

**33 Ways to Add  
More JOY  
to Your Life!**



# 33 Ways to Add More **JOY** to Your Life!

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Your gift from:



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Happy Healthy Her Publications

*We could all use a little more joy. The daily challenges of life can feel overwhelming at times. Painful emotions like sadness, grief, anger, or disappointment affect us all. Living with joy does not mean denying your feelings or embracing toxic positivity. You must experience it all - the good and the bad.*

*Yet, you can encourage more good in your life by taking active steps. They aren't always easy, but they are definitely worth the effort. So, get ready to improve your well-being by adding more joy...*



## *Through the Benefits of Ritual*

*Life is in constant motion. Rituals help us to slow down and savor the simple moments present at all times. When rituals become a part of your daily routine, they offer consistency, ease, and a sense of empowerment.*

1. **Establish a daily ritual.** Positive routines and rituals are powerful tools for shifting your energy because they give you something to look forward to every day. It doesn't have to be complicated. Recite the Lord's Prayer as soon as you wake up. Take a break to stretch every morning at 11:11, or drink a cup of peppermint tea every day at 3:00. Many of the items that follow can become daily rituals. The key to a lasting ritual is to include things you genuinely enjoy, so that it doesn't become just another "to-do" on your daily list.

2. **Set up a healing space in your home.** It can be as simple as a corner where you keep a cozy blanket and pillow, or a small table or shelf where you keep pictures, crystals, and other items that make you feel supported and loved. My healing space started as a TV cart and expanded into a small Ikea bookshelf in the corner of my bedroom. There is a floor pillow so that I can be extra comfortable when I am praying, meditating, or clearing my energy. I keep my vision board on a wall nearby, alongside a favorite painting done by my best friend. As soon as I settle into that space, I feel happier and more at peace. For inspiration, you might like, “[\*How to Create a Healing Space.\*](#)”
  
3. **Smudge yourself with palo santo.** It smells amazing and has the power to clear your energy field. It serves as a simple daily ritual that I use to make myself feel better and more empowered. See, “[\*How to Smudge Yourself with Palo Santo\*](#)” for specific details around how I smudge myself.
  
4. **Read your daily horoscope.** The Universe always has your back. Every new day ushers in new energies and opportunities for growth and change. We are on a giant ball hurling through space. Now that is something to marvel! Even if you don’t believe in the power of the planets, your astrological predictions are fun to consider. And, who doesn’t love blaming Mercury retrograde for all of their problems?



## *By Promoting Comfort*

*Comfort and ease are foundational elements for fostering more joy and better health in your life. When you feel comfortable and supported, everything is easier.*

5. **Feel the ground under your feet.** Many of us live in our heads. The chaos and stresses of life pull our energies up and out into a frenzy of overthinking and overdoing. One of the antidotes of this anxiety-producing reality is to ground your energy down through your body and into the earth below your feet. By simply stopping and feeling the ground beneath your feet, you can consciously shift your awareness and establish a sense of strength and steadiness. For just a moment, remind yourself that you are a spirit living within a body. Take a deep breath and let it travel all the way down your body into the soles of your feet and down into the earth. You are strong. You are stable. The earth always supports you. What a relief!
6. **Snuggle a pet.** Animals provide unconditional love and companionship that makes us feel needed and valued. Plus, all that snuggly soft fur feels so good! The warm hit of happiness from cuddling an animal can be instantaneous. If you can't have a pet of your own, consider volunteering at a shelter or offering to care for a friend's pet.
7. **Look at pictures and videos of baby animals.** If you can't have real-life interaction, research shows that even just watching tiny critters can make you feel better. Babies of all kinds have the built-in ability to increase our feel-good hormones (oxytocin). So, start following some adorable puppies and kitties on Facebook for an instant hit of joy.

8. **Soak in a warm bath.** Water can be so healing. A warm bath with Epsom salts and essential oils like lavender, rose, or geranium can offer a tranquil end to even the most stressful of days. The magnesium in Epsom salts helps relieve muscle tension and pain, while the aromatherapy of the essential oils brings an overall sense of calm to your body and mind.
9. **Hug a loved one, or yourself (put your right hand over your left shoulder and your left hand over your right shoulder and squeeze).** Hugging brings a rush of loving energy into your heart chakra that then radiates throughout your body. Humans need physical touch. Make it a regular practice to hug your people as much and as often as they will allow. It is guaranteed to make you feel better.
10. **Slide into a bed covered in clean sheets.** Never underestimate the power of soft, clean sheets. I absolutely love jersey sheets (a.k.a T-shirt sheets). They feel so cozy and help me to sleep like a baby. Soft, fuzzy blankets are also a sensory delight. When your body feels good, your spirit often feels good.
11. **Massage your feet and/or hands with peppermint oil or lotion.** The feet and hands are covered with acupressure points. By massaging these powerful points, you can put your body into a natural state of ease. This can be a relaxing nightly ritual. Slather your feet in peppermint lotion, and then squeeze each foot gently between your hands. Use your thumbs to press on any sore spots that need release, and then put on a soft pair of socks before drifting off to sleep.



