

Finding Joy During Difficult Times

Try to maintain a hopeful outlook. While it's difficult to stay positive and hopeful in the midst of a crisis, many of us tend to blow our problems out of proportion and make them seem even more negative than they really are. Try taking a step back and examining your situation as an outsider. Are there rays of hope that you can focus on? Instead of worrying about what you fear may happen, try visualizing what you'd like to happen instead.

Express gratitude. It may sound trite, but even when you're experiencing terrible times, it's usually possible to find one thing you can be grateful about—the love of a pet, for example, a beautiful sunset, or a caring friend. Taking a moment to acknowledge your gratitude for such small things can provide a respite from stress and really boost your mood.

Be kind to yourself. Everyone adjusts to change and upheaval differently. Don't criticize your coping skills or beat yourself up for every mistake you make. Self-compassion is an important part of building resilience, so go easy on yourself.

Chaplain John Jones