Experiencing Pleasure & Joy

Engaging in activities that prompt feelings of happiness, enjoyment, and/or contentment (1) can counteract stress, replenish depleted resources, and renew hope by imbuing life with a sense of meaning, purpose, and value as a human being (2). Inspired by true stories... Doing things that are pleasurable and enjoyable is good for you!

#JoyOfDancing: While she is dancing something got reawakened in her. She has that sort of joy of life now... we didn’t talk about it, she had that experience in her own body - Anonymous (3)

#AbsorbedInArt: Art itself is such a therapeutic thing, you get really engrossed in painting and you can see it coming to life, it leaves you with a really good feeling inside - Luke (4)

What About You?

What are you currently doing?

What have you done in the past few years?

How do you feel about it? (Please circle)

Goal Setting

In the next ____________ months/year, I would like to:

To do this, I will need to:

Remember: What you do everyday matters to your health and well-being!
What About You? - Reflection Questions

- Are you currently doing anything that help you attain pleasure and joy?
  - Describe (who, what, where, when, why?)
  - How satisfied are you with your current happiness?
  - Benefits? Challenges?
- What meaningful and enjoyable activities have you done in the past few years?
  - What has changed?
  - Is there something from these past experiences that you would like to have in your life now?

Goal Setting Guide

- What could you do differently in your current routine to spend more time enjoying the things you love?
  - How meaningful would this be for you? (7-point Likert scale low to high)
  - How much time would you like to commit to this? (Engagement)
  - How much choice/control do you have over making this change?
  - Could it interfere with other things you want or need to do? (Balance)

- What personal or external issues might get in the way of meeting your goal?
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References:


Other suggested readings:
