

MIND *body* spirit

By mixing the ingredients of attitude and action, we can change the flavor of our own lives. Learn to nurture your body and soul to lead a more balanced life.

THE JOYFUL heart

I LIKE TO STUDY WOMEN and talk about how they find their joy. As a life coach, I guide women through a process to identify what is joyful to them. Joy is a feeling of great pleasure and happiness. It can be found in daily activities such as observing the kindness of others, listening to a favorite song, or petting your dog.

Research shows that when you are joyful your whole body benefits, especially your heart and mind. Did you know that dolphins and whales squeal and jump with pure joy? And pediatricians note that infants at 6 months of age begin to belly laugh; and at 12 months, babies are likely to laugh hysterically.

When was the last time that you felt like jumping for joy like a bottlenose dolphin or laughing hysterically like a young child? Do you ever feel as if you have lost your joy and your laughter? Are you trying to find your way back to frolicking like the dolphins or laughing hysterically like young children? Being fully present and coming back to “The Now” through mindfulness can be a very helpful and healthy tool as you cultivate more joy into your world.

If conditions of late having you feeling less than joyful, here are some mindfulness techniques to help retrain your brain to discover a joyful, more peaceful, and healthy heart:

Be aware of your actions.

Speak to people with forethought and intent; be cognizant of not only what you say but how you say it.

Allow yourself to do nothing.

Take time each day to just be still—sit outside and listen to nature; try to clear your mind and just breathe.

Let go of judgments and negative emotions.

Once you become present in the moment, you may begin to notice things you hadn't before, such as others' circumstances, needs, and nuances. Take this opportunity to really hear the person talking to you and appreciate it for what it is with no judgments, no rebuttal ... lead with empathy.


Keep your focus purposeful.

If something needs your attention, make a conscious effort to dwell on that and that alone, but only for a specific period of time in solution-based thought. Once you have a plan of resolution, move on.

Avoid getting caught up in the future.

It's perfectly fine to plan for your future but when those thoughts become all-consuming and turn to worry, you are not being in the present moment.

Practice letting go of the past.

This can be difficult but it only breeds negative energy. The past is over and you cannot change it ... let it go! 



Nancy Beard is a certified life coach who works with women to help them “Find Their Joy.” Connect with Nancy to learn about individual coaching or motivational speaking at nancybeardcoaching@gmail.com or at <https://nancybeardcoachingllc.com>.