

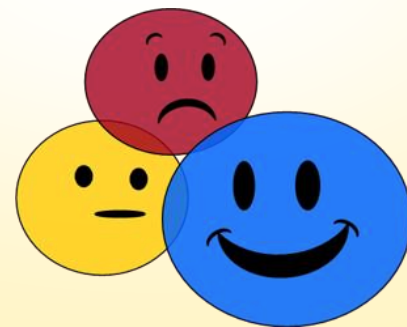
Pondering Point

We've all heard the expression "Cheer Up!" when it's obvious to others that stress has got us down. It's not a bad idea, and it sounds simple, right? For most of us, it's not as easy as it sounds. **What makes going from frowning to clowning so difficult?** We know stress is inevitable. And we know that changing our disposition is better for our mental health and the relationships we have with others. A relaxed and cheery disposition can also have positive effects on our work product. It is being able to let go and find our own "happy" that is the challenge. **How can we use happy thoughts to ease off stress?**

A good way to manage stressful situations is to find ways that bring us back to happiness, serenity and a place where the world makes more sense. *Happy* might be sitting right in front of us and we don't even see it. How can we draw it into the light? Who can we turn to for help? Can we talk about our stress with others so they can understand where we are coming from? Part of finding happiness is surrendering to it. Isn't it ok to be happy? **When we put stress on the back burner we can reconnect with what makes us happy and remember to live in that moment.**

Where's your 'HAPPY'?

How do you transition from a stressful situation to your happy place?



Imagine... finding ways to disconnect the stress and reconnect your happiness.

— From Pondering to Practice —

Activity:

Try This – Happiness Soundtrack

Have a group discussion around music and its effect on our mood.

- *What is a song that makes you happy?*
 - Use these songs in the future when you feel stressed.
- Take notes on the songs that make others around you happy.
You may be able to help them get out of their funk by singing their happy songs!

Reflection:

PAUSE. Time for some perspective taking...

- What is your go-to *happy* in times of stress and discontent?
- What are the consequences to you for not finding your happy place in these situations?
- Who else knows about your happy?
- Can they help to bring you back to your happy place?

"Even if happiness forgets you a little bit, never completely forget about it."

- James Prevert