

Finding Joy: Actionable Strategies

發現喜悅：可行的策略

Strategy	Tip/Benefit	策略	提示/好處
Gratitude	Appreciate what you have - Begin a gratitude practice - Start and/or end each day by writing down the things you are grateful for	感恩	珍惜你所擁有的 - 開始練習感恩。 - 每天早晚寫下你感激的事情。
Mindfulness	Pay Attention to the present moment - Be aware of thoughts without get stuck in them - Tune into the present moment - If you're outside, really tune into the sights, smells, and sounds around you	正念	專注於當下的時刻。 - 注意自己的想法但不被困住。 - 專心體驗此刻。 - 如果你在戶外，細心感受周圍的景象、氣味與聲音。
Playtime	Be silly, be curious, give yourself permission to simply play. It's essential to experiencing joy. - Skip down the street - Dance around the house - Jump on a swing - Whatever brings a smile to your face	玩樂時間	放膽去玩、去好奇，允許自己單純地玩耍。這是體驗喜悅的重要元素。 - 輕快地在街上漫步。 - 在家裡跳舞。 - 盪鞦韆。 - 做任何能讓你微笑的事情。
Flow State	Engage in a hobby/activity. Flow state refers to being so completely engaged in an activity that you forget about other things. Time flies by, and every action, movement, and thought follows from the previous one, like playing music.	心流狀態	參與一項嗜好或活動。心流狀態指的是全神貫注於某項活動，以至於忘記其他一切。時間飛逝，每一個動作、念頭和行動都順勢而來，就像演奏音樂一樣。

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	- Play Chess - Complete a puzzle - Paint a picture		- 下棋。 - 拼拼圖。 - 畫一幅畫。
Unplug to Reconnect	Some of the best ways to lower stress and promote joy are to: - Disconnect from your phone and other electronics - Limit your intake of social media and the news - Devote at least one chunk of time each day to tech free time - Unplug from all electronics/don't look at screens for at least one hour before bed	斷線以重新連結	減輕壓力並促進喜悅的最佳方式之一： - 暫時遠離手機與其他電子產品。 - 限制你使用社群媒體與觀看新聞的時間。 - 每天至少安排一段「無科技」時間。 - 睡前至少一小時不碰電子產品、不看螢幕。
Look for Laughter	Look for opportunities to laugh. It's good for your physical health and can increase those "feel-good" hormones: dopamine, serotonin, endorphins. Laughter also decreases cortisol, a stress-producing hormone. - Watch a funny movie or comedy show - Make up silly games with your kids or friends - Just smiling will help increase positive feeling	尋找笑聲	尋找讓自己發笑的機會。笑對身體健康有益，能增加「讓人感覺良好」的荷爾蒙，如多巴胺、血清素、內啡肽。同時也能降低皮質醇（一種壓力荷爾蒙）。 - 看一部喜劇或搞笑影片 - 和孩子或朋友玩些有趣的遊戲 - 只要微笑，就能提升正面情緒