

FINDING HAPPINESS IN WHAT YOU DO

By: Craig Groskreutz



The suffering from a natural disaster, or a pandemic for example, we cannot control, but the suffering from our daily disasters we can. We create most of our suffering in our minds, so it should be reasonable that we also have the ability to create more joy. The

creation of more joy will depend on the attitudes, the perspectives and the reactions we bring to situations and to the relationships we value with other people.

Reframing ones state of mind in any given situation is a way to turn a less than ideal situation into one of life's lessons. Focus on using your energy on what excites you. It does not make sense to spend valuable energy on something you know has little to no chance of changing. The key in this type of situation is to acknowledge your situation and if you are able to change it...change it. However, if change is unlikely, then redirect your energy into things that help you excel.

Set strong boundaries

Whether in your personal or professional lives, set boundaries that help influence your situation. There is little point of trying to please everyone, when it is highly likely you will please

no one (and just stress yourself out even more.) Be truthful with yourself as to what you can accomplish and the trajectory you are wanting to take with your personal and professional lives.

Don't let money rule you

You can't be happy in your work if you let money rule you. Money can be viewed as an energy form and when you give up all your power to it, money will control you. If on the other hand, you can recognize money for what it is, your stress levels will reduce. Money is there to work for you, not the other way around. "Don't think money does everything or you are going to end up doing everything for money"-Voltaire.

Smell the roses

Yes, the time of the year has arrived and the roses are in bloom. Smelling the roses is a simple way of stating the desire to "enjoy or appreciate what is often ignored." What is truly appreciated is not always what is right in front of us. Look around, take it all in, enhance your pleasure, even if you can only spare a few seconds. Better yet, share the moment with others. "A joy that is shared, is a joy that is doubled."

Limit the negativity

We all know those people -who just can't seem to kick the negativity. The unfortunate thing is that these people will bring you down. If you aren't in a situation where you are able to remove them, set boundaries and pepper these people with your positivity. It may

be hard, but finding ways to either remove or reshape mindsets is critical to ensure you aren't brought down by others. "The less you respond to negative people, the more peaceful your life will become."

Be willing to take risks and confront your fears

Experiencing happiness throughout your life requires flexibility, openness and adaptability. Being open to new experiences and taking risks are vital to ensure you live a full and abundant life. Remember it is your life, and you are not living it for someone else, so make the most of your experiences.

Take a 3 minute slow down

Walk and move slower just for those three minutes. Let your thoughts slow down. Use those three minutes to enjoy what is happening around you. Use all of your senses. What do you hear, taste, smell, feel and touch? There is so much simple wonder we miss because each day is overflowing with thoughts and plans for the future.

If you can apply some of these steps to your day, the suffering can begin to be managed. Difficulties will arise, how you respond is a choice. "When you have a choice and don't make it, that is in itself a choice" --William James. Therefore, make "joy" your choice today.

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