
More Peaceful Living.



More Joyful Living.

Jacey J. Yunker, LCSW, ACTP, CCTP-II, CIMHP, CAGCS

• 7173 S. Havana St., Suite 600-5, Centennial, CO 80112

• 720.202.8311

• www.Jaceyyunkercounseling.com

13 Ways to Have a More Joyful Day

1. Ask permission first. Hug a loved-one for 45 seconds. (This reduces cortisone, the stress hormone. And it releases oxytocin, a bonding, nurturing, love hormone.)
2. Call a friend and plan a fun outing.
3. Paint the inside of a drawer you use frequently, a door, or a backsplash with your favorite color or colors. Make it pop!
4. Video your pet doing something funny. And then share it with your people.
5. Think of the nicest thing you ever said to a friend. Now, say it to yourself.
6. What are you grateful for? Notice something that you appreciate about someone. And thank them.
7. Skip watching the news for a day.
8. Make something. A doodle. A cupcake. Some popcorn. A paper airplane. An origami bird. A funny face in the mirror. A splash in a puddle. Anything.
9. Remember a time when someone forgave you. Now, try forgiving someone. Forgiving is not saying what happened is okay. But rather, it frees us of negative emotions.
10. Think of a recent or past success you had. Keep thinking about it.
11. Find something nice that you own and don't use. Take it to your favorite shelter. Someone will need it, and someone will love it.
12. Don't wait for the world to change. Be the change you want to see. Even if seems like a small thing. I know, it's cliché! But it works.
13. Visit my website. I made a nature slideshow for you. The pictures are beautiful. Just like you. www.jaceyyunkercounseling.com.