

# ARE YOU TOO BUSY?

You don't have to answer that. Studies show that the **about 60% of adults claim to be too busy** for things that bring them joy. It can be hard to **schedule joy in our lives**. But we can start small and increase everyday. Eventually we'll have so much joy that it will be 100% normal!

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# JOY IS IN FIVE MINUTES

What is five minutes? It takes me five minutes to walk to the bus stop. It takes five minutes to respond to an email. It takes five minutes to go check the mail. And **it only takes five minutes to sit and breathe.**

Give yourself five minutes to just breathe. Allow yourself time away from all the other things in your day for a small five minutes of alone time. Before you walk into your home - five minutes. before going into a meeting - five minutes. Before making that phone call or sending an email - **give yourself five minutes to do nothing except breathe.**



## JOY IS IN LAUGHTER

When was the last time you had a good laugh in a completely random situation? **Laughter brings instant joy** and can truly lighten your mood. Make an effort to see the humor in life (there's plenty of it!). Do so in a way that doesn't harm or humiliate others. Make a silly face to someone, break silence with a funny gesture, or giggle when you trip over a crack in the pavement. **Don't take yourself too seriously.**



# JOY IS IN HANDWRITTEN NOTES

**Write more notes!** Send a thank-you to a colleague or a happy birthday card to a friend. Or, next time you're at a restaurant, leave a kind note for your server.

A simple gesture like **a handwritten note can leave quite the impact.**



# JOY IS IN ACTS OF KINDNESS ON THE ROAD

If road rage plagues you, try to regain control of things by **spreading kindness to others on the road.**

This might be hard to do. I'll even admit to that! But imagine that the other driver who just cut you off is on their way to a job interview for work they hadn't had in months. Or a parent taking their child to the ER for a surprise allergic reaction. Perhaps there's an elderly person driving themselves because they have no more family to help them get around.

**Showing kindness in situations that are out of your knowledge or control** will surely play in your favor.





# JOY IS IN ADMIRING NATURE

Stop to smell the roses? Yes, of course. And **notice all the other beautiful moments in nature!** I recently decided to overcome my fear of spiders (still a work in progress!) and what I've started doing is getting up close and admiring their beauty. The webs alone are completely awe-inspiring.

Other ways to admiring nature is to notice cloud patterns or watch waves or count petals of flowers. Really, **nature is everywhere at all times. It only needs our attention.**



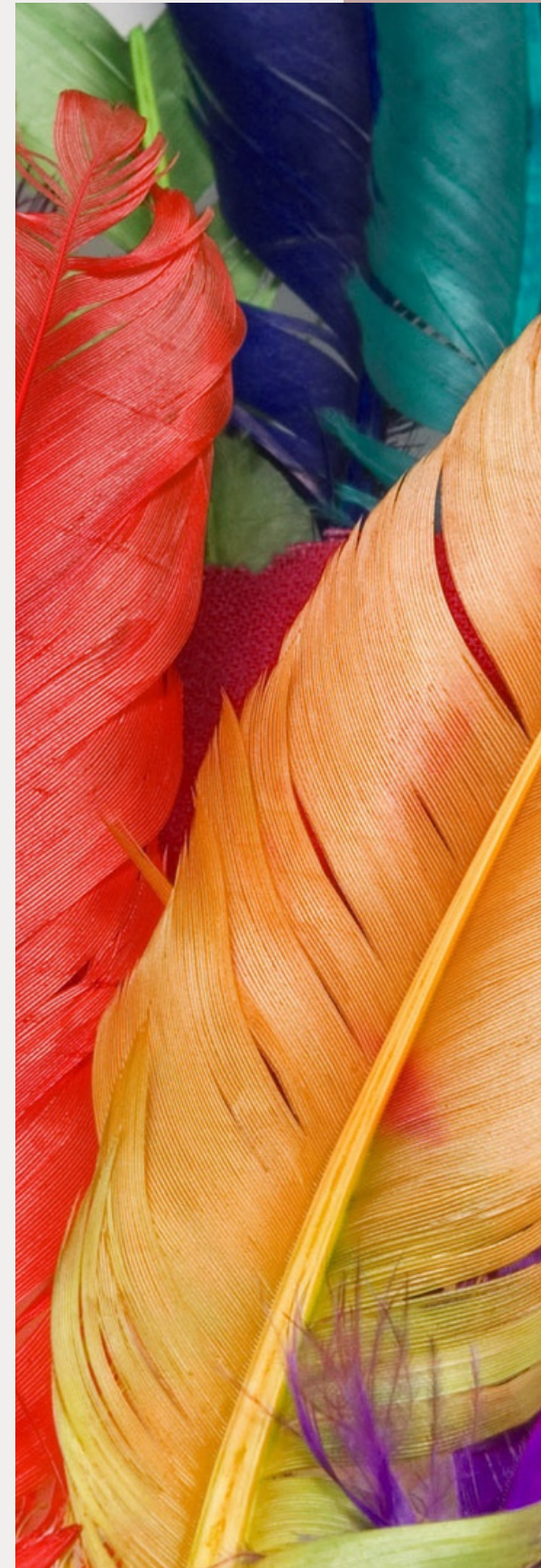
# JOY IS IN COLOR

Colors can bring us so much joy. Even black - if that's your thing!

**Wearing colors, prints or patterns that brighten you up** or make you feel good is strongly encouraged. I love putting on a bright pink top or a wild colored shoe to build up some inner confidence.

Buy a box of crayons or markers. **Be a kid again and draw pictures with vibrant colors.** Express yourself and find joy in the moment.

You can play with color so many ways. Find a bright tea cup or an eye-catching pillowcase and everything in between.



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**WHATEVER  
YOU DO,  
DO IT  
DIVINELY.**

