

# JOY

Kylee Leota

Last updated: May 12th, 2023

## Joy During Uncertainty

Joy! What? What is this word of which you speak? Don't you know all the chaos that is going on in the world at the moment?

I am sure that after the COVID-19 pandemic that we have all dealt with the uncertainty of "am I in lockdown", "are we getting out of lockdown", and "oh crap we are going back in at 4pm AGAIN". I often used to think, how can anyone actually expect me to find joy in life right now?!

However, I would argue that what we have gone through and continue to go through now is the reason we need to find joy in our lives. It doesn't have to be huge moments, but noticing the small moments that bring you joy when there is a tidal wave of other emotions can be very beneficial.

Brene Brown says "Joy, collected over time fuels resilience," and resilience is fundamental to us overcoming any challenges life throws at us!



## Finding Daily Joy

I was reminded of this during the lockdown when I caught up with a friend and former colleague of

mine. When I was working with her I was going through one of the hardest times in my life. I was in a relationship that was abusive, I had 3 young children, and I didn't know from day to day what to expect when I got home and if we were safe. It took lots of courage but I was finally able to leave with my children and eventually rebuild my life. But, and here is the point I wanted to make - I regularly had joy in my work, I had fantastic colleagues, and this friend in particular brought joyful moments into my life **EVERY SINGLE DAY**.

As we reminisced over brunch (that turned into lunch that turned into dinner) and I looked back at that time in my life, I could see it was these joyful moments that grounded me and gave me the strength and resilience to deal with the not so good areas in my life. We shared stories of triumph and tribulation, of jokes we shared in the office, of the impromptu dance moments, and simply enjoyed the food and the laughter (and I mean laughter that included snorting and tears running down your face laughter).

On return from my 'escape from reality break' I went home to my 3 beautiful children and I sat and reflected. We have all been so caught up in the chaos, that we have forgotten that life is joyful. Remembering this has reminded me to look for the moments of joy in my day. Whether it be sharing memes with my 18 year old about the new fashion of giving 'bangs' to guinea pigs (I mean seriously), to watching the Olympics with my 17

year old athletic and statistical guru, and encouraging my energiser bunny 9 year old to use his energetic powers for good instead of evil and complete the handstand t-shirt challenge (which he nailed in 3 days).

I have revitalised my dancing around the house to music in the morning (it's most definitely not glamorous but it is fun). I cherish the ability to wake up to messages from people I love, and take the time to send messages to remind others I care. I get messages from clients about massive breakthroughs they have had and send encouraging messages to those who are working so hard to show up and be the best versions of themselves. Outside of my home I connect for Zoom coffee dates with friends, and send hilarious memes to my best friend about the joys of parenting. It is THESE, these moments of joy that I consciously am bringing into my day that have allowed me to navigate more difficult times than I can remember.



## Reflect

So tell me, what brings you joy?