



ANCHORING JOY
WELLNESS



JOY IS THE ANCHOR IN EVERY JOURNEY.

5 Ways to Restore Joy When You're Carrying Too Much

Small, practical ways to make room for yourself in a full season.

1

PAUSE BEFORE THE AUTOMATIC YES

Before committing, ask yourself: *Do I have the capacity for this right now?*
A thoughtful pause can protect your time and energy.

2

PUT REST ON THE CALENDAR

Rest does not have to wait until everything is finished. Give recovery a real place in your week.

3

NOTICE WHAT DRAINS YOU

Pay attention to recurring situations, tasks, or relationships that leave you depleted. Awareness gives you information you can act on.

4

CREATE ONE CLEAR BOUNDARY

Start small. Choose one thing you will say no to, delegate, shorten, or handle differently this week.

5

MAKE ROOM FOR JOY ON PURPOSE

Joy can be simple: music, sunlight, laughter, movement, creativity, quiet, or connection. Choose one thing that helps you feel more like yourself.

ANCHOR PROMPT

What is one thing I can release this week to make more room for joy?

Anchoring Joy Wellness • Educational wellness resource – not medical advice.

