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Episode 10 : Finding Happiness in Small Things

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Script for Podcast 10: “Finding Happiness in Small Things”

Hi there, it's Amy Sturgeon from SAS and I'll be sharing this new podcast with you today. Today's podcast is about finding happiness and joy in the small things in life.

How do we find happiness during this pandemic, when many of us are isolated? What do we do when we're separated from friends and family and our lives have been turned upside down? How do we keep moving forward when there is seemingly no end in sight to this pandemic and there is a monotonous sameness in everything we do?

Well, one of the things we can do is to try and focus on the small things in life that can bring even a small moment of joy. According to acclaimed author, Sharon Draper “Joy comes in sips, not gulps”. It may not seem like small things can make a huge impact on one's wellbeing, but it is true. We just don't see the results because small joys don't bring large, instant gratification.

But finding happiness-joy in small things can create a cumulative effect of happiness in our lives.

Think of the things that make you happy. Make a list and write them down, spend some time to acknowledge each one and how they make you feel and then do them.

The little things can be:

- Watching funny cat videos
- Caring for potted plants
- Looking at the stars on a clear night
- Learning to cook a new recipe
- Going for a walk and feeling the sun on your face
- Connecting with a friend, even if they are far away
- And many more

What are the small things in your life that bring happiness? Give us your thoughts at #UMaineSASSmallHappyThings

Thanks for listening and take care.