

APRIL: SPRING INTO A SEASON OF JOY

As adults, it's easy to become jaded as we go through life. We begin to forget the things that make us happy. But sometimes if we take a step back and watch how others react to a situation, it can change everything.

Children are the perfect example. They delight in the small things - like butterflies and flowers and stickers. A popsicle can make their whole day. Watch them ride their bikes, sticking their legs out with joy and racing each other, laughter echoing through the neighborhood.

Let us be more like children. Let us run and play in the rain without a care in the world. Take notice of the blooms beginning to rise up from the ground and the feel of the warm sun on our skin. Let us not get caught up in the mundane tasks of life but be thankful for Spring, for fresh air, for warmth and light, for friendship and love.

Let us look for the simple, the small, the tiny little specks of joy in each day. Let those things become the big things. Find common ground with people you encounter throughout your day. Accept them as they are. Offer a smile to a stranger. See the world in a different light.



Be the light in this world that helps others to see it too.

Lunch & Learn:
April 11th
12:00 to 1:00 pm

Child Abuse Prevention

with **Jessica Hartley Woelkers,**
MSW, LCSW

Participants will learn the scope of the problem, be able to identify signs of symptoms of abuse, and learn how the community can unite in prevention with hope for a safer world for our local children.



Tips for Finding Joy in the Mundane

- Look at the items in your home, then think about the sentimental stories behind them.
- Blow bubbles out the window at a stoplight. Watch for others to react to it.
- Enjoy a popsicle for no reason. Let it make your day.
- Take a walk with a child. Let the child lead the way. Notice what they find interesting. Listen as they talk and see how they view the world in such a different way than the adults in your life.
- Watch a butterfly or bumblebee go about its day. If there are clouds in the sky, try to find pictures in them. If there are no clouds, admire the blue sky.
- Go outside and listen. Every single day – even if only for 5-10 minutes. You can sit outside while having your morning coffee, tea, or smoothie. If you find it difficult to get outside, open a window.
- Pause each day and recognize a moment. Think about the way you feel, the things that surround you, and the world you have created for yourself.
- Appreciate the simple pleasures that are all around, like the laughter of your children, the sound of birds chirping, the intoxicating aroma of coffee, the changing colors of the sunset.
- Purchase yourself a bouquet of flowers for no reason, buy a cup of coffee or a treat, take a walk through a scenic route, or set aside your work for a little while to do something you enjoy.