



VOL. 1

LIVE, BREATH, CALM

Workshop: JOY



Joy Does the Body and the Brain Good

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Our JOY is a feeling of inner gladness, delight or happiness. This inner gladness we feel leads to a cheerful heart, and a cheerful heart leads to cheerful behavior. The most important attribute of joy is that you can find joy in adversity.

We know there are many health benefits to feeling joy regularly, including:

- boosts to the immune system
- reduction in stress and pain
- supports longevity

Even the simple act of smiling can help to invoke joy. Smiling supports healthy brain function by elevating your mood, lowering your heart rate, and reducing your stress. The smile doesn't even have to be based on real emotion because faking it works as well. So, if you must, fake it until you make it because your brain doesn't know the difference!

*"We need joy
as we need air.*

*We need love
as we need
water.*

*We need each
other as we
need the earth
we share."*

Maya Angelou



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Affirmations

Joy flows through me.

I choose to be joyful.

I will go with the flow; my life is easy and filled with joy.

Take 2 minutes to list 3 of the most joyous moments of your life:

Take 2 minutes to list 3 things you could do today that would bring you joy (call a loved one, take a walk, grab an ice cream with the kids, etc.):

Take 2 minutes to list 1 big thing that you know would bring you GREAT joy: (It can be anything, but remember it has to be attainable not a genie in a lamp to give me \$1M!)