

Ways to Find Joy in Everyday Life

Jacob Maslow January 28, 2019



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Let the world around you seep in just enough to choose the inputs that affect you emotionally. This is how to find joy in everyday living.

([Newswire.net](#) -- January 28, 2019) -- If you're looking for the joy in everyday living, one of the best places to start is to stop focusing on the negative thoughts and sentiments all around you. By [staying in the moment](#), it's much easier to see the beauty and humor in most things that come up in life. You can even help other people start seeing a glass half-full.

Surround Yourself With Positive People

People don't understand that happiness is a choice. Happy people don't carry around a horseshoe or a pocketful of four-leaf clovers. It's their attitude that puts a smile on their face, even in the face of diversity. Remember that the people that surround you are the ones who most influence you, so choose positive role models and friends to increase your own joy.

Positive social connections are the biggest determinant of your long-term happiness. Welcome a positive person into your world and watch what happens to your own attitude.

A Mindful Approach to Handling Chaos

Mindfulness keeps your thoughts focused in the moment, forcing you to acknowledge your emotions so that you can direct them. It's a very high form of self-awareness. Let the sensations and feelings of the world around you seep in just enough to pick and choose the inputs that affect you emotionally. This is the way to find joy in everyday living. The alternative, which most people choose, is letting external factors dictate your emotional well-being.

By practicing mindfulness, you can take a minute to assess a situation and see the truth before letting a runaway brain run amok.

Stop Worrying

Happiness, like love, is a mysterious force. Yet, science and psychology believe [brain chemistry alters emotion](#). To activate the chemicals that heighten your mood, you may have to break some bad habits. It may startle you to hear that there's a formula to being content and fulfilled. In order to take advantage of it, you must develop new ways of thinking.

Train that inner voice to point out the positives all around you. That way, instead of rambling on about the terrible drivers, rude waitstaff and inconsiderate coworkers that you must deal with, it becomes your ally in looking for the best possible spin on any situation.

Don't Let Anyone Steal Your Joy

As [Joel Osteen](#) and many others propose, letting toxic people steal your joy keeps you from living the fulfilled life that you deserve. Start training your brain to process experiences more mindfully and reap the rewards of your hard work-a

great attitude full of joy and peace.

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