

2020 Mental Health Toolkit, Part 3: Joy

As we bring this intense, challenging year to a close, how can you best support the mental health of yourself (and possibly your clients)?

We've previously explored the inner resources of acceptance and gratitude; the holidays are a perfect time to implement more joy, especially in the midst of an especially charged Christmas season!

Now that the big day has passed, the presents have been opened, and we are left in the quiet aftermath of the season, where do we go next? Do we boomerang into obsessing about our weight, jumping on the bandwagon to "get back on track" and "shed those holiday pounds"?

Or is there perhaps a little quiet space for deeper reflection about this past year, instead of just ping-ponging from one amped up focus (Christmas!!!) to the next (new years & 2021!!!)?



There's a reason that many spiritual traditions emphasize having a "beginner's mind" or "becoming like a little child".

Yes, it's good to grow as humans, to become wise as we – hopefully – evolve from life's experiences & lessons.

But it's also important to stay humble... to remain authentic... to claim the magic, wonder, and joy of simple everyday experiences, like children do.

One of the greatest blessings I've received from parenthood is seeing the world through my daughter's eyes: remembering how precious and amazing so many ordinary daily experiences are, that we tend to take for granted as adults.

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Happy New Year!

A happy, healthy, joyful, and beautiful New Year to you & yours, from all of us on the PIMSY
Team!! ♥