## *With the Power of Love*

*Love is the most powerful force in the Universe. When life is hard, love is the solution. Love yourself. Love others. Repeat. A life filled with love is a life filled with joy. These two are natural partners.*

12. **Place your hand on your heart and breathe deeply.** The simple act of touching your heart directs your energy to that powerful space. It helps to center you and remind you that your heart and your breath are keeping you alive. They are wonderful gifts. Allow yourself to feel the love that naturally exudes from this space. Send that loving energy inward as you say to yourself, “I am love. I am loved.”

13. **Recite Ho’opono pono:**

*“I’m sorry.*

*Please forgive me.*

*Thank you.*

*I love you.”*

There is magic in those four phrases. We’ve all done wrong. We’ve all been wronged. Yet, every one of us has the ability to forgive and be forgiven. To recognize this is grace and growth that brings a greater sense of peace.

14. **Practice Metta Meditation.** Say:

*“May you be safe.*

*May you be well.*

*May you be happy.*

*May you live with ease,”* as you send yourself love. Then repeat those phrases, sending that love out to everyone you know and to all the world.



15. **Increase your confidence and self-love by writing “I am” statements in a favorite journal.** “I am” is a powerful declaration that activates the words that follow it. As you begin to write declarations that your conscious mind knows are true, your subconscious mind will begin to accept them too. Unfortunately, many of us have been feeding our subconscious minds with hurtful statements implying that we are not good enough. By taking steady action against this negative programming, we can reclaim our minds and encourage more joy. To do this, find a comfortable space to sit. (Your healing space is perfect for this.) Take some centering deep breaths. Then, using a pen with free flowing ink, write nonstop in a notebook or journal. Use every positive description you can think of to describe yourself. Now is not the time to be humble or shy! Push yourself to be bold and confident. This is like exercising a muscle. The more you do it, the easier it becomes. This is an excellent addition to your daily ritual. Here are some suggestions:

*“I am loving. I am kind. I am compassionate. I am thoughtful. I am funny. I am smart. I am helpful. I am a good friend. I am a hard worker. I am a beautiful soul. I am dedicated. I am unique.”*



## *Through the Gifts of Nature*

*Nature is one of the few simple pleasures that we can all access. Even if you live in an urban area, there are gardens, birds, and the night sky to behold. Take time to enjoy the natural beauty all around you. Nature is one of the greatest gifts.*

16. **Appreciate a beautiful sunrise or sunset.** I enjoy sharing photos of my favorite nightly sunsets on Instagram. Follow along ([@michelle.traub](#)) if that's something you enjoy too!
17. **Immerse yourself in the beauty of flowers.** Buy a bouquet or flowering plant, or visit a local park or garden. If you can't get outside, surround yourself with colorful floral prints and pictures.
18. **Sit by water (the ocean, a lake, or a river) and just bask in the natural healing qualities.** Water shows us the beauty of learning how to go with the flow, and the sound of running water is so tranquil.
19. **Harness the power of the moon cycles.** Set positive intentions for what you want to begin during a new moon. Write those goals out in your journal, or put them on a colorful piece of paper that you leave in your healing space where you can see it every day.
20. **During a full moon, focus on what you want to release.** Again, write out these intentions. However, to signify your commitment to truly letting them go, rip up the piece of paper, and/or burn it.

*For more information, visit the [Healing Rituals](#) and [Nature Healing](#) pages on [HappyHealthyHer.com](#).*



## *With Simple Pleasures*

*Life tends to feel so complicated. We are always looking for the next great thing to make our lives easier. Yet, we often don't need more "things." We just need to slow down and savor what we already have. When we simplify our lives, they immediately become more enjoyable and peaceful.*

21. **Slowly sip your morning and/or afternoon cup of coffee or tea, appreciating how good it makes you feel.** I LOVE cold brew coffee so much that it has become a part of my morning ritual. It makes me excited to get out of bed in the morning. You can find my "[\*Easy Cold Brew Coffee Recipe\*](#)" here.
22. **Take an energy-cleansing shower, focusing on letting the water wash away any negative energy.** As the water washes over you, visualize it infusing you with more positivity as it takes away any tension, stress, or negative emotions. Use a shower gel that smells great so that you get the benefits of aromatherapy too. When you are done, you are not only cleaner physically, but energetically as well. A shower or bath can act as a relaxing reset to either begin or end your day with ease.
23. **Enjoy a favorite meal.** Eating well is an important means of feeling well. However, too often we take our daily meals for granted, rushing through them without really savoring the food. Food is one of the true necessities of life and we are all very lucky when we have access to foods that we enjoy. Take the time to be thankful for the food you eat. Slow down. Give yourself time to mindfully eat your meals. Focus on fully appreciating the sensory experience of your food – the smells,

colors, textures, and flavors. As you eat, chew thoroughly and put your utensils down between bites.

