

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?

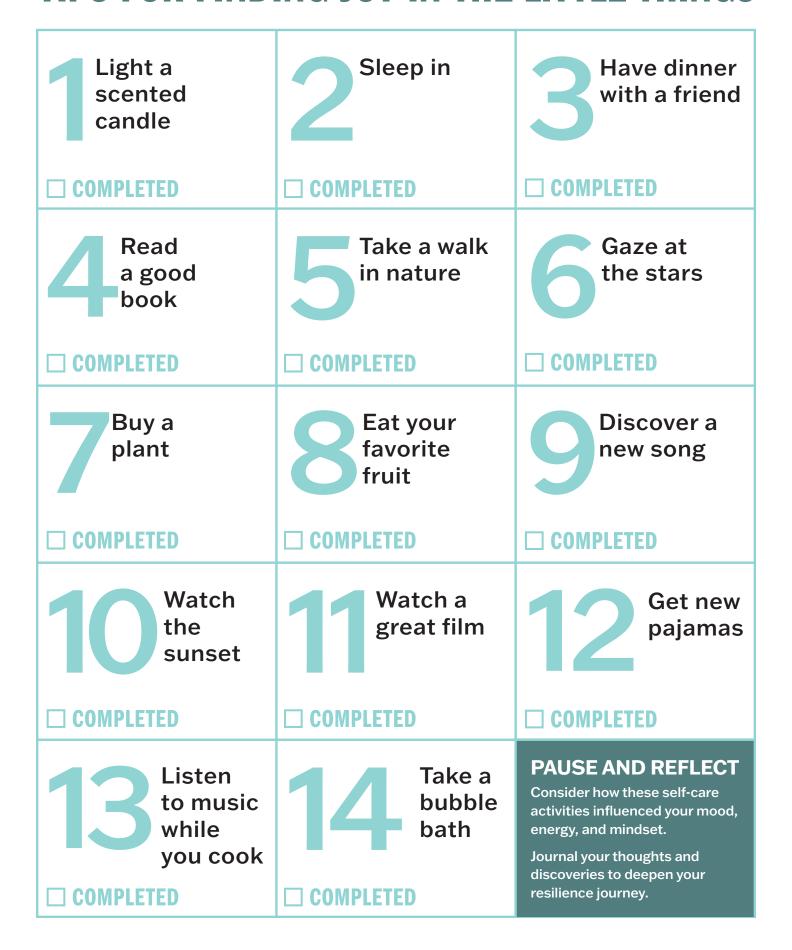
Finding joy in small things can contribute to building resilience by fostering a positive mindset and attitude.

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





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

## MENTAL HEALTH AND WELLBEING EBOOK COLLECTION

AT THE BRYANT LIBRARY

Scan the QR code below to access featured titles and up to 5,000 more!

Access the free subscription using your Bryant Library card remotely, and in person at Sid Jacobson JCC and The Bryant Library.



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







FOR MORE INFORMATION, CONTACT

LISA KORMAN, PSYD, DIRECTOR, DR. GAYLE R. BERG CENTER FOR PSYCHOLOGICAL RESILIENCE

516.484.1545 EXT. 231 LKORMAN@SJJCC.ORG SJJCC.ORG/RESILIENCE