# Cultivating Joy in Times of Pain Message (SEBB)

## How to use

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

**Tip**: Highlight the value of worksite wellness by getting leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [SmartHealth Worksite Wellness Roadmap](https://www.hca.wa.gov/about-hca/washington-wellness/build-wellness-program) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

**MESSAGE BELOW**

**Email Subject:** Join the SmartHealth 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](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 [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 well*