY INTO EVERY DAY


Use bright colours to decorate your home, even when money is tight its amazing what can be done on a budget. A simple multicoloured blanket thrown over the couch can transform a room.




Getting together with others to crochet squares can promote connections to others, making a blanket for someone else, can bring Joy knowing you are helping another person. Be part of a community, get involved – litter picking or taking action to help reduce littering can help create an environment which brings joy to everyone.

Put on some tunes you like. This wee video is well worth a watch [Chinese village couple's 'rural-style shuffle dance' goes viral online](#)

Enjoy the smell in the air after rain. Create your own scented garden or visit a local park, community garden. For a moment just relax into the moment and experience the Joy of the moment, don't think about it ending, think about what is happening now. Spending time in the natural world can bring Joy.



Find your purpose. Learn to live in the moment: the past is a different country; we do not live there anymore, and the future is as yet unwritten. Being in the moment can help us appreciate those moments of Joy. If we need help to let go of the past, then yes seek it. However, its also important to consider what we can do ourselves around letting go and moving on, learning to appreciate what we have and not feel overwhelmed by what is missing. That doesn't mean we do not have aspirations. We can use the energy and enthusiasm we get from joy. However, if finding happiness is dependent on things out with our control, it may be a long time coming. If we learn to stop for a moment and appreciate a tree, flower, a warm cup of tea or a refreshing glass of water we may find Joy can come from the simplest pleasures which cost us nothing but are priceless.



These wee tips do not replace professional advice, and things happen where we may find it harder to experience Joy. The aim of the tips is to offer some ideas for you to reflect on which you may find have value for you. If you ever feel so despairing, you think of suicide please speak to someone. The Samaritans are there 24/7 365 **Tel 116 123**

Thanks to Glasgow Community Health and Wellbeing Fund for support in making this tips sheet.

[www.cope-scotland.org](http://www.cope-scotland.org)



@COPEScotland



Glasgow Council  
for the  
Voluntary  
Sector