

Cultivating Joy in Times of Pain

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 many 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.

How do I get started?

To learn a simple strategy for finding joy during the most difficult times, join the "Cultivating Joy in Times of Pain" activity in **SmartHealth** 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 **SmartHealth wellness incentives**.



Prefer mobile?

Download the Limeade mobile app (**iOS** or **Android**) and enter the code **SmartHealth**.



Smart  Health

Supporting you on your journey toward living well
smarthealth.hca.wa.gov