



## Choose Joy

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### Why Choose Joy?

Change your mood and you can change your outlook. Change your outlook and you start to see opportunities all around you with less doom and gloom.



**Your life does not change by chance. It gets better by change ~ Jim Rohn**



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## How to Choose Joy?

Small ways to bring a little joy into your life and change your mood.

- Make a happy playlist full of songs that spark joy and listen to it
- when you're getting ready for your day
- Make a mood board with all the places you want to go once it's safe to travel.
- Create something you're proud of, whether it's a new dish, a poem, or paint-by-number.
- Pay it forward and do something kind for someone else.
- Laugh more!

And my personal favorite is the mood travel board. I am ready to go visit with family and friends within and outside Nebraska.

What's on your joy list?

Do share @ [therapist@nebraskatherapist.com](mailto:therapist@nebraskatherapist.com)

At Embrace Mental Wellness LLC Jumoke Omojola and Cara Snyder help adults, families and couples choose progress over perfection as they live happier and calmer lives.

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