# Cultivating Joy in Times of Pain Article (SEBB)

## How to use

* Share the article below in a newsletter or blog to promote the *Cultivating Joy in Times of Pain* activity, which runs from July 6 through October 1, 2021.
* The article is ready to use as is or you can edit to make it work for your organization.
* If needed, finish by adding your contact information, logo, and more.

**ARTICLE BELOW**

**Title:** Join the SmartHealth Cultivating Joy in Times of Pain activity



Joy – it can seem elusive during challenging times. We often focus on the source of our pain and how it’s affecting our life. But learning to cultivate joy can be just as important.

Sadness and joy can, and often do, coexist. Thich Nhat Hanh, a Buddhist Monk, peace activist, and teacher, says, "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

Cultivating joy in times of pain is challenging for most of us. It requires a commitment to nurturing and practicing what allows us to experience joy. When you’re struggling with painful experiences in your life, it’s important to engage in the things that bring you joy and contentment

## Practice cultivating joy

You can practice cultivating joy by:

* Slowing down and recognizing what isn’t wrong.
* Taking a walk and appreciating the beauty outside.
* Letting go and opening up to what’s present.

## Want more?

To learn a simple strategy for finding joy during the most difficult times, join the “Cultivating Joy in Times of Pain” activity in [SmartHealth](https://smarthealth.hca.wa.gov/) from July 6 through October 1, 2021.

It's only when we are able to find some joy in life that we are able to face what's painful.

### What is SmartHealth?

SmartHealth is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the for the [SmartHealth wellness incentives](https://www.hca.wa.gov/employee-retiree-benefits/sebb-smarthealth).

Be well,

The SmartHealth Team

*Supporting you on your journey toward living wel*