



Wellbeing

Joy

Finding the Joy

On a recent call to one of the Oasis Hub leaders, they spoke about the joy on a little girl's face when they were handed a children's activity pack. It's a lovely image isn't it?

Joy can often be fleeting, momentary, but it can also be deeper. As you know, it is one of the Oasis 9 Habits and real joy is rooted in a deep sense of contentment with life, free from grasping and striving. It holds the potential to bring peace and calm to us and others. It can be liberating, life giving, and it can build resilience in our lives and the teams we are a part of.

Yet, in this pandemic you may not have felt this or seen much around you? So, perhaps we need to train ourselves to see and find joy?

There is an old practice, a longstanding rhythm and way of reflecting, that is called Examen. Part of this practice is about finding time to look back on the day, to review the day with thanks. This can include reviewing one's feelings as you replay the day – good and bad, paying attention to what has happened from morning until night.

It is a process that can bring and help change our perspective. It is also a way of training us to see those fleeting moments of joy, such as time with friends (online or now in person!), the laugh or dance of a child, a sunrise, heavy rain on a hot day, the sound of bird song, catching a glimpse of a beautiful flower. Yet, it's also a practice that helps us find what's important, tuning us into that deeper sense of contentment, finding a calmer more peaceful place.

Where do you see joy? Do you see it in your family, friends or the people you work with? Take some time today and find the joy and see how it can change how you feel about the world around you.

