



SID JACOBSON JCC'S DR. GAYLE R. BERG CENTER FOR PSYCHOLOGICAL RESILIENCE

# FINDING JOY IN LITTLE THINGS

## RESILIENCE CHALLENGE

### WHAT IS THE CHALLENGE?

Welcome to the Resilience Challenge, a holistic journey aimed at strengthening our ability to thrive in the face of life's demands.

Resilience is not only about bouncing back from difficult times but also about building a foundation for well-being. Throughout each experience, you are invited to engage in activities designed to enhance various aspects of your emotional and physical stability.

The Resilience Challenge recognizes that a well-balanced approach to fostering positive habits is a cornerstone optimal mental health.

### WHAT IS THE LINK BETWEEN FINDING JOY IN THE LITTLE THINGS AND RESILIENCE?

Finding joy in small things can contribute to building resilience by fostering a positive mindset and attitude.

When we appreciate simple moments of happiness in our daily lives, we develop a more resilient outlook and allow ourselves to navigate difficult situations with greater optimism and emotional strength.

Are you ready to be transformed?



# TIPS FOR FINDING JOY IN THE LITTLE THINGS

<p><b>1</b> Light a scented candle</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>2</b> Sleep in</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>3</b> Have dinner with a friend</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>4</b> Read a good book</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>5</b> Take a walk in nature</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>6</b> Gaze at the stars</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>7</b> Buy a plant</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>8</b> Eat your favorite fruit</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>9</b> Discover a new song</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>10</b> Watch the sunset</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>11</b> Watch a great film</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>12</b> Get new pajamas</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>13</b> Listen to music while you cook</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>14</b> Take a bubble bath</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>PAUSE AND REFLECT</b></p> <p>Consider how these self-care activities influenced your mood, energy, and mindset.</p> <p>Journal your thoughts and discoveries to deepen your resilience journey.</p>



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## THIS MONTH'S FEATURED TITLES INCLUDE:

*A Happier You: A Seven-Week Program to  
Transform Negative Thinking Into Positivity and Resilience*  
by Scott Glassman

*Back to Joy: Little Reminders to Help Us Through Tough Times*  
by June Cotner

*Finding Happiness: Day by Day*  
by Swami Kriyananda

*Golden Moments*  
by Sri Satchidananda

*Where's the Joy?: An Invitation to Look Up, Reach Out,  
and Experience Life's Greatest Treasure*  
by Danny Williamson and Jeremy Camp



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