

1. “We cannot cure the world of sorrows, but we can choose to live in joy.” —  
*Joseph Campbell*

“If you carry joy in your heart, you can heal any moment.” —*Carlos Santana*

“Let your joy be in your journey—not in some distant goal.” —*Tim Cook*

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” —*Nhat Hanh*

“We have to embrace obstacles to reach the next stage of joy.” —*Goldie Hawn*

[www.spiritbutton.com/joy-quotes](http://www.spiritbutton.com/joy-quotes)

Sep 15, 2017 · The joy of creating or accomplishing something can give us an incredible boost of power. Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. — Thich Nhat Hanh.  
Our joy gives birth to our smiles, yet sometimes our smiles have the power to summon joy into our lives.

**Hope gives us the joy of dreaming Peace gives us the joy of living. – Debasish Mridha, M.D**

[www.wow4u.com/joy](http://www.wow4u.com/joy)

it's more blessed to give than to receive is not some moral nostrum... but a prescription for authentic joy.

## **How to Find Joy in the Midst of Chaos – The Parent Hub**

[theparenthub.net/2020/04/how-to-find-joy-in-the...](http://theparenthub.net/2020/04/how-to-find-joy-in-the...)

Our world is currently experiencing an unprecedented time. The uncertainty and unknowns are causing anxiousness and fear in everyone. [Read more here on how to manage fear during a pandemic.](#)

In the midst of all the questions, it's incredibly important to focus on our physical health and our mental health. Our thoughts often trap us in worry, anxiety, doubt, and fear. Finding optimism and joy will keep you energized, loving, supportive, and capable of making the best decisions for your family as we walk the days ahead.

# JOY VERSUS HAPPINESS

We all know what it is to be happy. Happiness is focused on self and worldly pleasure. We are happy when things are going well externally. It is what's happening to us and not in us. It's easy, during these times, to put a smile on our face and enjoy what life has to offer.

But what about those times when everything isn't going right? That is when we need to find joy.

Joy is a chosen attitude throughout life's journey and can be found no matter the external circumstances.

## PRACTICAL STEPS TO FINDING JOY

Especially in scary moments it is important for parents to set the tone and atmosphere for the house. As Candace Payne (Chewbacca mom) says, "Joy is an antidote for your home . . . We are called to live out victorious, joyful lives every day."

To set a joyful tone for our family, we must shift our perspective and our focus. There are times when we have to change our focus away from social media and the news to our children.

Put down our phones and intently focus on what they are doing, what they are saying, and how they are acting. They sense our moods and emotions more than we realize. If we aren't paying attention, parents can easily miss what is happening within your child.

Here are some practical ways to find and spread joy in your family:

### 1. PRACTICE GRATITUDE

Days look a lot different than they did just a few weeks ago. That doesn't mean we can't reflect on the things we loved about those previous days while also being thankful for the things we love about the time we are in now.

Being able to go to the grocery store without fear is something most people will realize was (and will be) a blessing. We are now stopping all the noise long enough to appreciate the birds singing and breeze blowing. All things we would easily miss if we didn't take the time to focus on gratitude.

Encourage your children to participate. Whether you write what you are thankful for down or share it with each other around the dinner table, make sure you take the time to focus on the small things and the big things.

## **2. ACKNOWLEDGE WHO YOU ARE**

Every person and every family is unique, and so we should identify that. What are some of the things that make your family unique? Identify some of your strengths and maybe even some positive quirks. Come up with a few points that convey what you believe to be true about you and how that relates to who God says you are.

Keep the kids involved in listing those things and develop a family motto or mission statement together. Once you agree as a family, put it on the fridge or frame it, and work on memorizing it. Make it fun!

## **3. BALANCE FUN AND WORK**

Kids are out of school, parents are working from home, public places are closed, and everyone was thrown into a sudden change to find a new normal within their four walls. Creative schedules to keep your children learning and staying busy began circling the internet immediately.

Even though most kids thrive on schedule, don't be too hard on yourself to get it all right. Find what works best for your family and your child(ren), and be generous with grace. If they end up watching more television or on their iPads than the latest research study recommends, it will be okay. Of course, education is still important, but we all need some space to enjoy life. So, err on this side of fun in this season. Play more. Laugh more. Holding on to joy and laughter as a family is what will bring us all through this challenging time.

These are uncharted waters not just for you and your family, but for the entire world. Take care of yourself mentally and physically by finding the joy in everyday life. One day (hopefully soon) we will make it through this. There will be even more joy on the other side.

## **Finding joy in the midst of chaos**

Starz Team [www.starzprogram.com/post/finding-joy-in-the...](http://www.starzprogram.com/post/finding-joy-in-the...)



While most of us are hunkered down in our homes, you probably know by now that millions of people all around the globe are feeling the economic and physical effects of the Coronavirus pandemic. We are feeling isolated and uncertain of the future, but we are not alone in feeling that way. We are being financially impacted by the response to the pandemic, in our attempt to slow it down. These things alone are enough to instill stress, anxiety, worry, confusion, and depression as we are put out of work, lacking social interactions, and feeling cooped up. I want to explore some activities and mental attitudes we can practice during this extremely unique time, and hopefully develop habits we can continue to practice as things start to calm down.

The first and most important attitude to practice, especially for those of us who are out of work, is to practice looking on the bright side. There are many downsides to being out of work; it's stress inducing to keep replaying the lack-mentality thought loop. Keep in mind that while some of these thoughts might be based in reality, many of these thoughts are actually based in doubt, uncertainty, and worry. When we experience fear, we're paralyzed and easily discouraged. When we can look at our situation with objectivity and with a feeling of confidence, we are able to make important decisions based on what is realistically happening. To keep a "bright side" attitude, it's important to look at our newly released free time as an opportunity to improve ourselves, our work load, and/or start a new project.

Improving ourselves might mean taking the time to groom our physical bodies like taking a long bath, using that face mask you've been saving for a rainy day, or starting a new at-home fitness regime. It's also a time to read any self-help books that might have been collecting dust on your shelf, paint a new painting, or write a short story or poem. You also might want to start brushing up on current skills, or learning new ones by using online virtual platforms for self-education; or even starting an online education program in a subject of your choice. All of these can transfer over into coming up with new ideas for your job efficiency: Creating new projects relative to your job that your boss or company may appreciate; getting a head start in tasks you can do from home to make your work load a bit lighter when we do return back to work.

The important thing to do during this time is to keep yourself busy. Now if you've been majorly sleep deprived, maybe now is the time to catch up on some much needed sleep. If you've been neglecting major or minor projects at home, now is the time to start checking them off your list. There are a lot of things we can do to help keep our minds off the chaos, and onto productive activities we can do each day to keep our minds busy, our bodies healthy, and our attitudes positive. The last thing you want to do is allow the days to pass by without having done anything truly productive towards your personal, family, or work life. It may not feel like it now, but when we do return to work you may feel even more anxiety and stress over having missed opportunities to divert your focus and energy to life-building activities.

There's no better word to describe what's going on than chaos. Put your mind at ease by doing day to day tasks and avoid over-thinking the future. No one knows what is going to happen, but one thing we do have control over, is what we do right now. Take advantage of this unusual time, and make something happen. I have faith we will get through this unscathed, but it's important to keep yourself participating in joyful activities. This is a difficult situation for everyone, but there's no reason we can't make the best of it. Friends, stay joyful, hold that chin up, and keep on shining through the chaos!