

# the Daily Bliss

A LIFESTYLE GAZETTE  
BIMONTHLY ISSUES

BEE BLISS  
LINDSEY SMITH

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# FINDING JOY IN THE ORDINARY



Hi  First name / friend !

It feels like forever since we've talked! So... let's chat. I've always struggled with stress and anxiety as many people do. However a few years ago it became much worse than

and anxiety, as many people do. However, a few years ago it became much worse than before. A lot of this anxiety was rooted in the unknowns of the future. To be honest, I 100% still battle with this on the daily. There are two things that have helped ease my anxiety; leaning into God's promises instead of my worries, and being present in each moment. When I focus closely on each individual moment, I find that there is so much to be thankful for, and in that I find joy.

Ordinary moments can often times be taken for granted; however, when we embody child-like wonder, we realize the beauty that exists in each and every moment. Through this, the ordinary moments can become some of the most transformative and joyful.

Some of my favorite memories are those spent out on the lake. I love my memories of being on the lake because there is something so peaceful about the tranquility of the water. The silence reminds me to be present in the moment and appreciate the little things, such as the way the sun reflects off of the water or the way the birds chirp early in the morning. It is through appreciating these ordinary moments that my heart and soul feel at ease.

I think we easily get caught up in focusing too much on making our surrounding and future situations perfect because we believe that's the only way we'll experience joy. But that couldn't be farther from true. There are pockets of joy all around us, we just have to be willing to see it. Even when you're in your lowest moment, there is joy to be found.

A few days ago a close friend of mine said something while we were swinging that really stuck with me. She said something along the lines of, "Why go to therapy when you can swing!" Prior to this neither of us had been on a swing in so long, but we were reminded of how fun it actually is. It felt as if there was an omen telling us that sometimes it's these types of ordinary things that can be the most healing. Instead of putting so much pressure on ourselves, we should let go, breathe a little, and not take life so seriously. I really do believe there is an abundance of healing in that. So next time you're feeling down, just go hop on a swing!

It's the mundane and ordinary moments that have the possibility of giving us time to feel gratitude and appreciate the simple fact that we are alive and breathing. We are only given this very moment, so let's rejoice in it. Root yourself in the present. After all, there's a reason why it's called the present 📺



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PS. I love hearing back from you! If you have any topics you are interested in me discussing in the future regarding healthy living, sustainability, mindset change, digestive health, etc. let me know! I'm here to help and serve you!

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WITH LOVE AND BLISS,



*lindsey smith*

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