24. **Listen to music.** Your favorite playlists have the ability to perk you up or calm you down. Honor your own tastes by listening to what you love. If you are looking for ideas, check out “[\*Songs to Increase Your Energy and Joy.\*](#)”
25. **Light incense or a scented candle.** Pleasant smells encourage happiness, positive memories, and peace. Add positive scents to your day by lighting incense or a favorite candle. Or, use essential oils in order to harness the power of aromatherapy to lift your spirits. Surround yourself with comforting scents like vanilla, cinnamon, rose, peppermint, or lavender to feel better fast.
26. **Savor a piece of chocolate by letting it melt slowly in your mouth.** Chocolate contains natural compounds that are proven to improve mood. Enjoying a piece of dark chocolate is an easy and delicious way to put a smile on your face. If you have the self-control to eat just one, it is a healthy addition to your daily ritual.
27. **Read inspiring quotes.** Keep a journal of all of your favorites. Socrates said, “The unexamined life is not worth living.” I totally agree! What a scholar said over 300 years B.C. is one of my core beliefs. That is both validating and humbling. The common themes present in the written word help us all feel more connected. Learn more about this easy practice in, “[\*Write Your Own Quote Bible.\*](#)”



## *By Moving More*

*Exercise is a natural antidepressant. Moving your body increases endorphins that make you feel better fast. Be warned though – this takes work. You may have to push yourself. Trust me; your efforts will be worth it. In addition to improving mood, exercise relieves stress, makes us stronger and leaner, and even helps us to sleep better.*

28. **Take a walk.** Walking is one of the best, low-impact forms of exercise. If you can walk outside, that is even better. You will get the benefits of nature too. How about walking your dog while listening to a favorite playlist? Movement, pet, nature, music – that is a joy quartet!
29. **Play!** Swing on the swings, play a game with your kids, or try an active video game like Wii Fit or Just Dance. Many experts stress that the key to a healthy, long life is remaining young at heart. The happiest and healthiest people include play in their day. My mother is in her late 80s and still plays golf every week. She'll tell you that it keeps her young.
30. **Move your body in whatever way feels good.** Dance to a favorite song, stretch while watching TV, balance on one foot as your morning coffee brews. Don't get too hung up on the idea of formal exercise. The thought of an hour-long exercise class can be overwhelming. And, honestly, it is unnecessary. Every little bit of movement helps. I practice a regular plank routine that lasts only 5 minutes yet keeps my core and arms strong. For more about the positive benefits of exercise see, "[\*Strength Builds Confidence.\*](#)"



## With Gratitude

*When you choose to be grateful, everything improves. Being grateful shifts your mind towards the positive aspects of life. Gratitude is like a glimmer of hope present during even the most difficult times. Recognizing that there is always something to celebrate in life, even if it is just life itself, is a guaranteed source of joy.*

31. **Cherish old cards and mementos.** Display your favorite cards in your healing space or in a prominent location that you will see regularly as a “Gratitude Display.” They will remind you of how important you are to the world. You can also create a “Gratitude Folder” filled with cards, letters, and pictures from loved ones. I have several colorful pocket folders that contain special cards from friends and family members, as well as drawings from my nieces and nephews. When I am having a bad day or feeling down on myself, all I need to do is open those folders and I get a burst of gratitude that reminds me of how loved I am. Learn more about these [Gratitude Tools](#) here.
32. **Write a “Thank You” card or email to someone who has supported you.** If you are really motivated, go on a “Gratitude Tour” creating a list of all the people over the course of your life who have lifted you up during difficult times. Dig deep – think of the former neighbors, coaches, teachers, or acquaintances that made your life better in ways both big and small. Write in your journal about how much each person’s kindness meant to you. It is amazing to realize how much support we have had throughout life. None of us has gotten by totally on our own. If you are able, reach out to those special friends and

mentors who have inspired you, or those that challenged you to strive for more.

33. **Think of 5 things you are grateful for right now.** These are some of my go-to's: My cat, my partner, family, friends, my cozy bed, coffee, sunsets, flowers, butterflies, the color blue, music, wine, books, the internet... Once you get started you might not be able to stop 😊

Learn more about the power of gratitude through, "[10 Guaranteed Sources of Gratitude](#)" and "[Easy Gratitude Tools for More Joy](#)."

*Even on the worst of days, simple joys surround you. Be on the lookout for every magical moment. Focusing on the positive acts like a magnet drawing more love and happiness into your world.*



Thanks for reading! I hope these 33 suggestions will empower you to find more joy in your day. You will notice that there are web links ([underlined](#)) throughout this book leading to bonus information. If you are reading this in print, you can access the extra information by visiting the website [www.HappyHealthyHer.com](http://www.HappyHealthyHer.com). There is a "search" box on the site where you can type in the name of the blog or page you are looking for. If you have any questions, use the "[Contact](#)" form on the site to reach me.

*\*Please always consult with a trusted health care professional if you are experiencing long-term symptoms of depression or anxiety. While the tips mentioned here can help you feel better, everyone is different. You may need additional support through therapy or medication. Don't be afraid to ask for help!*

## About HappyHealthyHer.com



*Hi! I'm Michelle Gibeault Traub, MA, RDN, the editor of [HappyHealthyHer.com](https://www.happyhealthyher.com). I created both the website and this free guide to help you live your happiest and healthiest life. It gives me great joy to help you find greater joy – a win-win! I look forward to connecting with you.*

*p.s. I really do love to play. Here I am swinging on the swings at a local park.*

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