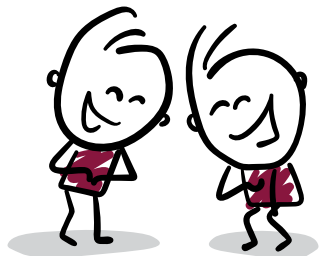


Joy Is Good Medicine

Finding moments of joy can support emotional well-being, strengthen connections and make everyday life more meaningful. Joy doesn't have to come from big moments. Small experiences can make a difference, too.



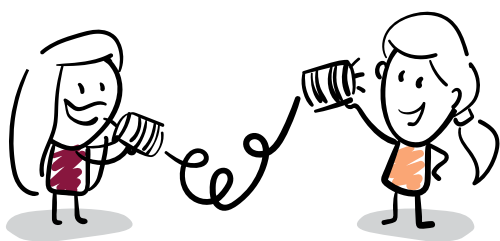
Laughter

A little laughter goes a long way

Laughing can help ease tension, lift your mood and create a sense of connection with others.

Helpful tips:

- Watch a favorite comedy or funny show
- Share a funny story or memory
- Spend time with people who make you smile



Connection

Joy is better when it's shared

Meaningful relationships and social connection can help us feel supported, valued and engaged.

Helpful tips:

- Call or visit someone you enjoy
- Join a group activity or community event
- Invite someone to share a meal, walk or conversation



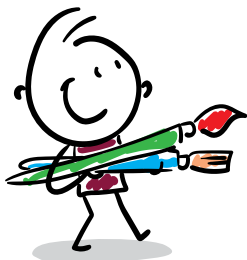
Movement

Move in ways that make you feel good

Physical activity isn't only good for the body. Enjoyable movement can boost your mood and give you a sense of accomplishment.

Helpful tips:

- Take a walk with a friend
- Put on a favorite song and move to the music
- Try stretching, chair exercise or another activity you enjoy



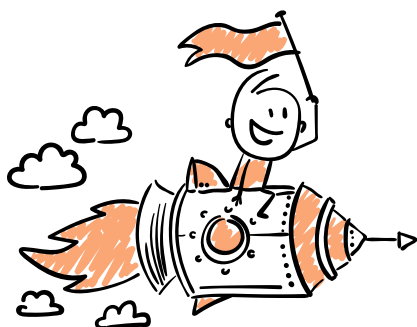
Purpose

Having something to look forward to matters

Hobbies, traditions, helping others and accomplishing small goals can bring purpose and satisfaction to everyday life.

Helpful tips:

- Make time for a favorite hobby
- Plan something you can look forward to
- Help someone else or share a skill you enjoy



Gratitude

Notice the good in your day

Taking time to recognize positive moments can help shift our attention toward the things that bring comfort, meaning and happiness.

Helpful tips:

- Think of one good thing from your day
- Tell someone why you appreciate them
- Notice something beautiful, peaceful or enjoyable around you

