



Joy to the World

Tis the season again! As COVID lingers on how are we able to celebrate in a time of persistent suffering? While the holiday season intends for us to be cheerful, we may struggle to be joyful during this time. Our world is trying to bring back the joy. People are eager to resume pre-pandemic activities, perhaps even do more since we were deprived. What are we still missing? For some, it has been the ability to travel or spending time with family. For us in the medical community, we yearn to not have COVID be on the forefront of our minds. It has been challenging to even rest at home with COVID discussions permeating our families and news feeds. How can we rejuvenate ourselves amidst the environment we live in? The wellness wheel can clue us in on areas of our lives that can help us feel whole and reclaim our joy. We need to bring back joy in our lives, joy in medicine, and joy to the world.

Tips to reclaim Joy safely:

- **Stay connected.** Think about what you have missed. This season is a great opportunity to reconnect with others but are we really ready to? We may be experiencing a little “social anxiety” given being cautious with large groups, so practice **self-compassion** and **patience**. Its OK. text. A call. Perhaps a hand written letter can still do the trick. If engaging in social gatherings feel free to not over schedule them and empower yourself with a polite no thank you.
- **Spend time outdoors.** Be grateful we live in Florida during this winter time to enjoy the weather - a break from the heat. Even a short 10-minute walk outside can help reset our mind.
- **Self-Care.** Fill up your cup before having to empty your cup for others. Listen to your favorite music. Do a mindfulness exercise. Excuse yourself if you can from the lunch meetings. Find time for yourself, even if you have to take a break from others at work or at home.
- **Be intentional with your time.** Don't book up your weekends or vacation time with events. Try to slow down and reconnect.
- **Humor.** Try to find levity in this time. Watching your favorite comedian, joke with your loved ones, search humor on social media. Take a lesson from kids, be SILLY.
- **Gratitude.** Remembering to be grateful for what we have despite these trying times. Maybe give something to someone who may still be going through it. Volunteering at a homeless shelter, a thank you card to your staff, or even a kind word to your patient can all be a BIG thing to that person.

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